

"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*

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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nevertheless, it directs the stimulation normally made in the asana part of the practice deeper than the superficial or muscular cells (the yang cells). Yin Yoga generally targets the connective cells of the hips, pelvis, and lower spine. (II) The advantages of Yin Yoga exercise, including discussions of anatomy, the energy body, and the heart and brain body; (III) The Practice of Yin Yoga exercises, including illustrated descriptions of 30 yin yoga asanas (poses). Yin Yoga exercises has the same goals and goals as any other college of yoga exercises; The Yin Yoga Publication provides an in-depth consider the philosophy and practice of Yin Yoga exercises. Clark's fascinating and extensive book is divided into three sections: (I) What is Yin Yoga; Ideal for almost all degrees of college students, Yin Yoga is a perfect complement to the powerful and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles.



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Takes some work, but transformational therefore worth it. This book is completely amazing and introduces a crucial complement to conventional asana practice. Yin yoga exercises target the "cold" tissues of the body like ligaments and tendons as well as the joints themselves. There are a lot of nuances and variations to the poses, and the nature of the practice is quite different. The book is very good, but somewhat chaotic. It had been a unique pleasure to see this information presented in one place back to back again, giving one the chance to explore the similarities and variations of these systems of research and philosophy about the body and how it functions energetically. That's probably ultimately a very important thing, however the learning curve can be a little steep initially. If you are looking to just grab the reserve and try a new routine, you will definitely run directly into trouble. With that said, there are plenty of good restore yoga exercises books that will show the reader how to make use of props for these yin poses--if that is an issue. The tone is quite accessible, and you also almost feel as if the author is in the room leading a course. The middle portion covers the various poses, most of which will be familiar from conventional yoga, and then there are numerous of suggested flows, all of which have become good. Poses are typically held for 3-5 minutes. There can be quite a bit of discomfort involved in holding poses for such a long time, both physical and psychological, but I have ultimately found this to become very positive. Yin yoga exercises has swiftly become central to my very own practice and is really deepening my romantic relationship to my body and to yoga generally. Mainly focused on opening up and stretching joints, ligaments and passively stretching muscle groups through holding specific poses for longer periods of time (3-5 moments or longer), yin yoga is an extremely meditative and deep practice that also has a physical side. If you already have a recognised asana practice, I can't recommend this book more than enough. Highly recommended, specifically to people aged 30 or older who have stiffness in the pelvic joints and hip and legs. If you've actually wondered why Yin yoga exercise is different from other forms of yoga, and how it benefits the body, this is the book to have. My one complaint is that the illustrations display extremely flexible people in very deep variations of the poses. Even more photos of pose modifications or variations with props could have been helpful. So what a pleasant shock to start reading this wonderful book! Although it is usually recommended that a yoga practitioner go to classes and seek guidance from experienced teachers, if you are already familiar with yoga exercises and has some way of measuring practice beneath their belts, this book can be an indispensable introduction that delivers ample information that could allow one to begin an at-home practice of this beautiful form of yoga without threat of injury or complication, supplied one comes after the author's very specific information. The yin yoga exercise classes I take make use of many props to assist in sustaining a long-held pose to benefit the body's connective tissue. Having said that, the reserve is well laid out and starts with an exploration of the concepts and benefits of yin yoga. Clark's publication is well-organized with great explanations of the philosophy and practice of yin yoga and how it's been influenced by Indian Yoga exercise and Chinese Medication. The Chinese Daoist watch is interwoven throughout the book so the reader will have a much greater knowledge of yin/yang, chi, the organ systems and meridians. Furthermore, Clark provides integrated the Indian yoga and Western research perspectives to show the way the three sights complement each other to support the healing nature of yin yoga. Of course, I would recommend this book for those interested specifically in yin yoga, but consider this book if you teach or practice restore yoga. This is definitely a worthwhile purchase. A treasure chest I had to get this book as required reading for my yin yoga instructor training. It is still very healing. The writer refers to "going deep" many times in the text. The next to last chapter on the energetic benefits is quite interesting, as it presents a succinct exploration of the energetic systems of the body from the yogic, Daoist and Western medical perspectives, which is very interesting to learn about in this context. As I age and see my pelvis and hip and legs still could use a lot of work with regards to opening the joints and raising flexibility, I found this reserve and realized it was the perfect antidote to the more vigorous poses that are usually held for less moments to be able to create a arranged which has many poses. A 1 hour Yin Yoga exercise

