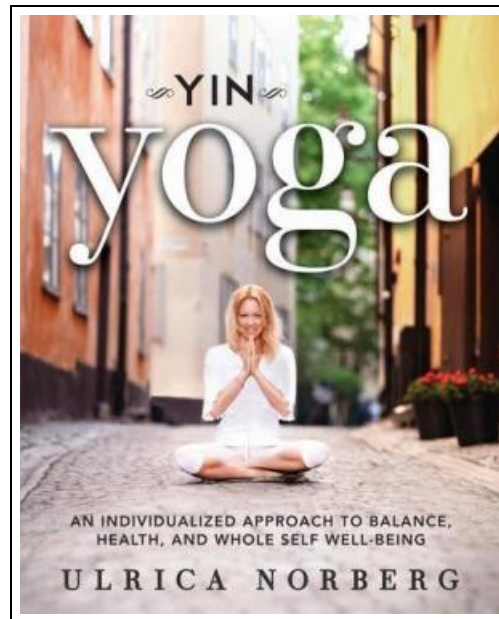


Yin Yoga: An Individualized Approach to Balance, Health, and Whole Self Well-Being (Paperback)



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Reviews

It is really an incredible publication which i actually have possibly read through. It really is written in easy phrases and not confusing. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Jodie Wehner)

YIN YOGA: AN INDIVIDUALIZED APPROACH TO BALANCE, HEALTH, AND WHOLE SELF WELL-BEING (PAPERBACK)

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Skyhorse Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. A yin yoga practice incorporates poses designed to improve the flow of qi, the subtle life force essential to organ health, vitality, and emotional well-being. The postures are moved through slowly and mindfully, gently allowing tendons, fascia, and ligaments to stretch as circulation improves and the mind becomes calm. Experienced yoga teacher Ulrica Norberg describes how to balance yin and yang on and off the mat, sharing her own experiences and offering wisdom for adapting the yogic principles in modern life. Readers will learn to develop their own individualized yin yoga practice, complete with a yin yoga flow, visualization techniques, and ayurvedic health principles. Photographs and clear descriptions highlight proper alignment, ensuring the practice will be safe and effective.



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