



Yin Yoga

Paul Grilley

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Yin Yoga: Outline of a Quiet Practice brings together in a fresh way the ancient wisdom of acupuncture and Taoism with Hindu yoga practices. The Yin aspect of Yoga (using postures that stretch connective tissue) is virtually unknown but vital for a balanced approach to physical and mental health. Paul Grilley outlines how to practice postures in a Yin way. Grilley includes an explanation of Modern Meridian Theory, which states that the meridians of acupuncture theory are currents flowing through the connective tissues of the body. *Yin Yoga* is specifically designed to address these tissues. For yoga practitioners looking for something beyond physical postures, *Yin Yoga* addresses the deeper spiritual dimensions of yoga, with helpful sections on chakras, breathing exercises, and meditation.

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