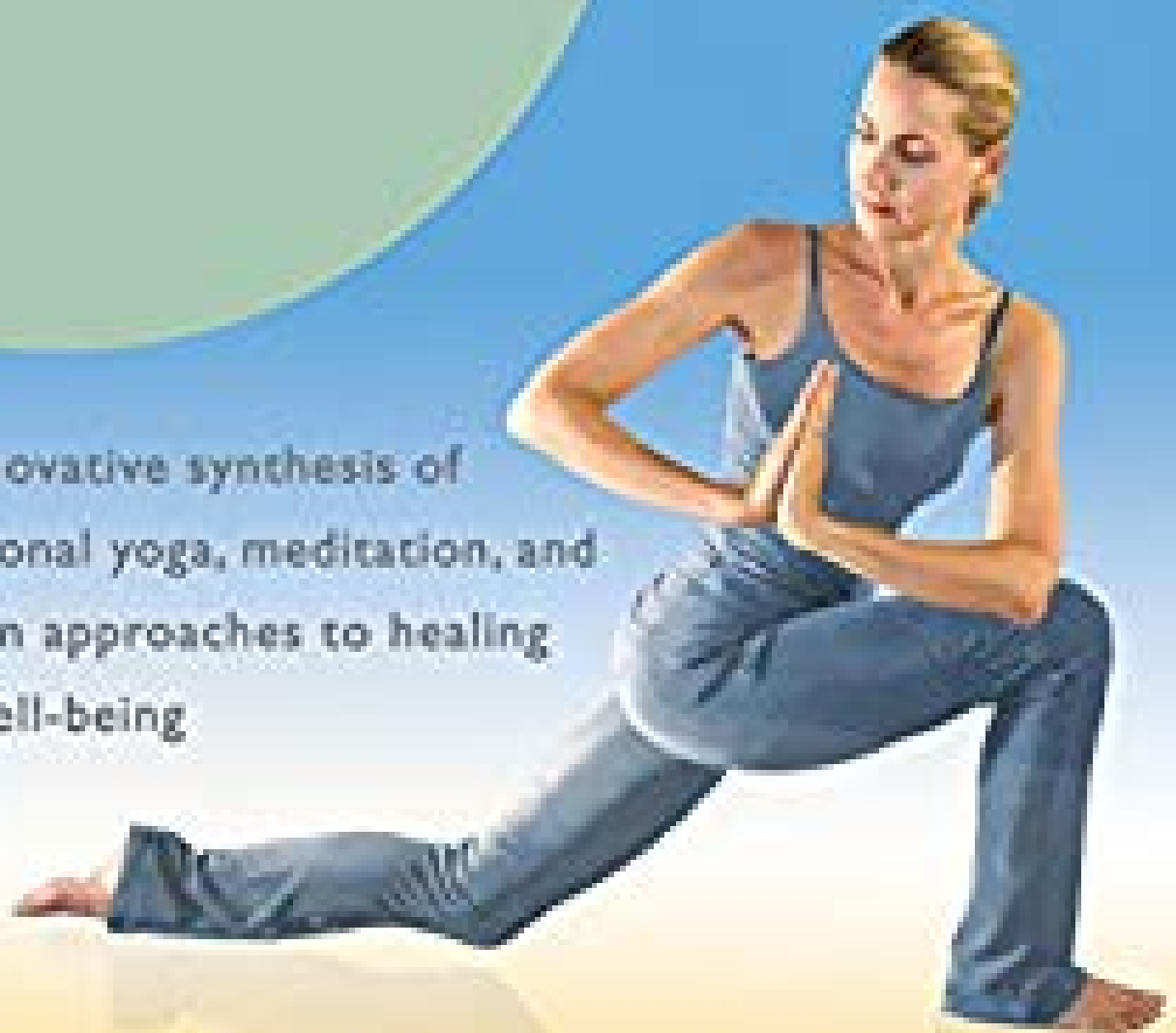


# INSIGHT YOGA

An innovative synthesis of  
traditional yoga, meditation, and  
Eastern approaches to healing  
and well-being



**Sarah Powers** *Foreword by Paul Grilley*

Sarah Powers

## Insight Yoga: An Innovative Synthesis of Traditional Yoga, Meditation, and Eastern Approaches to Healing and Well-Being



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Acclaimed yoga and meditation teacher Sarah Powers is known and loved on her behalf unique approach—Insight Yoga—as well as the brain. Sarah Powers provides us on an inspiring journey inward, and shows the path for cultivating a long lasting relationship with yoga that cultivates and strengthens our physical well-being and our mental and emotional clarity, which combines traditional yoga with the meridians of Chinese medicine, and also Buddhist meditation. She also offers a foundational explanation of traditional Chinese medication theory and mindfulness meditation instruction. Using Yin (passive) and Yang (dynamic) poses, she demonstrates a number of different yoga exercise sequences that bring benefit to organs, muscles, joints, and tendons—



