



Yin Yoga: Principles and Practice — 10th Anniversary Edition

By Paul Grilley

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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.

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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.

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