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Autore	Clark Bernie <1953->
Titolo	The complete guide to yin yoga [[electronic resource]] : the philosophy and practice of yin yoga / / Bernie Clark ; foreword by Sarah Powers
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Altri autori (Persone)	PowersSarah
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Table of Contents; Foreword; Preface; Acknowledgements; Introduction; CHAPTER ONE Yin Yoga Defined; Yin and Yang; Yin Tissues and Yang Tissues; The Theory of Exercise; Original Yin; Daoist Yoga; Modern Yinsters; CHAPTER TWO The Practice of Yin Yoga; How to Practice Yin Yoga; The Three Tattvas of Yin Yoga Practice; Stillness of the Body; Holding for Time; Intention and Attention; Ending the Practice; Moving Energy; Nadi Shodhana; Orbiting Energy; CHAPTER THREE Yin Yoga Asanas; Anahatasana; Ankle Stretch; Bananasana; Butterfly; Half Butterfly; Camel; Cat Pulling Its Tail; Caterpillar Child's PoseDangling; Deer; Dragons; Frog; Happy Baby; Reclining Twist; Saddle; Shoelace; Snail; Sphinx & Seal; Square; Squat; Straddle; Swan & Sleeping Swan; Toe Squat; Shavasana; Yin Yoga Poses for the Upper Body; CHAPTER FOUR Yin Yoga Flows; An Easy Beginner's Flow; A Flow for the Spine; A Flow for the Hips; A Flow for the Legs; A Flow for the Shoulders, Arms, and Wrists; A Flow for the Kidney and Urinary Bladder Meridian Lines; A Flow for the Liver and Gall Bladder Meridian Lines; A Flow for the Stomach and Spleen Meridian Lines; A Flow for the Whole Body; Wall Yin CHAPTER FIVE Special SituationsHip & Knee Issues; Hip Replacement; Lower Back Disorders; Having Babies; Pregnancy; CHAPTER SIX The Physical Benefits; Our Tissues; The Limits of Flexibility; Fascia; The Myofascia-Tendon Complex; Tendon Changing; The Deep Fascia; Connective Tissues; Joints; Other Physiological Benefits of Yin Yoga;

Summary; CHAPTER SEVEN The Energetic Benefits; A Yogic View; Chakras; A Daoist View; The Organs; The Meridians; A Western View; New Paradigms; The Bag of Soup Model; Meridians Revisited; Acupuncture Revisited; The Nervous System; The Sympathetic Nervous System
The Parasympathetic Nervous System
The Brain on Yoga; Summary of Energetic Benefits; CHAPTER EIGHT The Heart and Mind Benefits; The Benefits of Mindfulness; Paying Attention; Dukkha; Pathing; Watering Flowers; Mindfulness; Summary of Heart and Mind Benefits; Bibliography; index; About the author

Sommario/riassunto

The 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 tissue

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