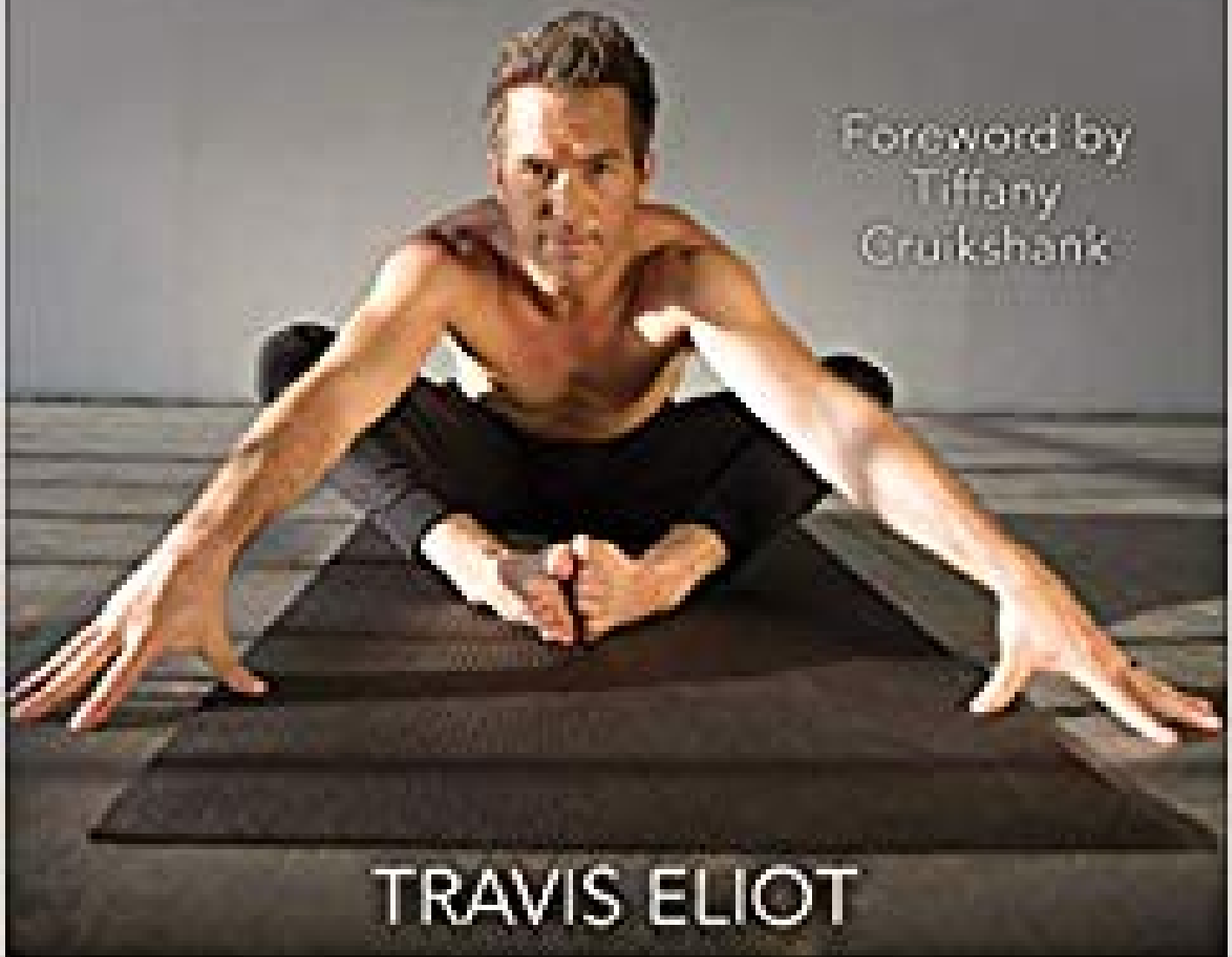


A JOURNEY INTO

# YIN YOGA

Foreword by  
Tiffany  
Cruikshank



TRAVIS ELIOT

Travis Eliot

## A Journey into Yin Yoga



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Remember to decompress. Relieve tension. Reduce anxiety. Throughout, you will learn the huge benefits, contraindications, alignment points, and modifications so that you can adjust the poses to your preferences and body type. Ten ready-to-use sequences permit you to target particular goals, including better sleep, spine flexibility, and healthful hips, knees, and shoulders. For certified experts, a companion continuing education exam could be completed after scanning this book. Become familiar with about the origins and practice of yin yoga exercises, a passive approach in which poses are kept for a couple minutes to target the connective tissues of the hips, pelvis, and lower backbone. CE exam available! Face the challenges and joys of lifestyle with steadiness and grace. Eliot also explains eight breathing techniques and eight meditation practices for improved concentrate, reduced tension, and enhanced clarity. That's just what a Journey Into Yin Yoga exercise will help you perform. A Journey Into Yin Yoga exercise presents over 50 yin yoga poses with amazing photos and detailed instruction, along with inspiring quotes, stories, and interviews from superstars, doctors, and athletes. You'll be inspired to discover your specific way to improved mental and physical strength and balance. You will slowly and mindfully changeover between poses as you gently allow those tissues to stretch, facilitating better circulation and joint health insurance and improving flexibility. Join world-renowned yoga instructor Travis Eliot as he manuals you through this modern and effective strategy for strengthening your brain, body, and spirit. A Journey Into Yin Yoga exercises Online CE Exam could be purchased separately or within the A Journey Into Yin Yoga With CE Exam package, which includes both book and the test.



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Discover why Yin Yoga is vital to good health Beautifully written and illustrated by my favorite yoga instructor. This publication gives some background of the practice of yin yoga exercise without having to be too in depth. Amazing Beautifully written and amazing photographs of the poses. I learned all about Yin from his Best Yogi Dvd movie series. It is challenging in different ways than his power yoga exercise practices. This book clarifies why it is necessary to both our bodies and minds. YIN TASTIC This book is great for anyone not used to yin or those that are seasoned practitioners, like myself. To hear what their favorite and least favorite poses are was interesting to me. We highly recommend anyone thinking about yoga to pick this up I actually highly recommend anyone thinking about yoga to choose this up. I recommend this publication to beginner and experts alike. I'd give more superstars if that was a choice!

