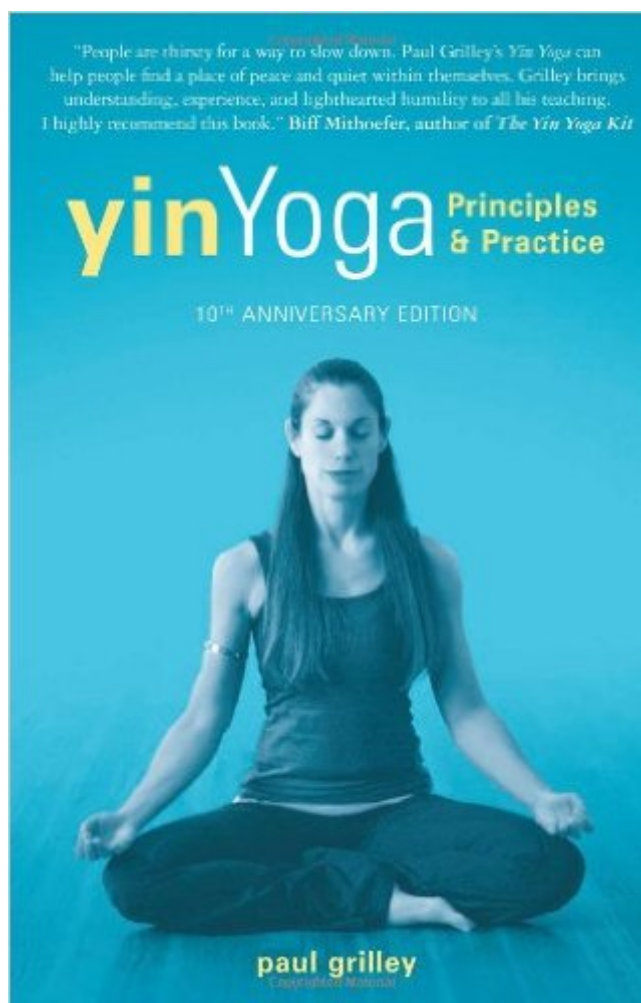


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# Yin Yoga: Principles And Practice &#151; 10th Anniversary Edition



## Synopsis

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.

## Book Information

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## Customer Reviews

OK, but most of it right out of Bernie Clark's book. Save money and just buy that one...it goes much further with the same info from Grilley's book.

I teach a restorative yoga class and even just using Some of the postures offered in this book, I've

been able to offer a much better practice to my students. If you are looking to deepen your yin practice I highly recommend this book (couple it with his Yin Yoga DVD for a truly transformational experience).

I am happy I chose to get it. I've been practicing yoga for many years. Reading this book gives me permission to accept the limitations imposed by age gracefully.

I bought this because I had to - it was required reading for a weekend yoga workshop. Weak to put it best. Very little about the ins and outs of yin. Superficial. There are much better books out there - Sarah Powers' Insight Yoga, Bernie Clark's The Complete Guide to Yin Yoga. Don't waste your money.

I teach Yin and have a lot of respect for Paul and Suzee Grilley, but I'm waffling between just 2 and 3 stars because this book doesn't offer much more than you can get from taking some classes. If you don't have a local teacher, you'll benefit from this intro and its photos & cues of specific poses. But if you want to delve more deeply -- which is why I think you're considering a book on the subject -- then get Bernie Clark's book, ask your Yin teacher for his or her latest advice, and take a workshop. I hope this review was helpful.

Paul gives the basics of practice in Yin Yoga and some comparisons between Yin Yoga and Yang Yoga. He also describes why 'Yin' and 'Yang' (Chinese expressions) work for something from the Indian subcontinent. And it even makes sense. His book is one of a couple of books needed to fully understand what is going on with this alternative to 'muscular' Yoga. There is more to learn - especially with regards to sequencing (I suspect many would like to integrate some of the Yin principles into a more 'normal' Yang - Vinyasa style program), but this is the place to begin. And you might like one of his DVD sets for more information and a guided class.

Love yin yoga. My Wednesday morning's yoga class is yin yoga. I have such a relax and pain relief from my body that I inquire about it. My teacher recommended the book and having been practicing it ever since. I also buy the DVD and it is very helpful. I am bringing the DVD on my trips.

A wonderful book for anyone interested in Yoga in general, but particularly the practice of YIN Yoga...thanks so much for your effort to update & republish this book Paul! and Suzee!

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