set may only have 5-6 poses based on how long you stay static in them. What really pieces this book apart, however, is the thoroughness and directness with which the author presents the material, that is surprisingly engaging and entertaining. It really is created with humor and wisdom with depth and compassion. When reading the second chapter, I must say I felt I had a clear idea of how to perform this sort of yoga because of Clark's display of the material and his very insistent focus on not pushing yourself and his guidance on the correct intention and focus to bring to this practice. Chapter 4 provides suggested flows with varying degrees of knowledge and time-frames, even though chapter 5 is a brief exploration of several common special conditions that want a modified type of practice. The ultimate three chapters are equally as fascinating, beneficial and engaging as the 1st two chapters, providing information on the physical benefits, with a very thorough demonstration on physiology and anatomy as it pertains to the practice. I have already been practicing various types of yoga for several years, mostly what is referred to as "yang yoga" in the publication, namely Hatha and Kundalini. I suspect this may be a reflection of the author's own style, nonetheless it difficulties the reader to activate as the same partner in the learning process. The last chapter is very short, speaking to the "heart and mind" aspects of the practice, which is really even more like an overview and final tips and reflections section. General, this publication was a joy to read and provides one with significant amounts of information and instruction. I think the block primarily was that the photographs of the various yin poses presented in Chapter 3 are shown minus the use of any props.

Great primer on yin yoga That is a through and well-written book on Yin Yoga exercise. antidote for the individual experience i've practiced hatha yoga for 30+ years therefore i understand how beneficial yoga can be for body, mind, and spirit. but just a couple of weeks of practicing yin yoga exercises provides me feeling that yin yoga exercise may be the king/queen of yoga! i simply cannot describe the overall sense of wellbeing that i've experienced since i started practicing it. Very comprehensive book. i recommend it and the practice of yin yoga! Wife loved it My wife loved it , that's all that matters! A real gem of a reserve that continues me rereading over and over to truly benefit from the treasure chest of knowledge that is right here and written in an exceedingly readable way. I take advantage of it ALL enough time! Having attended yin classes, I was interested in the proper execution and sequencing. The majority of my training was simply reading from this excellent book out loud with the instructor and students and actually pursuing his descriptions for meridians and asanas. Useful and informative This book is definitive if you're new to yin yoga or seeking to deepen your knowledge. i love everything about this book - non-e of it seems too mystical or otherwise unnecessary. I bought this publication for a Yin Instructor Training program. An exceptional introduction to Yin Yoga That is a sensational book for those thinking about exploring a different avenue of yoga, the yin path.. Yin Yoga exercises from Yogic, Daoist, and Western perspectives It actually took me awhile to understand the breadth and depth of the book. Bernie Clark's approach is a good overview evaluating western and eastern understanding of the way of the globe. The introductory chapter is very fascinating and informative, the next two chapters provide very particular and instructive information about the real practice including many asanas, with clear pictures and an intensive mini-lesson on how to perform each asana, providing suggested variants and counter-poses (poses that balance the body after a very long time in a specific position). He gives a complete picture of the components of yin yoga with excellent guidelines and photos therefore a lot more! As a instructor, it's extremely useful with plenty of photos of the poses, descriptions concerning how to enter and exit, plus contraindications. Very informative Very good book to have Love this book! Many thanks 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 especially for a beginner. Bernie makes me feeling interested to study further about Yin yoga exercise.. I had never heard about this book (I'm not used to yin yoga) and was more interested in doing yoga exercise rather than reading about it. Thank you very much, Bernie~ Five Stars looking towards reading it Informational Informative



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