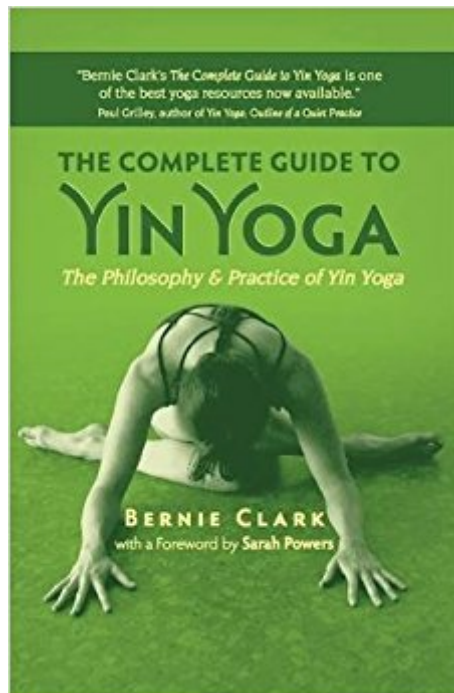




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The Complete Guide To Yin Yoga: The Philosophy And Practice Of Yin Yoga



Synopsis

Bernie Clark's *The Complete Guide to Yin Yoga* provides an in-depth look at the philosophy and practice of Yin Yoga with illustrated sections on how to practice Yin Yoga, including descriptions with photographs of 30 Yin Yoga asanas. 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 tissues of the ligaments, fascia, joints and bones and the energetic channels of the meridians, nerves and blood system. One big difference noticed by students of Yin Yoga is the long-held, passive nature of the posture, which gives time for a deeper journey to unfold, a journey into the meditative aspects of yoga, a bridge to living life mindfully. Clark presents comprehensive information on how to do the practice, including a deep look inside over two dozen Yin Yoga postures showing the benefit of the pose, how to get into and out of the pose, contraindications and warnings for those who may have trouble with particular aspects of the posture, and other important information. The benefits are explored in three main sections: the physiological benefits, the energetic benefits and the mental/emotional benefits.

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Customer Reviews

“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* Yin Yoga is a practice much needed in today's difficult, divisive times. It offers us a way to leave behind our ideas of how we should be, and return to our true selves, where all lasting healing takes place. Bernie Clark has written a wonderfully detailed account of the history, philosophy, and practice of Yin Yoga.

I recommend it not only for those interested in Yin Yoga, but for all yoga practitioners.&mdash Biff Mithoefer, author of The Yin Yoga Kit

I had never heard of Yin Yoga even though I have done Yoga for most of my life. It has really helped me improve my flexibility and has helped me improve on my regular Yoga. This book does an excellent job of explaining what Yin Yoga is and how it can help you. I love the detail and most importantly there are several workouts at the back of the book that you can do. I highly recommend it. Yin Yoga is very relaxing and teaches you patience in holding the poses.

I am so glad I bought this book - it's an excellent addition to a yogi's study! Bernie Clark is amazing - I frequently read his website on Yin Yoga but wanted something to hold (I'm old fashioned - I need a book). This has really helped me understand the philosophy and practice of Yin. Add it to your wishlist but the price is so affordable don't wait to get it!

I also bought this book, along with the Sarah Powers; INSIGHT book, for my daughter who is a Yoga Instructor. She teaches Yin Yoga and these books have proven to be invaluable sources of knowledge and inspiration for her as she continue to grow as a teacher. I highly recommend this book and the Sarah Powers INSIGHT book for anyone interested in YIN YOGA.

Complete and awesome!

Interesting mixture of Chinese and Indian preventive medicine. It is given with an acceptance of human variability and will certainly improve the approach and quality of yoga addicts. It is particularly well suited for current stressful society.

Bernie Clark has written a good basic guide to Yin yoga and its origins. In combination with Sarah Powers' book, these offer a comprehensive summary of Yin poses and sequences for yoga students and teachers.

The only book you'll ever need for Yin Yoga, well written clearly explained and easy to follow. Gives the reason why we need this, cueing is simple and photos with explanation.

A member of the preeminent western Yin lineage, Bernie Clark's work is reputable and grounded in

science. What I appreciate most is his willingness to share his knowledge beyond the retail space. Do a Google search some time. I read him as a role model for the yoga way of living. DO buy his book. It elaborates on the small sampling found on line and is a great resource for teachers and students alike.

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