Yin Yoga is the calming counterpart to high intensity yang movements, such as running. By targeting connective tissues such as ligaments, bones and joints, this style of yoga promotes mental clarity, deep relaxation and injury prevention, while regulating energy throughout the body. Athletes will particularly benefit from lubrication and protection of the joints, and greater mobility of the hips. Meditation techniques will also be taught, to get your mind ready and focused for your next race, an upcoming exam, or any of the little stresses presented by day-to-day life.

Prepare for the XLR8 @ SF State 5K Walk/Run on Sunday, March 10th, 2013!