



Yin Yoga: Principles and Practice — 10th Anniversary Edition

By Paul Grilley

Download now

Read Online ➔

Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley

The 10th Anniversary Edition of *Yin Yoga: Outline of a Quiet Practice* by Paul Grilley brings together in a fresh way the ancient wisdom of acupuncture and Taoism with Hindu yoga practices. With over 80,000 copies sold, Grilley's book has been enhanced with new materials describing the evolution of Yin Yoga within the Yoga world over the last decade plus new reference materials on anatomy and the practice of Yin Yoga.

Yoga as practiced in the US is almost exclusively Yang or muscular in nature. The Yin aspect of Yoga (using postures that stretch connective tissue) is virtually unknown but vital for a balanced approach to physical and mental health.

Paul Grilley outlines how to practice postures in a Yin way. Grilley includes an explanation of Modern Meridian Theory, which states that the meridians of acupuncture theory are currents flowing through the connective tissues of the body. Yin Yoga is specifically designed to address these tissues.

The two major differences between a Yin and a Yang Yoga practice are that Yin postures should be done with the muscles relaxed and should be held a long time. This is because connective tissue does not stretch like muscle and will not respond well to brief stresses. In addition, Yin Yoga better prepares people for meditation. For yoga practitioners looking for something beyond physical postures. Yin Yoga addresses the deeper spiritual dimensions of yoga, with helpful sections on chakras, breathing exercises, and meditation.

↓ [Download Yin Yoga: Principles and Practice — 10th Anniver ...pdf](#)

📖 [Read Online Yin Yoga: Principles and Practice — 10th Anniv ...pdf](#)

Yin Yoga: Principles and Practice — 10th Anniversary Edition

By Paul Grilley

Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley

The 10th Anniversary Edition of *Yin Yoga: Outline of a Quiet Practice* by Paul Grilley brings together in a fresh way the ancient wisdom of acupuncture and Taoism with Hindu yoga practices. With over 80,000 copies sold, Grilley's book has been enhanced with new materials describing the evolution of Yin Yoga within the Yoga world over the last decade plus new reference materials on anatomy and the practice of Yin Yoga.

Yoga as practiced in the US is almost exclusively Yang or muscular in nature. The Yin aspect of Yoga (using postures that stretch connective tissue) is virtually unknown but vital for a balanced approach to physical and mental health.

Paul Grilley outlines how to practice postures in a Yin way. Grilley includes an explanation of Modern Meridian Theory, which states that the meridians of acupuncture theory are currents flowing through the connective tissues of the body. Yin Yoga is specifically designed to address these tissues.

The two major differences between a Yin and a Yang Yoga practice are that Yin postures should be done with the muscles relaxed and should be held a long time. This is because connective tissue does not stretch like muscle and will not respond well to brief stresses. In addition, Yin Yoga better prepares people for meditation. For yoga practitioners looking for something beyond physical postures. Yin Yoga addresses the deeper spiritual dimensions of yoga, with helpful sections on chakras, breathing exercises, and meditation.

Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley Bibliography

- Sales Rank: #87791 in eBooks
- Published on: 2012-10-07
- Released on: 2012-10-07
- Format: Kindle eBook

 [Download Yin Yoga: Principles and Practice — 10th Anniver ...pdf](#)

 [Read Online Yin Yoga: Principles and Practice — 10th Anniv ...pdf](#)

Download and Read Free Online Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley

Editorial Review

Review

“Anyone who thinks that yin yoga sounds wimpy should gaze hard at the photographs in this book, which illustrate some pretty challenging poses. Grilley’s technique offers a unique blend of yoga meditation and Taoist principles.” *Publishers Weekly*

“People are thirsty for a way to slow down. Paul Grilley’s *Yin Yoga* can help people find a place of peace and quiet within themselves. Grilley brings understanding, experience and lighthearted humility to all his teaching. I highly recommend this book.” Biff Mithoefer, author of *The Yin Yoga Kit*

About the Author

Paul Grilley has been teaching Yoga since 1980 and his special interest is the teaching of Anatomy. He practices yoga postures in the style of Paulie Zink and patterns his philosophy on the writings and researches of Dr. Hiroshi Motoyama —a yogi and scientist from Tokyo, Japan. This philosophy integrates the Taoist meridian and acupuncture theories of China with the yogic and tantric theories of India. Paul lives in Ashland, Oregon with his wife Suzee.

Users Review

From reader reviews:

Mary Grubb:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a move, shopping, or went to the actual Mall. How about open or maybe read a book titled Yin Yoga: Principles and Practice — 10th Anniversary Edition? Maybe it is to become best activity for you. You understand beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have various other opinion?

Cynthia Necaise:

Information is provisions for individuals to get better life, information these days can get by anyone in everywhere. The information can be a information or any news even a concern. What people must be consider if those information which is inside former life are challenging to be find than now's taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you find the unstable resource then you have it as your main information you will have huge disadvantage for you. All of those possibilities will not happen throughout you if you take Yin Yoga: Principles and Practice — 10th Anniversary Edition as the daily resource information.

Robert Fox:

As a pupil exactly feel bored to reading. If their teacher expected them to go to the library in order to make summary for some publication, they are complained. Just minor students that has reading's heart and soul or real their pastime. They just do what the instructor want, like asked to the library. They go to right now there but nothing reading really. Any students feel that studying is not important, boring in addition to can't see colorful pics on there. Yeah, it is to be complicated. Book is very important to suit your needs. As we know that on this era, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore this Yin Yoga: Principles and Practice — 10th Anniversary Edition can make you truly feel more interested to read.

John Yates:

Book is one of source of know-how. We can add our understanding from it. Not only for students but additionally native or citizen will need book to know the upgrade information of year for you to year. As we know those textbooks have many advantages. Beside most of us add our knowledge, could also bring us to around the world. With the book Yin Yoga: Principles and Practice — 10th Anniversary Edition we can acquire more advantage. Don't one to be creative people? To be creative person must want to read a book. Just choose the best book that suited with your aim. Don't be doubt to change your life with this book Yin Yoga: Principles and Practice — 10th Anniversary Edition. You can more appealing than now.

**Download and Read Online Yin Yoga: Principles and Practice —
10th Anniversary Edition By Paul Grilley #DPA0QUNMIGF**

Read Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley for online ebook

Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley books to read online.

Online Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley ebook PDF download

Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley Doc

Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley Mobipocket

Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley EPub

DPA0QUNMIGF: Yin Yoga: Principles and Practice — 10th Anniversary Edition By Paul Grilley