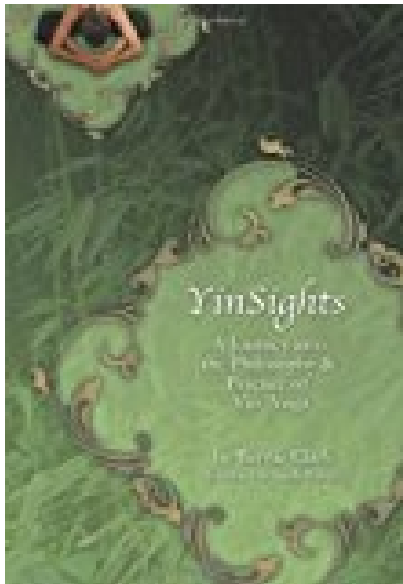


YinSights A Journey into the Philosophy & Practice of Yin Yoga



BOOK DETAILS

- Author : Bernie Clark
- Pages : 434 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

The author explores the benefits of yoga as viewed by the Eastern and Western Worlds and related how it affects the body and mind. YinSights is divided into two main sections The first investigates the benefits of yoga on the physical body the energetic body, and the mind/emotional body. The second section explores the practice of Yin Yoga in details, and several flows are offered each with different themes.

YINSIGHTS A JOURNEY INTO THE PHILOSOPHY & PRACTICE OF YIN YOGA

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