



Yin Yoga: Stretch the Mindful Way (Paperback)

By Cassandra Reinhardt

DK Publishing (Dorling Kindersley), 2017. Paperback. Condition: New. Language: English . Brand New Book. Return your physical, mental, and emotional selves to balance through yin yoga and its calming, healing approach. Yin yoga offers a remedy to the stress and hustle of your busy yang life. By concentrating on restorative poses that target your deeper fascia and connective tissues, you'll experience increased flexibility and improved joint health. Yin yoga also focuses on deep breathing and longer hold times, allowing you the time and space to clear your mind and enhance your mental acuity. These meditative poses will help you attain a renewed sense of mindfulness and physical well-being, making them the perfect complement to an active yang lifestyle and helping bring you back into balance. Yin Yoga assists you in this endeavor through the following: - More than 50 step-by-step poses that focus on specific areas of the body - 20 sequences linking the poses, designed to help readers reach specific physical, mental, or emotional goals - Introductory information on the basic techniques and philosophies behind yin yoga, including correct breathing techniques, chakras and meridians, and how best to practice yin yoga.



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