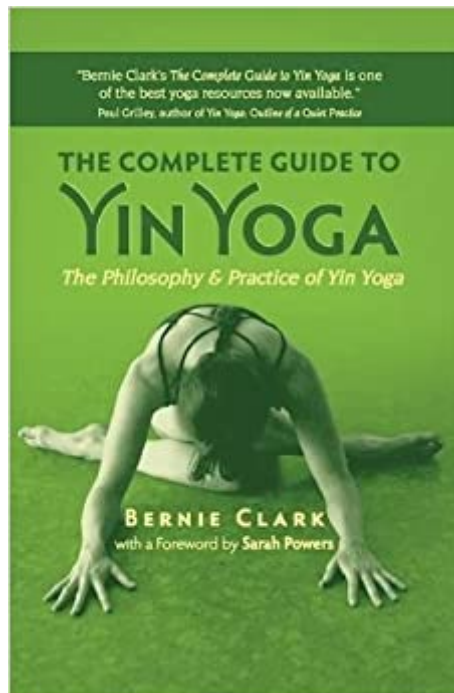




Ebook Directory
the best source of ebook

The book was found

The Complete Guide To Yin Yoga: The Philosophy And Practice Of Yin Yoga



Synopsis

Bernie Clark's *The Complete Guide to Yin Yoga* provides an in-depth look at the philosophy and practice of Yin Yoga with illustrated sections on how to practice Yin Yoga, including descriptions with photographs of 30 Yin Yoga asanas. All forms of yoga can provide benefits physically, emotionally, and mentally, however Yin Yoga works the deeper levels of the body/heart/mind: the connective tissues of the ligaments, fascia, joints and bones and the energetic channels of the meridians, nerves and blood system. One big difference noticed by students of Yin Yoga is the long-held, passive nature of the posture, which gives time for a deeper journey to unfold, a journey into the meditative aspects of yoga, a bridge to living life mindfully. Clark presents comprehensive information on how to do the practice, including a deep look inside over two dozen Yin Yoga postures showing the benefit of the pose, how to get into and out of the pose, contraindications and warnings for those who may have trouble with particular aspects of the posture, and other important information. The benefits are explored in three main sections: the physiological benefits, the energetic benefits and the mental/emotional benefits.

Book Information

Paperback: 296 pages

Publisher: Wild Strawberry Productions; 1 edition (January 10, 2012)

Language: English

ISBN-10: 1935952501

ISBN-13: 978-1935952503

Product Dimensions: 0.8 x 5.5 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 184 customer reviews

Best Sellers Rank: #8,662 in Books (See Top 100 in Books) #1 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#) #1 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #19 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

“Bernie Clark’s *The Complete Guide to Yin Yoga* is one of the best yoga resources now available.” — Paul Grilley, author of *Yin Yoga: Outline of a Quiet Practice* 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. I recommend it not only for those interested in Yin Yoga, but for all yoga practitioners.&mdash Biff Mithoefer, author of The Yin Yoga Kit

I had never heard of Yin Yoga even though I have done Yoga for most of my life. It has really helped me improve my flexibility and has helped me improve on my regular Yoga. This book does an excellent job of explaining what Yin Yoga is and how it can help you. I love the detail and most importantly there are several workouts at the back of the book that you can do. I highly recommend it. Yin Yoga is very relaxing and teaches you patience in holding the poses.

I am so glad I bought this book - it's an excellent addition to a yogi's study! Bernie Clark is amazing - I frequently read his website on Yin Yoga but wanted something to hold (I'm old fashioned - I need a book). This has really helped me understand the philosophy and practice of Yin. Add it to your wishlist but the price is so affordable don't wait to get it!

I also bought this book, along with the Sarah Powers; INSIGHT book, for my daughter who is a Yoga Instructor. She teaches Yin Yoga and these books have proven to be invaluable sources of knowledge and inspiration for her as she continue to grow as a teacher. I highly recommend this book and the Sarah Powers INSIGHT book for anyone interested in YIN YOGA.

Complete and awesome!

Interesting mixture of Chinese and Indian preventive medicine. It is given with an acceptance of human variability and will certainly improve the approach and quality of yoga addicts. It is particularly well suited for current stressful society.

Bernie Clark has written a good basic guide to Yin yoga and its origins. In combination with Sarah Powers' book, these offer a comprehensive summary of Yin poses and sequences for yoga students and teachers.

The only book you'll ever need for Yin Yoga, well written clearly explained and easy to follow. Gives the reason why we need this, cueing is simple and photos with explanation.

A member of the preeminent western Yin lineage, Bernie Clark's work is reputable and grounded in

science. What I appreciate most is his willingness to share his knowledge beyond the retail space. Do a Google search some time. I read him as a role model for the yoga way of living. DO buy his book. It elaborates on the small sampling found on line and is a great resource for teachers and students alike.

[Download to continue reading...](#)

The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga YinSights: A Journey into the Philosophy & Practice of Yin Yoga Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Manifesto for Philosophy: Followed by Two Essays: "the (Re)Turn of Philosophy Itself" and "Definition of Philosophy" (Suny Series, Intersections, Philosophy and Critical Theory) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) The Inner Tradition of Yoga: A Guide to Yoga Philosophy for the Contemporary Practitioner The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) The Yin and Yang of Climate Crisis: Healing Personal, Cultural, and Ecological Imbalance with Chinese Medicine Yin Yu Tang: The Architecture and Daily Life of a Chinese House Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth The Other Side: The Yang to the Yin of Gender Transition Kuan Yin: Accessing the Power of the Divine Feminine How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help