



Chelsea Joy Yoga & Wellbeing

Yoga classes, Wellness Retreats & Travel Energetics



Yin Yoga

Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of most Vinyasa yoga classes that emphasize internal heat, and the lengthening and contracting of our muscles. Also fantastic for athletes as flexibility and range of motion is increased by releasing tension in the fascia, while lubricating joint tissues. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine.

While initially this style of yoga can seem quite passive or soft, yin practice can be quite challenging due to the long duration of the poses. We can remain in the postures anywhere from three to five minutes! really know what Yin Yoga is all about.





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Vinyasa Slow Flow

Slow flow is similar to Vinyasa yoga in that it helps create a strong connection with the breath and poses are strung seamlessly together to target the whole body. The class feels like one long free-flowing pose, much like a moving meditation. This helps to not only create balanced strength and flexibility but also has a powerful calming effect on the nervous system inducing a feeling of deep relaxation. Don't be fooled though, the slowness means poses are held for longer and the intensity will build strength and balance over time.

Slow flow classes help students improve balance, core strength and agility. Don't let the "slow" part fool you! It can be more of an intense workout because spend more time in each yoga pose, engaging and focussing your energy. I always encourage students to listen to their bodies, and to challenge themselves when it's right for them, and to soften their practice when it's right for them at that time.



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