



Yinsights: A Journey Into the Philosophy & Practice of Yin Yoga

Bernie Clark

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Contributor(s): Clark, Bernie (Author), Powers, Sarah (Foreword by) The author explores the benefits of yoga as viewed by the Eastern and Western Worlds and related how it affects the body and mind. 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. The second section explores the practice of Yin Yoga in details, and several flows are offered each with different themes.

Yinsights: A Journey Into the Philosophy & Practice of Yin Yoga Details

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From Reader Review Yinsights: A Journey Into the Philosophy & Practice of Yin Yoga for online ebook

Elina A. says

Yinjoogan perusteet ja asennot käydään selkeästi läpi, mutta aikamoista huttua välillä, etenkin sähkösaaste/allergiahöpinät. Foliohattu siis tiukasti päähän...jos et usko energioihin, chakroihin, kiinalaiseen lääketieteen tai muuhun yksisarvishömpään, siirry suosiolla kirjan toiseen puoliskoon.

Rebecca says

This book is packed full of information all about Yin Yoga. It took me a really long time to read this book because I had to take all the information in, in small doses. This book talked about anatomy, the Eastern view of the body and mind, and the Western view of the body and mind. It also talked about different yoga styles and a collection of yin style poses. Needless to say, I'm still processing a lot of this information and I really feel like this is a good Yoga resource to have on my shelves.

Kathryn says

Excellent addition to a yin yoga library. Touches on many of the same topics mentioned by Sarah Powers and Paul Grilley but with a greater focus on meditation and the philosophical background of the practice.

secondwomn says

a thoughtful, accessible, well-paced introduction to yoga overall and yin yoga in particular. covers a LOT of ground. it's difficult to get into at first because there's so much background, but when you get into the meat of it, you realize that you'd be lost without all that background. highly recommended for yogis.

Qu?ng Tr??ng says

nice book

Barbara Ginsberg says

Wonderful! Bernie Clark writes with a sense of humor but there is a serious wealth of information in this book.

John Hawkins says

I am currently in a training with the author and his knowledge is incredible. He is explaining anatomical and energetic anatomy to a liberal arts yoga teacher. I am happy to be a part of this training. The second reading is faster and we are going through the book in the training so a third reading is forthcoming. I also have a Kindle edition

Kris says

Bernie Clark's book is a paramount reference tool for yoga teachers, students and those looking to deepen their practice or understanding of yoga and religion. Hands down best yin book I've read so far and happy to have it on my shelf. Used it in class last night.

Sandi says

Reading this for some new training

Jessi says

This book was a required read for a Yin retreat that I'm taking. It was a nice introduction to Yin yoga with concrete history, a broad overview, and a section on poses (including length you should hold, how to get in and out, the names of similar poses in yang yoga, etc.) There were definitely parts that veered into the woo-woo territory for me but it was overall a quick, easy, informative read.

J Teo says

It's a good book with theory and practical info. Also, compares with the usual yoga so it's interesting and useful.

Karen Fournier-foley says

I loved everything about this book. Bernie Clark's story telling and the weaving of philosophies/history across east and west was fascinating. I have a much deeper understanding of Yin Yoga and its applications in my personal practice and as a teacher. Highly recommended.

Christine says

I love this book. Has taught me the practice of yin. thank you Bernie!

Charlane Brady says

Bernie has a great way of explaining yoga along with how it works in our every day lives. His words are suited for any yoga practitioner of any yoga method.

I love the simplicity of the book and I love the practice of yin.
