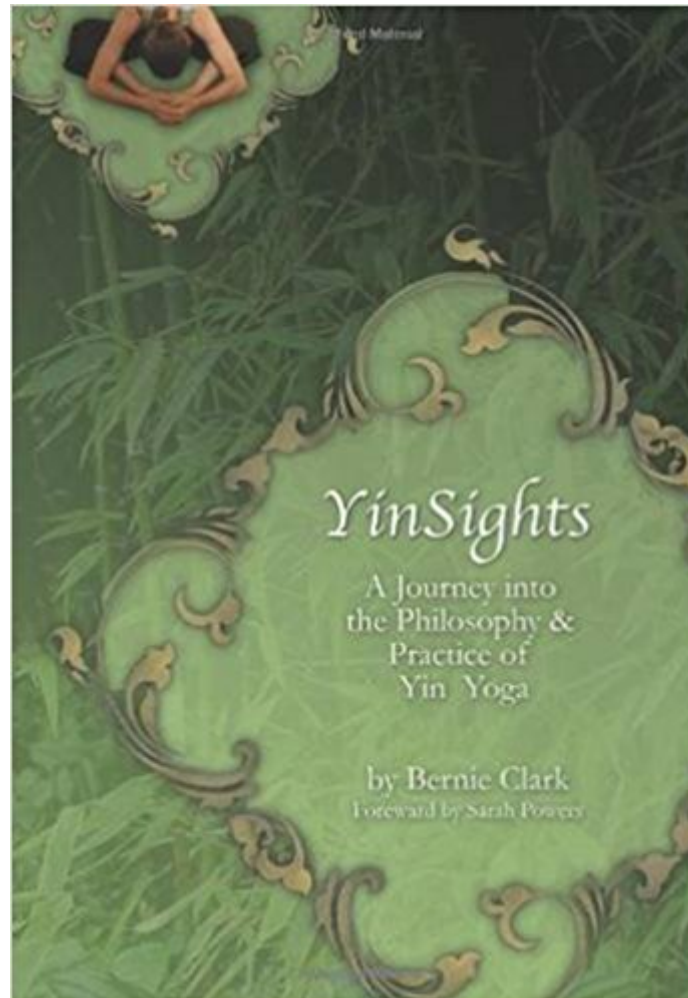




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# **YinSights: A Journey Into The Philosophy & Practice Of Yin Yoga**



## Synopsis

Why practice yoga or Yin Yoga in particular? YinSights, a new book by Bernie Clark, has the answers. In YinSights, Clark explores the benefits of yoga, as viewed by both the Eastern and Western worlds and relates how it affects the body and mind. Although more and more students are embracing the Yin-side of yoga, Yin Yoga is still relatively unknown. Filling a void in yoga literature, YinSights serves as a practical guide for students interested in understanding Yin Yoga. YinSights is divided into two main sections. The first investigates the benefits of yoga on the physical body, the energetic body, and the mind/emotional body. Clark presents three points of view; those of the yogis in India, the Daoists in China, and the medical and scientific researchers of the West. The second section explores the practice of Yin Yoga in detail, and several flows are offered each with different themes. Slower versions of the normally active or yang Sun Salutations are provided, as well as even gentler ways to stimulate the flow of prana, chi, or energy. While YinSights illustrates how to practice Yin Yoga, it is not just for those seeking knowledge about Yin Yoga in particular. The book also discusses the advantages of all styles of yoga and will be of interest to every yoga student. Bernie Clark's Yinsights is one of the best yoga resources now available, no matter what your preferred style of practice. Paul Grilley, author of Yin Yoga

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## Customer Reviews

"Bernie Clark's Yinsights is one of the best yoga resources now available, no matter what your preferred style of practice." -- Paul Grilley, author of Yin Yoga

A quick glance at the chapter headings gives a clue of the breath of what's offered: Prana, Bio-Electronics, Chakras, Cognitive

