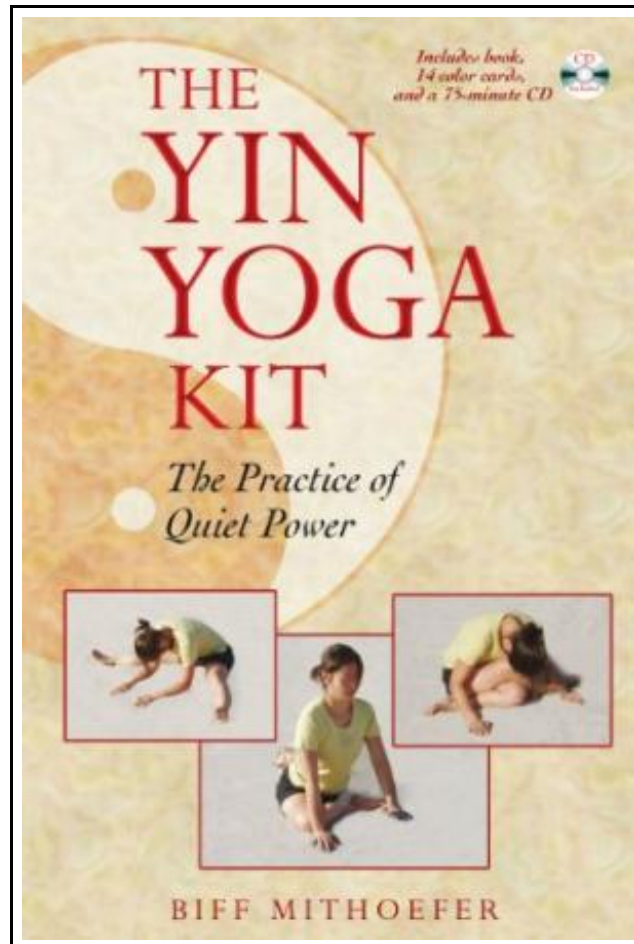


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Reviews

Thorough guide for ebook lovers. I am quite late in start reading this one, but better then never. Its been designed in an remarkably straightforward way which is simply soon after i finished reading this publication in which actually altered me, affect the way i think.
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THE YIN YOGA KIT: THE PRACTICE OF QUIET POWER (MIXED MEDIA PRODUCT)



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Inner Traditions Bear and Company, United States, 2006. Mixed media product. Book Condition: New. 236 x 160 mm. Language: English . Brand New Book. Yin Yoga is known as the quiet yoga. Many of the most popular forms of yoga, such as Ashtanga and Power Yoga, are fundamentally yang in nature, based on rhythmic movements of the muscles and focused on the need for change and attainment. Yin Yoga, in contrast, does not concentrate on the muscles but on connective tissue and bones, the parts of our body that are closest to our core and critical to our physical well-being and range of motion. The postures are all practiced on the floor and each is held for a lengthy period, usually three to five minutes. This intense non-movement allows us to experience the poses in a deeper way that enables the muscles to relax, the nerves to calm, and the surrounding connective tissue to remain healthy and supple. This meditative approach is more akin to those found in the earliest Hatha Yoga traditions. In *The Yin Yoga Kit* Biff Mithoefer presents 14 poses used in Yin Yoga and explains each posture s benefits, including which chakras and meridians will be most positively affected. The individual posture cards included illustrate the poses, provide advanced and modified variations, and assist users in designing a personalized practice sequence. The 75-minute CD contains a sample guided routine narrated by the author, with each pose presented on a separate track so listeners can rearrange them or shorten the routine as needed.



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