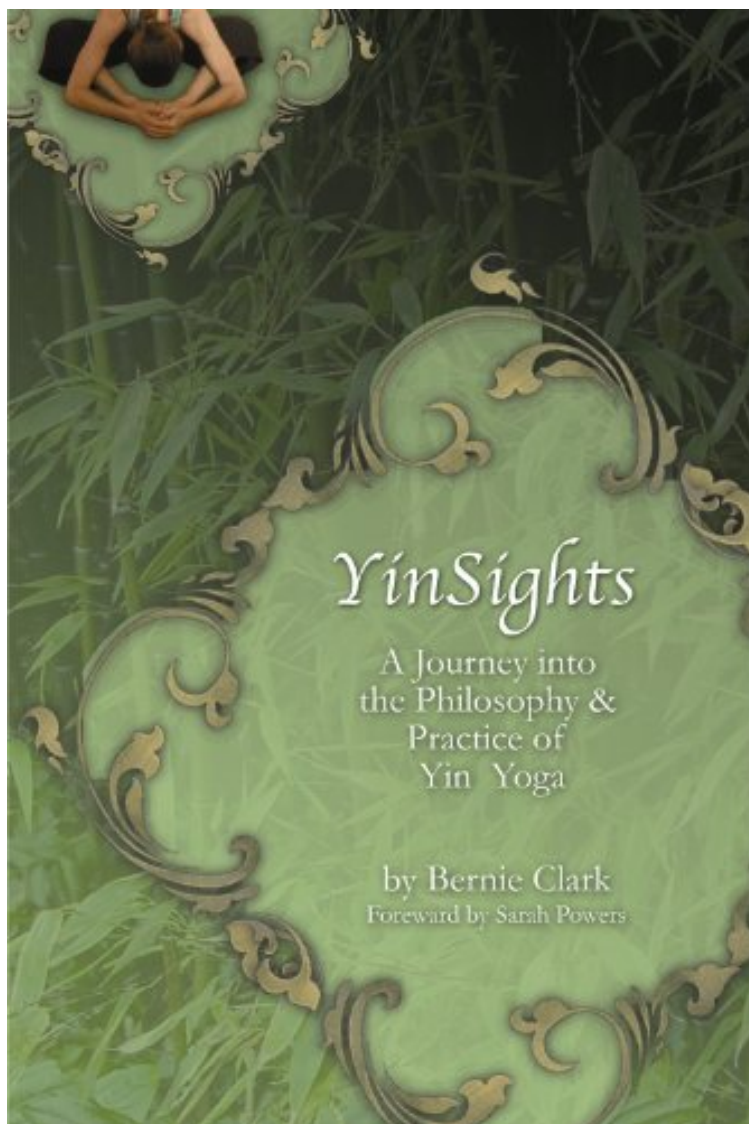


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YinSights: A Journey into the Philosophy and Practice of Yin Yoga



Par Bernie Clark
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Par Bernie Clark : YinSights: A Journey into the Philosophy and Practice of Yin Yoga before purchasing it in order to gage whether or not it would be worth my time, and all praised YinSights: A Journey into the Philosophy and Practice of Yin Yoga:

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Description : Description du produitYin Yoga has the same goals and objectives as any other school of yoga; however, it directs the stimulation normally created in the asana portion of the practice deeper than the superficial or muscular tissues (which we are calling the yang tissues). Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice. Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. YinSights not only describes how to practice Yin Yoga, it also presents reasons why we should practice Yin Yoga. You will look closely at the three major ways of exploring energy beginning

with the most ancient philosophy of India, then the Chinese Daoist view, and finally the evolving Western scientific understanding. You will learn about the physical, mental and spiritual benefits of this balancing practice.

Prsentation de l'diteurWhy practice yoga or Yin Yoga in particular? YinSights, a new book by Bernie Clark, has the answers. In YinSights, Clark explores the benefits of yoga, as viewed by both the Eastern and Western worlds and relates how it affects the body and mind. Although more and more students are embracing the Yin-side of yoga, Yin Yoga is still relatively unknown. Filling a void in yoga literature, YinSights serves as a practical guide for students interested in understanding Yin Yoga. YinSights is divided into two main sections. The first investigates the benefits of yoga on the physical body, the energetic body, and the mind/emotional body. Clark presents three points of view those of the yogis in India, the Daoists in China, and the medical and scientific researchers of the West. The second section explores the practice of Yin Yoga in detail, and several flows are offered each with different themes. Slower versions of the normally active or yang Sun Salutations are provided, as well as even gentler ways to stimulate the flow of prana, chi, or energy. While YinSights illustrates how to practice Yin Yoga, it is not just for those seeking knowledge about Yin Yoga in particular. The book also discusses the advantages of all styles of yoga and will be of interest to every yoga student.

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Biff Mithoefer - author of The Yin Yoga Kit"Yin Yoga is a practice much needed in today's difficult, divisive times. It offers us a way to leave behind our ideas of how we should be, and return to our true selves, where all lasting healing takes place. Bernie Clark has written a wonderfully detailed account of the history, philosophy, and practice of Yin Yoga. YinSights is written with compassion and deep understanding, and I recommend it not only for those interested in Yin Yoga, but for all yoga practitioners."