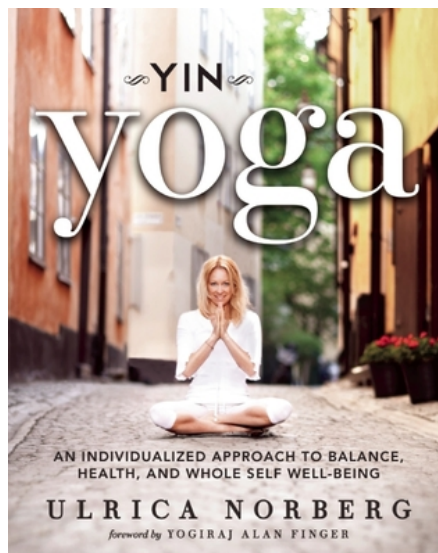




Yin Yoga: An Individualized Approach to Balance, Health, and Whole Self Well-Being

Ulrica Norberg

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Yin Yoga: An Individualized Approach to Balance, Health, and Whole Self Well-Being Ulrica Norberg
A yin yoga practice incorporates poses designed to improve the flow of qi, the subtle life force essential to organ health, immunity, 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.

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

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Author : Ulrica Norberg

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From Reader Review Yin Yoga: An Individualized Approach to Balance, Health, and Whole Self Well-Being for online ebook

Jennifer Nguyen says

Simple to understand introduction to yin and meditation

This is an easy read that is very helpful for someone beginning their yin practice. For someone who is looking for deeper information, this may be too basic.

Emily Judds says

This was so lovely! I've been practicing Yin on and off for about a year now to complement my Astanga practice, but I had never learned the philosophy and science behind it. This was very informative without being too complicated, and a very great introduction to the practice of Yin Yoga!

Polina says

Like having a chat with a friend

It is my second book by Ulrica and while it might not be perfect as a book, I find the informal flowing writing style is like having a good long chat with a friend about yin yoga and her experiences with it. I like the catalogue of poses I closed and am slowly working my way through trying each one before. I think it is a great companion for building a home practice although I guess there are better and more polished yin yoga books out there.

Jayney says

A good introduction to yin yoga.

Heather Weinstock says

I won this book through a GoodReads giveaway. The book is life changing. Yin Yoga will help those like me who have moderate anxiety, are looking for change, and are seeking a spiritual journey.

Jessie says

A very informative yin yoga book!!

Lisa Cobb Sabatini says

I won Yin Yoga: An Individualized Approach to Balance, Health, and Whole Self Well-Being by Ulrica Norberg from Goodreads.

Individuals seeking a method to reduce the affects of the tensions of modern life will want to read Yin Yoga by Ulrica Norberg.

In the beginning of the book, Norberg explains the differences among the various practices of Yoga, and shares her own experiences and choices. Yin Yoga targets fascia, or the connective tissue of the body, and the author recommends that it be practiced as well as Yang Yoga, which targets the muscles of the body. The second half of the book is dedicated to the practice of Yin Yoga, teaching proper positions with both text and photos, and offering alternatives if pain or discomfort is experienced. Benefits of each pose are explained, and the book includes a section of practice flows, outlines of several poses that flow one into another.

Personally, I appreciated the time taken to explain breathing and visualization techniques. I have performed several of the poses in Yoga classes or while using a home DVD, but Norberg inspires and demonstrates how to approach one's Yoga practice mindfully.

Yin Yoga by Ulrica Norberg is a beautiful book for anyone who desires to learn to reach one's Higher Mind and to connect with his or her spirit every day. Get Ulrica Norberg's Yin Yoga: An Individualized Approach to Balance, Health, and Whole Self Well-Being and get better balance in your life!

Dawn says

This is a great introductory book, if you do not know a lot about yoga philosophy or ISHTA yoga (ISHTA stands for the Integrated Science of Hatha, Tantra, and Ayurveda). My favorite thing about this book is her very clear and straightforward explanation of how to get into and out of a pose.