**Best Book on Yin** If you are interested in Yin or already fell deeply in love with Yin, this reserve is for you. The history of yin is usually skillfully told along with the science behind the advantages of yin yoga. Great publication for anyone's collection! It's been an invaluable source. I have 3 other Yin books and some DVD's, but this is by far the very best Yin resource I know of. This publication is very readable and the pose section is very clear with modifications included. The photos are obvious, including photos of modifications. Travis is such an intensive teacher and his enthusiasm for Yin is definitely palpable! It really is thorough, readable, filled up with pictures (thankfully of Travis himself), suggestions for methods etc. This reserve encompasses everything you need to know to deepen your practice! It really is a significant addition to my yoga exercise library, I reference it often. Beautifully laid out pages. This book describes the development of yin yoga exercises. As an authorized massage therapist Yin Yoga is my favorite practice. As a licensed massage therapist, I valued the anatomy and some kinesiology topics covered, as well as the history of yoga exercises. This reserve is thorough and very clear, highly recommend!

**Best Yin Book Out There** It was within my first round of Ultimate Yogi, that we were introduced to Yin Yoga exercise, thanks to Travis Eliot. It quickly became my favorite practice. The alignment cues are easy to understand and a number of different sequences to practice can be found in the back. Travis can be an amazing teacher and it's so amazing in order to have this guideline! Love how it really is written also. You learn so much and he makes it very easy to understand! Highly recommend. Five Stars fantastic book, beautifully illustrated and easy to read. Recommend Five Stars A great addition to yoga literature!! WELL DONE!! Thank you Why hesitate What would you anticipate from THE BEST Yogi ?!!! Yin yoga is an excellent practice to help you get in touch with your body and mind. BUT the ultimate yin yoga book ! It's so beneficial and one I'll refer to over and over. Will improve your practice!! The book is simply the very best on Yin Yoga. Great information I take advantage of it daily Great and accessible instruction to Yin Great book, We've taken training from Travis personally and his personality and gift of teaching translates directly into print! I really like the interviews with different athletes and professionals in the health fields. The explanation and photos of yin poses will be the best that I've come across. The author also explains the history and research of yin in a comprehensive and easily understood manner. Great yin reference Wonderful book that has invaluable info/tips on the subject of yin philosophy. Travis shares personal stories that shed more light on his have to discover more than simply the physical areas of yoga. I unquestionably love the adjustments and targeted areas supplied for each pose! Travis Eliot does everything! This book is amazing. Awesome continue reading Yin Yoga! Along the way of getting my teacher certification and this is crucial have tool in my arsenal ! Yin Yoga is my favorite practice. I love the tales. The added bonus in my opinion will be the yoga sequences plus a extensive list of all the poses including well described photos. I use it in teaching my very own Yin classes.



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