

	Yin Yoga	Restorative Yoga	Power Vinyasa Yoga	Long Slow Deep
PACE	SLOW Fewer Poses held for 3-5mins Often with a rebound (rest) in between each side of the poses	SLOW Fewer Poses held with support of props	GENERALLY DYNAMIC / FLOWING Many poses , not held for as long as Yin or Restorative to maintain a flow	SLOW Fewer Poses 3-5 mins with peak pose up to 10 minutes
FOCUS & SENSATION	FOCUS IS ON STAYING WITH THE SENSATION / STRETCH OF THE MORE YIN TISSUES (Fascia/connective tissue)	FOCUS IS ON RELAXATION AND RESTORATION MINIMAL SENSATION Relieves muscles and bones of their roles of support and action	FOCUS IS ON BREATH MATCHED WITH MOVEMENT MORE YANG COMPARED TO YIN (focus is on muscles stretch and strength)	FOCUS IS ON TIME PATIENCE PERSEVERANCE LONG SLOW DEEP SENSATIONS A moving form of Vipasana (when taught with a focus on mindfulness)
PROPS	USES PROPS TO ENHANCE THE SENSATION IN A SUPPORTIVE WAY	USES PROPS TO ENHANCE REST	PROPS OPTIONAL but not the focus	PROPS CAN BE USED TO HELP RELEASE AND LETTING GO but not a necessity
HEAT	NO	NO	YES Either created naturally by the flow or can be done in a heated room	ONLY IF NECESSARY
PASSIVE OR ACTIVE	PASSIVE	PASSIVE	ACTIVE	PASSIVE however can include a warm up series to begin
GREAT FOR	Working with fascia, bones, joints	Injury Recovery and Prevention	Working all areas of the body, including upper body strength	Slowing Down Dropping in and Going within The perfect blend between the Yin and Yang
OTHER	Generally a Taoist / Chinese Medicine Approach / Paul Grilley. Sequence can vary	Sequence can vary Very few postures	Many interpretations , sequence varies	Coined by Bryan Kest . Floor Series targeting hips, hamstrings, forward bends