

YIN YOGA by Paul Grilley

YIN YOGA is not "yet another" brand name of Yoga postures, it is part of a larger conception of Yoga that can be called Taoist Yoga. The fundamental tenet of Taoism is that all things can be described by their mutually complementary Yin and Yang aspects. Yin and Yang can be used to describe all things we are capable of experiencing whether they are clouds, stars, forests, our thoughts or our bodies.



Basic examples of Taoist analysis would be: There is always a front and a back to a coffee cup but we can never experience both at the same time. The exposed part of the cup is Yang, the concealed part is Yin but both are necessary to form the cup. Or consider the fact that inhaling and exhaling are opposite movements. Inhaling is Yang, exhaling is Yin but together they are the "Tao of Breathing".

A Taoist analysis of Yoga practice emphasizes the critical difference between Yin and Yang tissues of the body. Muscles and blood are Yang, connective tissues and joints are Yin. Yin and Yang tissues do not respond to training in the same way and a student's practice becomes more effective when the difference is understood.



Most forms of Yoga practiced today are Yang, they emphasize muscular movement and contraction. By contrast Yin Yoga targets the connective tissue of the hips, pelvis and lower spine. Yin postures are held three to five to ten minutes at a time. This type of practice complements the more muscular styles of Yoga and is a great aid for learning to sit in meditation.

The book I have written and the workshops I present emphasize the Yin approach to Yoga postures. Not because Yin Yoga is better but only because there are many good forms of Yang Yoga available and the Yin approach is under-represented.



For training information, please visit www.AbsoluteYogaSamui.com

Yin Yoga Teacher Training (29 Mar – 2 April)

30-Hour Course Certificate Course with Victor Chng

A whole new yoga... Yin lengthens the body's connective tissues, balances the meridians, relieves stress, and prepares students for meditation.

What You'll Learn

- ✓ fundamental principals of Yin Yoga
- ✓ anatomy & physiology
- ✓ powerfully quieting yin sequences
- ✓ how to teach and lead a yin class



4 days/4 nights: 15,900 THB tuition + 10,200 THB room & food

Please note: check-in 29 March/checkout 2 April

From Yin to Yang: A Dynamic Practice (2-5 April)

15-Hour Certificate Course with Victor Chang



Balance today's stronger, yang-style practices with calming, yin-centered principles to achieve physical and spiritual harmony. Essential for people who practice more than one style of yoga!

What You'll Learn

- ✓ backbends, headstand, handstand, forearm stand
- ✓ chakra balancing & yoga nidra
- ✓ finding a yin-yang balance

2 days/3 nights: 8,900 THB tuition + 7,650 THB room & food

Please note: check-in 2 April/checkout 5 April after lunch

SAVE 20% if you sign up for both courses!



FACILITIES: All trainees will stay at Absolute Sanctuary, our newly-opened, Moroccan-style resort with stunning sea views. The resort is located on a quiet hillside overlooking the sea, and the cool evening breezes are spectacular. Rooms are very private and comfortable, and ideal for yoga students who need a place to study and escape.

- ✓ Quiet location with an infinity pool and full spa
- ✓ Outdoor gazebo (some sessions held here)
- ✓ TV, air-con, hot shower rooms,
- ✓ Shared room (private rooms available for extra charge)



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