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The author explores the benefits of yoga as viewed by the Eastern and Western Worlds and related how it affects the body and mind. 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. The second section explores the practice of Yin Yoga in details, and several flows are offered each with different themes.

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Why 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

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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. "Bernie Clark's YinSights is one of the best yoga resources now available, no matter what your preferred style of practice."
- Paul Grilley, author of Yin Yoga

Offers a historical background on the teachings of Buddha, providing

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practical advice on how to begin meditating and how to apply the meditation ritual to one's way of life, and presents a list of meditation and study centers throughout the world. Original.

The 10th Anniversary Edition of Yin Yoga: Outline of a Quiet Practice by Paul Grilley brings together in a fresh way the ancient wisdom of acupuncture and Taoism with Hindu yoga practices. With over 80,000 copies sold, Grilley's book has been enhanced with new materials describing the evolution of Yin Yoga within the Yoga world over the last decade plus new reference materials on anatomy and the practice of Yin Yoga. Yoga as practiced in the US is almost exclusively Yang or muscular in nature. The Yin aspect of Yoga

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(using postures that stretch connective tissue) is virtually unknown but vital for a balanced approach to physical and mental health. Paul Grilley outlines how to practice postures in a Yin way. Grilley includes an explanation of Modern Meridian Theory, which states that the meridians of acupuncture theory are currents flowing through the connective tissues of the body. Yin Yoga is specifically designed to address these tissues. The two major differences between a Yin and a Yang Yoga practice are that Yin postures should be done with the muscles relaxed and should be held a long time. This is because connective tissue does not stretch like muscle and will not respond well to brief stresses. In addition, Yin Yoga better prepares people for meditation. For

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yoga practitioners looking for something beyond physical postures. Yin Yoga addresses the deeper spiritual dimensions of yoga, with helpful sections on chakras, breathing exercises, and meditation.

This second edition of this bestseller provides an in-depth look at the philosophy and practice of Yin Yoga with illustrated how-to sections, including detailed descriptions and photographs of more than 30 asanas.

This intimate and insightful account of the life of Dr. Harry (Hari) Dickman, referred to by Swami Sivananda as “ the yogi of the West, ” features more than fifty years of correspondence between Dickman and well-known yoga masters such as Swami Sivananda, Ramana Maharshi,

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Philosophy, Ananda, and almost one hundred others. Marion (Mugs) McConnell, Dickman 's student, has created a brilliant and loving tribute to her teacher, who founded the Latvian Yoga Society in the early 1930s and later spread his knowledge in the U.S. with the blessings of Paramhansa Yogananda, author of Autobiography of a Yogi. Offering a broad range of information on yoga history, theory, and techniques from a variety of different paths, Letters from the Yoga Masters contains a treasure trove of previously unavailable material and presents detailed teachings about pranayama, mudras, diet, and much more, all interwoven with stories and personal anecdotes. Taken together, the rare correspondence and personal chronicles provide an unparalleled

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glimpse into the life of a yogi, the development of yoga in the West, and the ways that spiritual wealth is disseminated across generations.

Yin Yoga: Outline of a Quiet Practice brings together in a fresh way the ancient wisdom of acupuncture and Taoism with Hindu yoga practices. The Yin aspect of Yoga (using postures that stretch connective tissue) is virtually unknown but vital for a balanced approach to physical and mental health. Paul Grilley outlines how to practice postures in a Yin way. Grilley includes an explanation of Modern Meridian Theory, which states that the meridians of acupuncture theory are currents flowing through the connective tissues of the body. Yin Yoga is specifically designed to

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address these tissues. For yoga practitioners looking for something beyond physical postures, Yin Yoga addresses the deeper spiritual dimensions of yoga, with helpful sections on chakras, breathing exercises, and meditation.

Your Spine, Your Yoga is the long-awaited second book of the Your Body, Your Yoga series. Focusing on the axial body, from the tip of the tailbone to the top of the skull, Your Spine, Your Yoga will explain how your body is unique and how this uniqueness affects your yoga practice. The latest anatomical understanding of the spine and its biomechanical abilities is described in varying levels of detail, for the novice to the experienced reader. Applying these principles to a safe and

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effective yoga practice holds a few surprises: you may discover that not every pose in yoga is a good idea for you, given the nature of your spine and the way we have previously been taught to stress it. Stability is more important than mobility for the vast majority of people, although many yoga classes promote the opposite view. Your Spine, Your Yoga offers alternative perspectives and prescriptions for a yoga practice that is spine sparing and strength building, based upon your unique biology and biography and your unique intentions

Here is an inspirational and accessible introduction to the deep inner wisdom of yoga gathered from sources both ancient and modern by one of America ' s most respected

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philosophy. YOGA GEMS For the millions of Americans who now practice yoga regularly, here is the perfect introduction to the rich philosophical and spiritual tradition behind the exercises. George Feuerstein has drawn short, memorable quotations from the key texts of this five-thousand-year-old legacy, with an emphasis on the wisdom of modern yoga masters. The quotations have been selected and arranged to address the needs of yoga practitioners in the twenty-first century. Among the many themes touched on in this treasure of a book: the process of inner growth; the value of silence; how to meditate; how to infuse everyday life with joy; universal kinship; overcoming suffering; dealing with grief, loss, anger, and jealousy; remembering

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and cultivating one's true inner self; developing self-discipline; and bringing out the good in all you say and do. For both new and experienced yoga students alike, Yoga Gems is the perfect travel companion on the road to inner peace.

A Journey Into Yin Yoga explores the origins and application of this popular, passive style of yoga. Learn the poses, breathing, and meditation techniques that have helped millions strengthen body, mind, and spirit.

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