

Yin Living Manifesto



Yin Living is living unhurriedly,
with consciousness
and tenderness.

**Live slowly
and mindfully**

**Give yourself
the space to
be present,
quiet, still**

**Journey within
to contemplate,
investigate
and reflect on
your inner
landscape**

**Be receptive to
your breath
and
to the subtle
flow of energy**

**Allow yourself
to feel and to
simply be,
with curiosity,
non-judgement
and compassion**

**Be more,
do less**

**Cultivate
gentleness,
calmness
and
awareness**

**Welcome
rest**

Nadège Laure