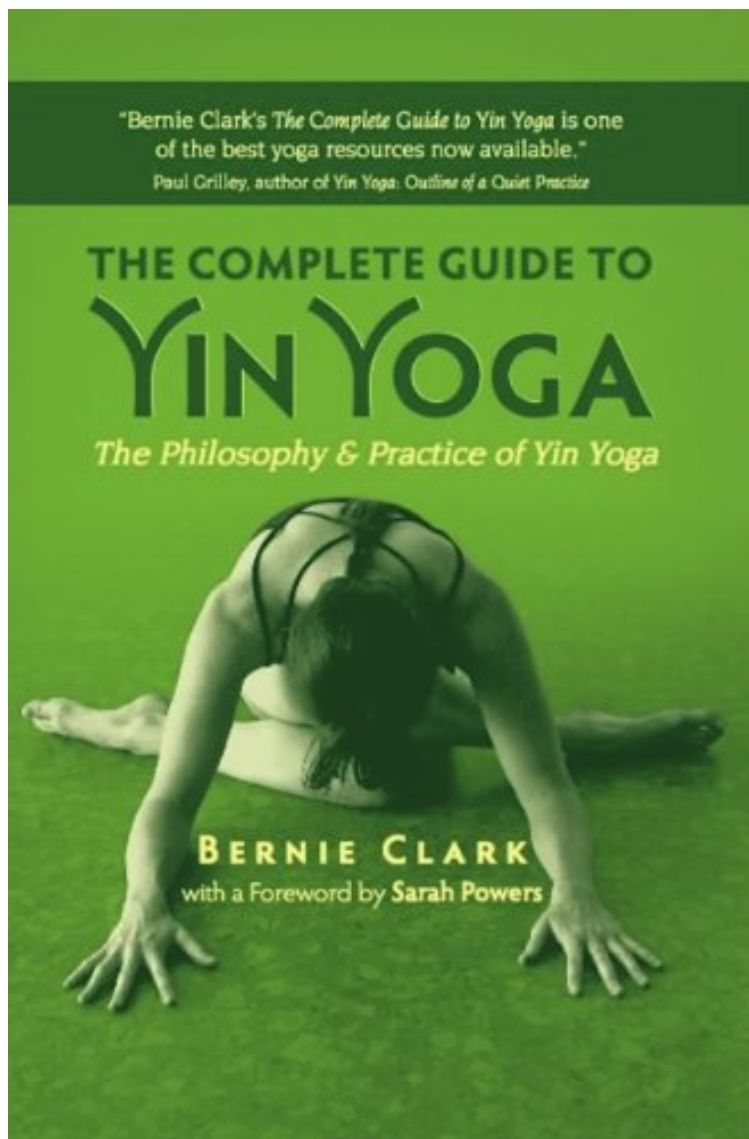


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The Complete Guide to Yin Yoga: The Philosophy and Practice of Yin Yoga



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Description :

Prsentation de l'diteurThe Yin Yoga Book provides an in-depth look at the philosophy and practice of Yin Yoga. Clark's fascinating and comprehensive book is divided into three sections:(I) What is Yin Yoga; (II) The Benefits of Yin Yoga, including discussions of anatomy, the energy body, and the heart and mind body; (III) The Practice of Yin Yoga, including illustrated descriptions of 30 yin yoga asanas (poses).Yin Yoga has the same goals and objectives as any other school of yoga; however, it directs the stimulation normally created in the asana portion of the practice deeper than the superficial or muscular tissues (the yang tissues).

Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles.