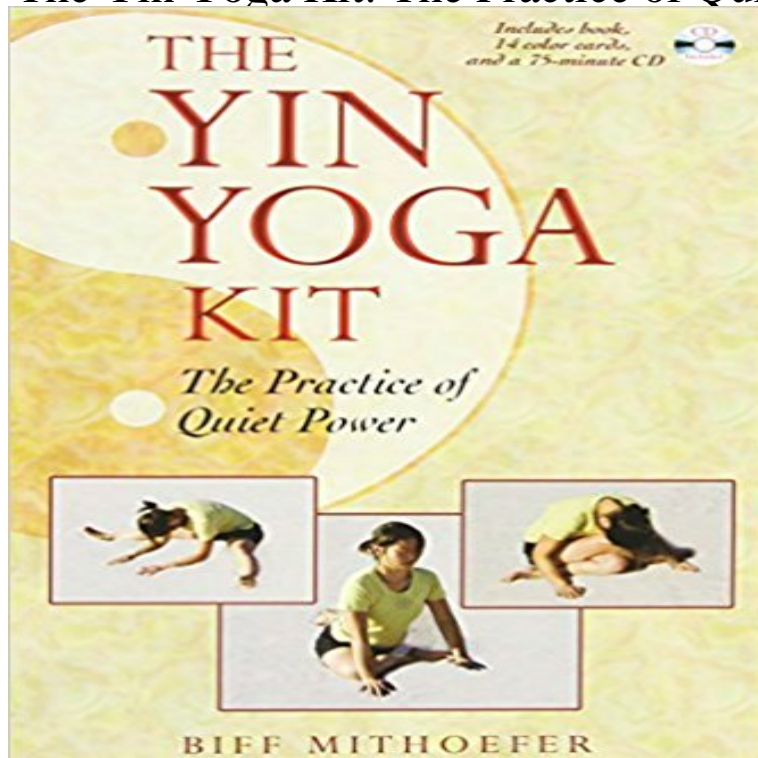


The Yin Yoga Kit: The Practice of Quiet Power (Boxed Set)



An introduction to the practice of Yin Yoga that emphasizes its meditative roots and provides balance to our modern, yang lifestyles. Offers an alternative to the outwardly oriented yang-style yoga practices in use today. Contains a deck of posture cards that assists users in designing a personalized practice and a 75-minute audio CD with a guided routine led by the author. 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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The Yin Yoga Kit: The Practice of Quiet Power (Boxed Set)

Boxed set also includes 14 color posture cards. **The Therapeutic Yoga Kit: Sixteen Postures for Self-Healing through** The Yin Yoga Kit has 60 ratings and 11 reviews. Kimz said: The information in this kit is concise and well organized. I truly enjoyed this book. My favor **The Yin Yoga Kit - Book Summary & Video Official Publisher Page : Customer Reviews: Yin Yoga Mind Body Warrior DVD** DOWNLOAD PDF The Yin Yoga Kit: The Practice of Quiet Power (Boxed Set) For Ipad GET LINK <http://?book=1594771162> An introduction **The Yin Yoga Kit: The Practice of Quiet Power -- book review** NEW The Yin Yoga Kit: The Practice of Quiet Power (Boxed Set) by Biff Mithoefer Books, Magazines, Textbooks eBay! **Read Online The Yin Yoga Kit: The Practice of Quiet Power (Boxed - 20 secEBOOK ONLINE** The Yin Yoga Kit: The Practice of Quiet Power (Boxed Set) PDF ONLINE GET **The Yin Yoga Kit: The Practice of Quiet Power: : Biff** Bernie Clarks The Complete Guide to Yin Yoga provides an in-depth look at the &mdash Paul Grilley, author of Yin Yoga: Outline of a Quiet Practice &mdash Biff Mithoefer, author of The Yin Yoga Kit . A 1 hour Yin Yoga set may only have 5-6 poses depending on how long you . Delivery Worldwide Box Office Mojo **The Yin Yoga Kit: The Practice of Quiet Power: : Biff** The 10th Anniversary Edition of Yin Yoga: Outline of a Quiet Practice by Paul Grilley brings together The Yin Yoga Kit: The Practice of Quiet Power (Boxed Set). **PDF DOWNLOAD The Yin Yoga Kit: The Practice of Quiet Power** Biff Mithoefer - The Yin Yoga Kit: The Practice of Quiet Power jetzt kaufen. The kit (consisting of a DVD, a pb book, and a set of very handy cards (3 inch x 3