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I've been recommending this publication to all of my fellow yoga teachers! Great reserve to advance your practice in multiple ways I've been leading yin yoga trainings at MOSAIC yoga for a few years now and this may be the one book that people talk to all practitioners to get. Sarah has a great understanding of both anatomy and philosophy. I've her workshop coming up and I desired to educate myself on her style. Yin/yang We am a yoga instructor and are now learning yin. If you're thinking about learning even more about Chinese medicine, Buddhism or yoga exercises this is the reserve you want. Sarah also has a history in Vinyasa so there is a great section outlining some vinyasa circulation sequences at the back! An extra bonus. I'm looking towards attending an exercise with her next month in Arlington VA. Evolution of Sarah Powers Yin Sarah Powers in one of the initial teachers of Yin. Complete and nformative We purchased this yoga to understand the postures and the reason and benefits of each one. I am in love with it. After years of other styles, I cannot wait to begin my own Yin Yoga practice, but I'm being a good college student and obtaining through the whole book first. . The mix of very clear descriptions and many photos are empowering. I cannot fault it. I was not disappointed. I feel like this is the reserve I've been looking for forever -- it really lives for the reason that place where yoga exercises and meditation meet each other. The pictures are excellent and is probably the most well laid out books of its type that I've seen (and I have many yoga exercises and holistic therapy books!.. She started reading it rather than place it down until she was completed. She reveals ways to go deep within using this yin strategy. Its a more self reflective approach to yoga exercise....that yoga when practiced with a feeling of deep reflection and breathing can bring up deep insights. The obvious images and descriptions make the poses and sequences immediately accessible! She actually is revealing what all yin yoga exercises enthusiasts have discovered for themselves. Practiced in this manner, daily, we are able to cultivate mindfulness, strength, and fluidity. I purchased this book as a gift for my daughter who is a Yoga Instructor. Sarah Powers approaches hatha yoga from a yin approach. For Yin Yoga exercise, there is absolutely no one else to visit except Sarah Powers's books and Bernie Clark. She reads from it in her classes and offers learned therefore much about Yin Yoga exercises that she right now teaches two Yin Yoga exercise class a week. Not only will be the pictures great and each yin pose well described but the chapters on the meridians are amazing. I enjoyed that she also focused on yang style (Hatha yoga). I would have liked to see better diagrams on the meridians or stations of the body and more yin. She integrates the teachings of multiple eastern systems seamlessly in this book. I specifically like Bernie Clark's publication better though. I stopped halfway through this amazing book to create this review I stopped halfway through this awesome book to write this review. This book is a great complement to her other publications. Here she gives the evolution of her Yin practice.. . I return to this resource book over and over.. I use this resource book over and over. Sarah included a apparent explanation of Chinese meridian theory, sequences to apply for the many meridians, and her suggestions on how exactly to create your own sequences.) She imparts the knowledge of meridians, chi, organ and joint health via Yin Yoga extremely succinctly. If you're students of Yin yoga exercises, this should participate your library. I love the blending! Sarah Powers melds together bits of philosophies and methods that she finds to end up being insightful. I love the blending as this is what I've naturally been drawn to performing throughout the span of my entire life, and I am even more inclined to read a book that is not so strict regarding lineage or a "set method" of practicing. She obviously explains the theories behind Yin Yoga, simply as marvelously as Paul Grilley & Bernie Clark do-- but she also provides excellent, though brief, info on pranayama and Buddhist meditation practices. What Powers eventually ends up offering us visitors is a multi-layered practice that incorporates many aspects of yoga exercises: asana (yin & yang), pranayama, & meditation.. Yin Yoga and Beyond. It's amazing - inspiring, concise, an easy task to

follow/understand so when informative as you would want it to be. Buy it. Five Stars Great book! Five Stars Getting Certified Great Tool thanks Sarah Five Stars Sarah is a pioneer and I enjoy this book Among my most beloved yin books! LOVE, LOVE, LOVE this book! It's a must have for every yin yoga instructor and student. Explores the area between yoga exercise and meditation. I browse the first page of this book and was so overwhelmed at how truthful it had been. Sarah Powers approaches hatha yoga exercises from a yin approach. Yin Yoga targets holding poses for longer intervals, and is thus like a series of short meditations. I also like the chapters discussing the practice of Chinese medication, and the partnership of poses to meridians. It's written in this very simple, direct way. This publication is helping me discover my in the past to a wholesome, non-judgemental yoga practice. Many thanks Sarah Powers! Five Stars This book is very easy to use! Five Stars The best Yin yoga pose reserve! I bought this book as a gift for my daughter .



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