Therapy, Meridians, Bones and Cartilage ... there is something interesting here for just about everyone..." -- Sarah Powers, author of Insight Yoga "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. YinSights is written with compassion and deep understanding, and I recommend it not only for those interested in Yin Yoga, but for all yoga practitioners." --Biff Mithoefer - author of The Yin Yoga Kit "YinSights is a comprehensive guidebook for both curious students and dedicated teachers of Yin Yoga. Bernie is thoughtful and thorough as he arranges the immense body of knowledge, which influences the practice of Yin Yoga. He manages to weave threads of historical foundation, theoretical elucidation and practical application into a tapestry rich in spiritual tradition. This work could only come into being authentically through the efforts of a passionate spirit who has dedicated his life to the journey and has experienced some harmony along the way - thank you Bernie. I hope this lovely book finds its way into the hands, heads, hearts and bodies of many people... that they may experience a glimpse of what we know to be true and real." --Marla Erickson - creator of Yoga Inspired Functional Fitness "YinSights is an intelligently written, extensively researched, and comprehensive study of the system of Yin Yoga that Paul Grilley and Sarah Powers teach." --Paulie Zink - Daoist Yoga master

Why practice yoga or Yin Yoga in particular? YinSights, a new book by Bernie Clark, has the answers. In YinSights, Clark explores the benefits of yoga, as viewed by both the Eastern and Western worlds and relates how it affects the body and mind. Although more and more students are embracing the Yin-side of yoga, Yin Yoga is still relatively unknown. Filling a void in yoga literature, YinSights serves as a practical guide for students interested in understanding Yin Yoga. YinSights is divided into two main sections. The first investigates the benefits of yoga on the physical body, the energetic body, and the mind/emotional body. Clark presents three points of view those of the yogis in India, the Daoists in China, and the medical and scientific researchers of the West. The second section explores the practice of Yin Yoga in detail, and several flows are offered each with different themes. Slower versions of the normally active or yang Sun Salutations are provided, as well as even gentler ways to stimulate the flow of prana, chi, or energy. While YinSights illustrates how to practice Yin Yoga, it is not just for those seeking knowledge about Yin Yoga in particular. The book also discusses the advantages of all styles of yoga and will be of interest to every yoga student.

Read whether you have an interest or no interest in yoga. This book gives you many insights on many subjects. It is easy to read without dumbing down the content. I like the way it is mapped out for the reader. New to yoga, scared of yoga, love of yoga this book is for everyone.

Easy to read with excellent descriptions and photos

This is a remarkable and thorough book for anyone interested in the topic of yoga, but specifically yin yoga. Bernie is an astute writer, who synthesizes the scientific understandings of yin yoga in a holistic & readable way. I highly recommend this book to anyone who is a practitioner of yoga, and most certainly to a yin yoga practitioner or someone wanting to understand the deeper significance of this approach to practice.

So I purchased this book last March and started to read it and then it got misplaced never to be found again, but I wanted to repurchase it. Can anyone tell me why it is all of the sudden costing an arm and a leg? Seriously these prices are ridiculous. Shouldn't it be the same price as the Kindle edition \$13 and not hundreds of dollars, even coming close to a thousand. This is not rational. Rating it low because I won't be buying at this price as I am sure no one else will be either.

As a teacher I can assure you that if you want to learn about Yin yoga this is the book for you. It is concise, accurate and well documented. Not only is this a good book on Yin postures....but also the whole philosophy of Yin and Yang is explored and discussed. There is a tremendous wealth of theory and practice that can be utilized in any yoga class, whether Yin or Yang. I don't care what style of yoga you teach, you will find a wealth of information in this book that can be utilized in your classes.

Bernie Clark's insight and wisdom is wonderful. I highly recommend all of his books.

this book is great for a practitioner or a teacher. as a practitioner you have enough knowledge to practice yin safely and effectively. as a teacher you have a wealth of information to pass on to students and lead you in more directions.

Fabulous Bernie Clark is super knowledgeable, this book is definitely "yinsightful" :) I will be pouring

over this for some time!

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