

"Bernie Clark's *The Complete Guide to Yin Yoga* is one of the best yoga resources now available."

Paul Grilley, author of *Yin Yoga: Outlier of a Quiet Practitioner*

THE COMPLETE GUIDE TO YIN YOGA

The Philosophy & Practice of Yin Yoga



BERNIE CLARK

with a Foreword by Sarah Powers

Bernie Clark

The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga



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Clark presents comprehensive here is how to do the practice, including a deep appearance inside more than two dozen Yin Yoga exercises postures showing the advantage of the pose, ways to get into and from the pose, contraindications and warnings for individuals who may have trouble with particular aspects of the posture, and other important information. One big difference noticed by students of Yin Yoga may be the long-held, passive nature of the posture, which gives period for a deeper trip to unfold, a journey into the meditative areas of yoga exercise, a bridge to living lifestyle mindfully. 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 cells of the ligaments, fascia, joints and bones and the energetic stations of the meridians, nerves and blood system. Bernie Clark's THE ENTIRE Guide to Yin Yoga exercise provides an in-depth look at the philosophy and practice of Yin Yoga with illustrated sections on how best to practice Yin Yoga, including descriptions with photographs of 30 Yin Yoga asanas. The huge benefits are explored in three main sections: the physiological benefits, the energetic benefits and the mental/psychological benefits.



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. Yin yoga exercise targets the "cold" cells of the body like ligaments and tendons along with the joints themselves. I bought this publication for a Yin Teacher Training program. The book is great, but somewhat chaotic.. That's probably ultimately a good thing, however the learning curve could be a small steep initially. If you're looking to just pick up the reserve and try out a new routine, you'll run directly into trouble. Having said that, the reserve is well organized and starts with an exploration of the principles and great things about yin yoga. A treasure chest I had to get this book as required reading for my yin yoga instructor training. The center portion covers the many poses, most of which will be familiar from conventional yoga exercise, and then there are a variety of suggested flows, all of which are very good. There are a lot of nuances and variants to the poses, and the type of the practice is very different. There may be a substantial amount of discomfort involved in holding poses for such a long time, both physical and psychological, but I have ultimately found this to be very positive. Yin yoga has swiftly become central to my very own practice and is really deepening my relationship to my body and to yoga generally. It is still very healing. If you already have an established asana practice, I can't recommend this book plenty of. I like everything about this book - none of it appears too mystical or otherwise unnecessary. If you've even wondered why Yin yoga exercise is different from other forms of yoga exercises, and how it benefits your body, this is the reserve to possess. My one complaint is normally that the illustrations show incredibly flexible people in very deep versions of the poses. More photos of pose adjustments or variations with props would have been helpful. Mainly focused on opening up and stretching joints, ligaments and passively stretching muscle tissues through holding specific poses for longer intervals (3-5 mins or longer), yin yoga exercise is an extremely meditative and deep practice that also offers a physical side. I believe the block primarily was that the photographs of the many yin poses provided in Chapter 3 are shown without the use of any props. He provides comprehensive picture of the the different parts of yin yoga exercise with excellent instructions and photos therefore much more! Of course, I recommend this book for those interested specifically in yin yoga, but consider this book if you teach or practice restore yoga. Clark's reserve is well-organized with great explanations of the philosophy and practice of yin yoga exercise and how it has been influenced by Indian Yoga exercises and Chinese Medicine. The Chinese Daoist watch is interwoven throughout the book so the reader will have a much better understanding of yin/yang, chi, the organ systems and meridians. Furthermore, Clark provides integrated the Indian yoga exercises and Western research perspectives to show the way the three sights complement each other to aid the healing character of yin yoga. Having said that, there are numerous good restore yoga exercises books that will show the reader how exactly to use props for these yin poses--if that is an issue. That is definitely an advisable purchase. An exceptional introduction to Yin Yoga That is a sensational book for all those thinking about exploring a different avenue of yoga, the yin path. Yin Yoga from Yogic, Daoist, and Western perspectives It actually took me awhile to understand the breadth and depth of this book. The author refers to "going deep" several times in the written text. The last chapter is quite short, talking with the "heart and brain" areas of the practice, which is really even more like an overview and final tips and reflections section. As I age group and see my pelvis and hip and legs still could use a lot of work with regards to starting the joints and raising flexibility, I came across this publication and realized it was the perfect antidote to the more vigorous poses that are usually held for less instances in order to create a established which has many poses. The introductory chapter is quite fascinating and informative, the next two chapters provide extremely particular and instructive information about the actual

practice including many asanas, with clear images and a thorough mini-lesson on how best to perform each asana, providing suggested variations and counter-poses (poses that stability your body after a long time in a particular position). What really models this book apart, nevertheless, is the thoroughness and directness with which the author presents the material, which is surprisingly engaging and entertaining. A one hour Yin Yoga exercise set may only have 5-6 poses depending on how long you stay static in them. Useful and informative This book is definitive if you are not used to yin yoga or looking to deepen your knowledge. Chapter 4 provides suggested flows with varying degrees of knowledge and time-frames, while chapter 5 is a brief exploration of a few common special conditions that require a modified form of practice. The ultimate three chapters are just as fascinating, educational and engaging because the 1st two chapters, providing info on the physical benefits, which includes a very thorough demonstration on physiology and anatomy when it comes to the practice. The next to last chapter on the energetic benefits is quite interesting, since it presents a succinct exploration of the energetic systems of the body from the yogic, Daoist and Western medical perspectives, that is very interesting to read about in this context. It had been a unique pleasure to see these details presented in one place back to back again, giving one the chance to explore the similarities and differences of the systems of technology and philosophy about the body and how it works energetically. I have been practicing various types of yoga for several years, mostly what is described as "yang yoga" in the book, namely Hatha and Kundalini. Overall, this publication was a joy to read and provides one with significant amounts of details and instruction. Although it is often recommended that a yoga exercises practitioner attend classes and seek guidance from experienced teachers, for anyone who is already familiar with yoga exercises and has some measure of practice beneath their belts, this book can be an indispensable introduction that delivers ample information that would allow one to start an at-home practice of this beautiful type of yoga without risk of injury or complication, provided one follows the author's very specific advice. Highly recommended, specifically to people aged 30 or older who have stiffness in the pelvic joints and hip and legs. antidote for the human experience i've practiced hatha yoga for 30+ years so i understand how beneficial yoga could be for body, brain, and spirit. Bernie Clark's approach is a great overview evaluating western and eastern understanding of just how of the world. i simply cannot describe the entire sense of well being that i've felt since i started practicing it. Great primer about yin yoga This is a through and well-written book on Yin Yoga exercises. So what a pleasant shock to start scanning this wonderful book! Wife loved it My wife cherished it , that's all that matters! Very informative Very great book to have Love this book! When reading the second chapter, I really felt I acquired a clear idea of how to perform this type of yoga thanks to Clark's presentation of the materials and his extremely insistent focus on not pushing yourself and his advice on the correct intention and concentrate to bring to the practice. Having attended yin classes, I was interested in the proper execution and sequencing. As a teacher, it's incredibly useful with lots of photos of the poses, descriptions as to how exactly to enter and exit, plus contraindications. Bernie makes me feeling interested to study further about Yin yoga exercises. Very comprehensive book. Poses are usually held for 3-5 a few minutes. The tone is quite accessible, and you almost feel as if the author is in the area leading a class. I had never heard about this book (I'm not used to yin yoga exercises) and was interested in doing yoga exercises rather than reading about it. i recommend it and the practice of yin yoga exercise! but just a few weeks of practicing yin yoga exercises has me feeling that yin yoga exercises is the king/queen of yoga exercises! It is written with humor

and wisdom with depth and compassion. The yin yoga exercise classes I take use many props to assist in sustaining a long-held pose to advantage the body's connective tissue. A genuine gem of a reserve that retains me rereading over and over to truly take advantage of the treasure chest of knowledge that is here and written in an exceedingly readable way. The majority of my training was simply reading from this excellent book aloud with the instructor and students and actually following his descriptions for meridians and asanas. Thank you Bernie for your generous spirit and great sense of humor and lightness of being. A really comprehensive book for Yin practitioner or Yoga instructor A really comprehensive reserve to understanding what is Yin yoga specifically for a beginner. I take advantage of it ALL the time! I suspect this may be a reflection of the author's own style, but it issues the reader to activate as the same partner in the training process. Takes some work, but tranformational therefore worth it This book is absolutely amazing and introduces a crucial complement to conventional asana practice. Many thanks very much, Bernie~ Five Stars looking towards reading it

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