

# Pink Lotus Yoga

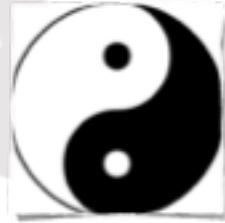
**Professional Yoga and Teacher Training  
MODULES 3 & 4**

**Yin Yoga/Yinatomy  
Posture Clinic: Front Body Foldings  
PTE: Yin Yoga Postures and The Language  
of Teaching (verbal cueing)  
TLC (Teach, Lead, Coach)**



We are moving from India north to China for a time but continue to reference what we are learning about yoga based on our exploration of yoga history and philosophy from India. Think of having two different lenses now through which you can inspect yoga.

# **Yin Yoga: History and Philosophy**





# **(Y)introduction**

**You are a Psychonaut  
of the Gross and Subtle Body  
*and of Science and Mystery***

**Bernie Clark**

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According to Bernie Clark, author of one of *The Complete Guide to Yin Yoga*, we investigate yoga both through anatomy and spirituality; where one ends and the other begins. Science and the unknown are becoming interestingly intertwined in this age.

# Yin Yoga Basics

- **a quiet practice, postures long-held**
- **targets lower body and spine**
- **relatively few postures, Hatha-based with different names**
- **has morphed in its 20-30 year history**
- **originally taught in silence without props**

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Like all yoga that morphs, Yin Yoga morphs through time. Blending with other styles is one of the premier ways it is morphing.

Examples: (1) Bernie Clark invites prop use to help students find an edge, keep an edge, or back away from an edge; (2) Suzee Grilley has demonstrated in her teachings Supported Yin, where she makes contact with student who is holding a posture to create support and therapeutic nature; (3) Studios in the area offer Warm Yin, Candlelight Yin, and Yinyasa, Hatha/Yin, Kundalini/Yin classes.

# Yin Yoga Basics

- **is not Restorative Yoga**
- **is an underrepresented style in the U.S. but quite popular in parts of Asia and Europe; considered a relatively new style**
- **is a student-driven practice**
- **is rich in anatomical and philosophical study both western and eastern**

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# Yin Yoga

- **Influences (Ancient)**
  - **Chinese philosophy**
  - **Early Chinese medicine**
  - **Chinese and Indian energy anatomy**

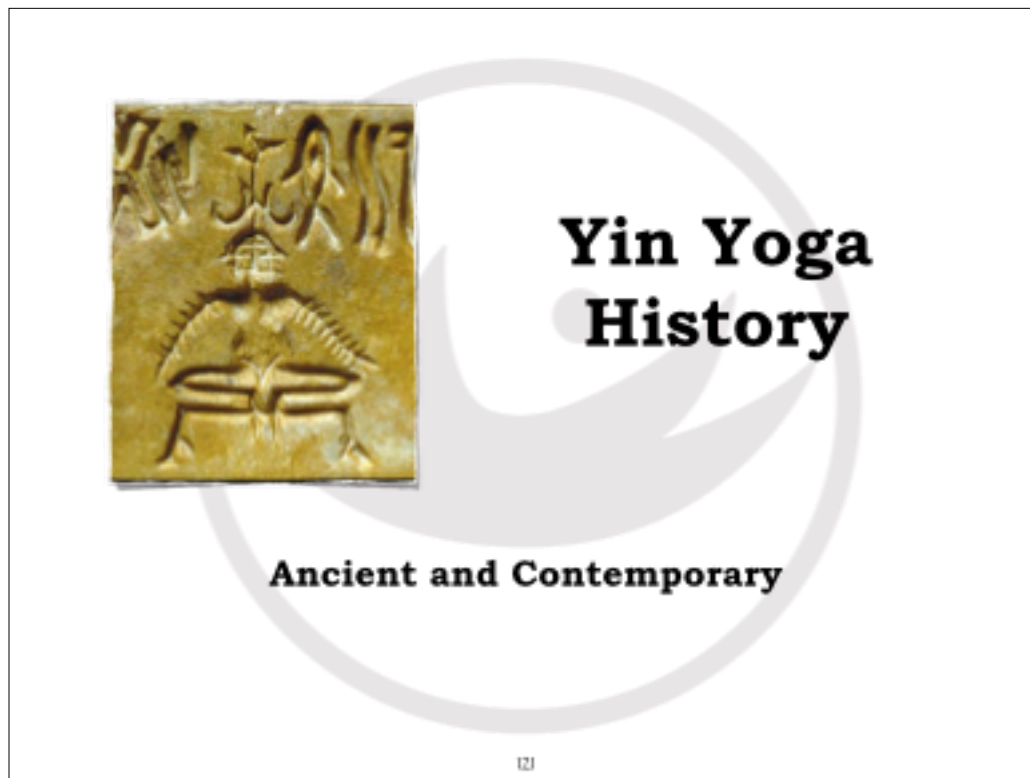
As we know from reading Bernie Clark, Yin Yoga is influenced by Chinese Taoism, which is an ancient philosophy dealing with living in a harmonious state. This applies to everything from an individual's body to an entire civilization. Ancient Chinese and Indian energy anatomy plays a big role in the teachings of Yin Yoga.

# Yin Yoga

- **Influences (Modern and Contemporary)**
  - **Indian postural yoga**
  - **Western/Eastern medicine**

Most Yin Yoga postures are recognizable Hatha Yoga postures though with different names. And just as much as eastern and western philosophies and energy anatomy systems have influenced Yin, so to has western and eastern medicine.





Because all evidence that we have of the most ancient yoga leans toward it being a floor practice, Yin Yoga lineage claims ancient roots. So too, however, a good number of the postures are not ancient or medieval but 19th or 20th Century (and therefore of the Modern Postural Yoga realm, as we will be learning about). That, coupled with the fact Yin Yoga did not come to the attention of the yoga community as a **STYLE** of yoga until the late 1970s/early 1980s, makes Yin Yoga also contemporary.



# **Yin Yoga History**

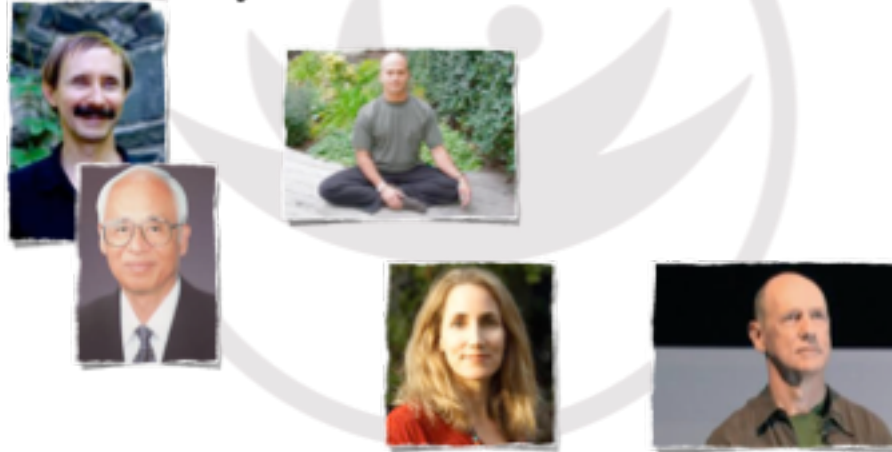
**Mohenjo-Daro, HYP  
1990s: Awareness of Yin Practice**

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Seated postures (assumed ancient), medieval postures (Hatha Yoga Pradipika), and contemporary postures combine to create a Yin Yoga repertoire of fewer than 30 postures.

# Yin Yoga History: Lineage

Paulie Zink and Dr. Hiroshi Motoyama~Paul  
Grilley~Sarah Powers~Bernie Clark



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- 1) Paulie Zink: Monkey Kung-Fu master and Stretching
- 2) Dr. Hiroshi Motoyama, Japanese scholar, Tokyo. Ph.D. degrees in Philosophy and Physiological Psychology, both a scientist trained in empirical methodology and a psychic who has experientially gained deep philosophical knowledge (searches for existence of chakras). He is the head Shinto priest of the Tamamitsu Shrine in Tokyo, and a yogi well-versed in the yoga treatises. His compound consists of temple for yoga/meditating as well as a medical center where studies are conducted.
- 3) Paul Grilley: Yin master, student of both Paulie Zink and Dr. Motoyama
- 4) Sarah Powers: Student of Paul Grilley, creator of Insight Yoga, a system that is informed as much by Yin (Chinese) as it is Buddhism (Indian)
- 5) Bernie Clark: Student of Sarah Powers, xreator of [yinyoga.com](http://yinyoga.com)

# Yin Yoga History: Lineage

Videos



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Yin Yoga Video Playlist:

[https://www.youtube.com/playlist?list=PLiZPHh5EtVFPYd8wX4tTDp-1D\\_Elr1hj5](https://www.youtube.com/playlist?list=PLiZPHh5EtVFPYd8wX4tTDp-1D_Elr1hj5)

\*Paulie Zink (2 videos): 1976 television interview (inspired Paul Grilley to contact Zink and start studying with him); and Zink performing in Monkey Kung-Fu Competition, mid 1980s

\*Sarah Powers: On Insight Yoga and More

\*Gil Hedley (anatomist)—good friend of Paul Grilley's—talking about the importance of movement and fascia (note: footage of human cadavers) \*Human fascia filmed inside the human body and magnified

\*Bernie Clark: Introduces Yin and his all-him website, [yinyoga.com](http://yinyoga.com)



# **Yin Yoga Philosophy**

**Snapshot of Influence:  
Ancient Spiritual and Philosophical  
Timeline in India and China**

- (India) 'Yoga' appearing in The Vedas, Upanishads, The Bhagavad Gita, and the Yoga Sutras prior to Christ's birth
- (India) Buddha teaches one of yoga's main aspects, meditation prior to Christ's birth
- (China) Confucius and Lao-Tzu write and teach around the time of Buddha

## **Indian/Chinese Philosophical Similarities**

- **'The Way'**
  - **Sanskrit (Indian) 'Dharma'**
  - **Chinese 'Tao'**
- **Taoism: That which can be touched or spoken about is not the Tao, yet the Tao is everything**
- **Dharma: It is better to do one's Dharma poorly than do another's perfectly**

The concept of a path or way or journey is common in world philosophies and world myth and mapmaking of myth and ritual. The way to behave, the way to improve, etc., are codified in philosophy, art, and culture world-wide. Codes and hopes and poetry and maps have been created through time to connect us to 'the way.' Sometimes the way is action (dharma) (Yang) sometimes the way is non-action (reflection) (Yin).

# **Taoism**

**Yin. Yang.  
Harmony. Balance.**

**There is no absolute  
Yin. There is no  
absolute Yang.**



The core teaching of Yin Yoga is Taoism. However, methods and teaching foci vary from Eastern to Western, ancient to contemporary, scientific to mystery.



# The Taoist Tenet: Chi (a.k.a. Qi)

- Chi is the intelligent, *organizational* energy of the universe, both in and around you
- Chi moves along gradients following *the path of least resistance*, best realized in states of harmony

Chi is the foundation of the Taoistic model (the Tai Li—yin/yang symbol). Chi is the foundation of Taoism and Taoistic (yin/yang) yoga.

# Yinatomy



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Note: As we will see in our training, much of our body is yin in nature when we apply a Taoist perspective to it. All the more reason to pay attention to Yin Yoga.

# Yinatomy Basics

- **Western view: Stressing connective tissue**
- **Chinese medicine/psychospiritual view: Your organs and meridians**
- **The Indian psycho-spiritual view: The chakras and nadis**

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The Chinese viewpoint: Your organs and associated functions and aspects are controlled by chi. Working the meridians in the body make the organs of the body and thus the whole body healthy. (Clark)

Stressing yin tissue sends and encourages the flow of (intelligent, organizational) energy, which affects every system in your body (Grilley)

# Body Tissue Classified

- **The three main body tissues according to Grilley (Taoist perspective)**
  - **Muscles (most Yang, most elastic)**
  - **Connective Tissue (Yin/Yang, semi-elastic)**
  - **Bones (non-elastic)**
- **The four main body tissues according to Clark (western perspective)**
  - **Epithelia**
  - **Nerve**
  - **Muscle**
  - **Connective Tissue (includes bones)**

First, here are two different ways to classify tissue in the body. First is Grilley's Eastern (Yin) way. Second is Clark's Western way.

# Yin Tissue Classified

- **Fascia**
- **Non-muscle tissues that make up a joint: bone, tendon, ligament, synovial fluid, cartilage, fat, and bursa**

Yin tissue is broken into two categories: Fascia and everything else.

# Fascia

- **We do not get assembled. We develop**
- **Western medical field studying fascia for first time; Dr. Motoyama (Grilley's teacher) believes chi and consciousness and chakras exist in the fascia**
- **Anatomical and metaphysical key to energy in the body**
- **A richly multi-dimensional tissue that forms internal soft tissue architecture**
- **A wide range of densities on a broad spectrum from cotton candy to a leather strap**

Gil Hedley and Paul Grilley both offer eastern philosophical and western medical perspectives about the body, especially fascia.

# Bones

reference  
*Key Muscles*  
 page 13

## HUMAN SKELETON

Use the words in the box below to identify parts of the skeleton. Each bone in our bodies has a name. There are more than 200 bones in our bodies.

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**Bone Vocabulary**

- 1. Skull
- 2. Humerus/Upper Arm Bone
- 3. Shoulder joint
- 4. Rib cage
- 5. Pelvis/Knee Cap
- 6. Spine
- 7. Scapula/Collar Bone
- 8. Femur
- 9. Metatarsals/Toes Bones
- 10. Fibula
- 11. Tibia
- 12. Humerus/Upper Arm Bone
- 13. Radius
- 14. Ulna
- 15. Metacarpals/Hand Bones

10	11	12
13	14	15
16	17	18
19	20	21

# Yinatomy: Terms

- **Stress**
- **Sacrifice**
- **Rest**
- **Anatomical Difference**
- **Range of Motion**
- **Compression**
- **Tension**
- **Twisting/Shearing**
- **Proportion**
- **Orientation**

These terms will be made clear when we watch our Yinatomy DVD.



# Stress

- **We must stress all our tissues in order to strengthen them**
- **Proof: If our bones do not bear weight/move us around, they lose mass. If we do not exercise our muscles, they atrophy**
- **Stress is good and necessary**



**Be Stressed!**

**It's Cause for Natural  
Selection**

**"The ability to grow and adapt to stress defines living things."  
—Paul Grilley**

And in philosophical and evolutionary terms: Survival depends upon adapting.

# Sacrifice

- **We must sacrifice our tissues through exercise in order to strengthen them (Grilley)**
- **It is human nature to sacrifice for the betterment of self and the group (Dharma) (Ahimsa/Civil Disobedience)**
- **(Self-) love, discipline, the journey, harmony all at play in sacrifice (The Tao, The Hero's Journey, Great Myth)**

Physiologically, Yin can be a bit like physical therapy for the Subtle Body as well as for the Gross Body. Here we look at the bigger picture of sacrifice. Yin Yoga can be difficult for people who have not considered the benefits of stress or sacrifice and for people who have a difficult time sitting still, resting, and settling in to 'Self and quiet.

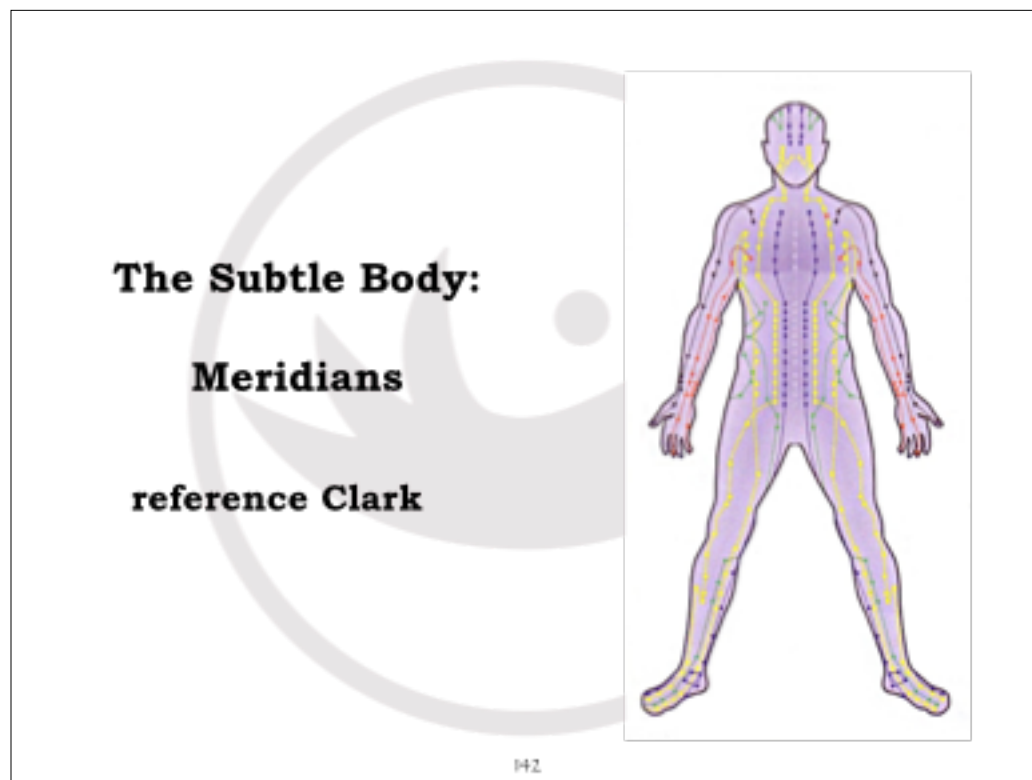
# The Gross Body

- **The most ancient, universal, and indestructible thing about our gross bodies is our bones**
- **Yoga postures are largely determined by the construction and constitution of bones**
- **The principles of alignment according to Grilley spring from a matter of gross body aesthetic. No two postures will look alike on two people EVER**

Our bones are the most Yin part of our gross bodies. Our skeletons largely determine how our postures will look; up until Grilley's teachings, this was nearly wholly unconsidered by yoga teachers and trainers.

# **The Gross Body, continued**

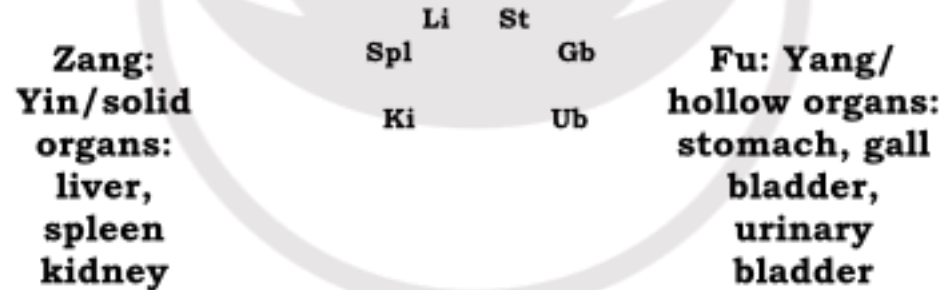
- **Skeletal variation is key to the Yin Yoga teaching philosophy and method and yoga in general**
- **Such a philosophy and method is finally being studied and regarded in yoga training**



As Clark shows in great detail, the meridians of the body that we study in Yin, which are generally the six lower body meridians, hail from ancient Chinese medicine. Our first look at the Subtle Body (as laid out in yoga philosophy) is not Indian but Chinese in nature. We will look much more at the Subtle Body details in the coming four modules.

# The Lower Body Meridians

Approximate Location in the thigh  
(anterior overhead view, right leg)



Zhang meridians are on the inside of your leg; their associative organs are solid and therefore Yin in nature.

Fu meridians are on the outside of your leg; their associative organs are hollow and therefore Yang in nature.



# Teaching Yin Yoga



# Sharing Yin Yoga: Many Foci

- **anatomical**
- **physiology**
- **subtle body mappings: meridians, organs, chakras, nadis**
- **pranayama**

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Ultimately, you choose your verbal cueing focus when you teach Yin Yoga.

Choose, experiment.

There is no wrong if your cueing comes from your knowledge base, instincts, experiences, and heart.

Everything is relative. Maps (what you say, what tack you take) don't need to be 'true', just believable (we will talk about this throughout the training)

We crave connection to ourselves, our bodies, our classmates, our teachers, our teachings, our world.

# Sharing Yin Yoga: Many Foci

- **affirmations, music, silence story, distraction**
- **anandamaya kosha (causal body/bliss body) cueing**
- **three tattvas**
- **words vs. silence**

More on the many foci you can take when you teach Yin.

# Sharing Yin Yoga

- **The Three Tattvas (realities) of a Yin Practice**
  - **get to an edge**
  - **be soft and still**
  - **stay for time**

and more: Bernie Clark's Three Tattvas (realities)

# The Meridians and Yin Postures



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Study our online chart of Yin Yoga Postures and the meridians they affect (as well as associative physical, mental, and emotional elements).