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# **Insight Yoga: An Innovative Synthesis Of Traditional Yoga, Meditation, And Eastern Approaches To Healing And Well-Being**



## Synopsis

Acclaimed yoga and meditation teacher Sarah Powers is known and loved for her unique approach—Insight Yoga—which combines traditional yoga with the meridians of Chinese medicine, as well as Buddhist meditation. Using Yin (passive) and Yang (dynamic) poses, she demonstrates a series of different yoga sequences that bring benefit to organs, muscles, joints, and tendons—as well as the mind. She also provides a foundational explanation of traditional Chinese medicine theory and mindfulness meditation instruction. Sarah Powers brings us on an inspiring journey inward, and shows the path for cultivating a lasting relationship with yoga that cultivates and strengthens our physical well-being and our mental and emotional clarity.

## Book Information

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## Customer Reviews

“Sarah Powers seamlessly integrates her unique expressions of yin and yang yogas, with traditional Chinese medicine, Taoism, and Buddhism, to create one of the most complete and balanced systems of modern yoga. This is a teaching of great warmth and intelligence that will heal your body, invigorate your mind, and inspire your soul.”—Richard Rosen, author of *The Yoga of Breath*

“Sarah Powers brings us a truly brilliant integration of yin and yang yoga, mindfulness, Buddhist philosophy and psychology, and the genius of traditional Chinese medicine. This book belongs in the library of every serious practitioner of yoga and meditation.”—Stephen Cope, Director, Kripalu Institute, author of *Yoga and the Quest for the True Self*

“When I first met Sarah it didn’t take me long to figure out that she

was a yogini of relentless curiosity and great depth. In Insight Yoga she lets the reader into her thinking, her practice, and her life in a way that both inspires and instructs. Insight Yoga is destined to become a classic. — Judith Hanson Lasater, PhD, PT, author of *A Year of Living Your Yoga* — “Sarah Powers’s synthesis of wisdom traditions is awesome. Indeed, each tradition is like a transparent map, which when overlaid one upon another, gives a more complete rendering of the Living Event in which we are all participants. Insight Yoga will be of tremendous interest and benefit to many people. — Erich Schiffmann, author of *Yoga: The Spirit and Practice of Moving Into Stillness*

Sarah Powers has been teaching yoga since 1987. She leads yoga retreats throughout the United States, Asia, and Europe. She lives with her husband, Ty Powers, and their teenage daughter in Marin, California.

Sarah Powers melds together pieces of philosophies and practices that she finds to be insightful. I love the blending as this is what I’ve naturally been drawn to doing throughout the course of my life, and I am more inclined to read a book that is not so strict regarding lineage or a “set way” of practicing. She clearly explains the theories behind Yin Yoga, just as marvelously as Paul Grilley & Bernie Clark do-- but then she also provides excellent, though brief, info on pranayama and Buddhist meditation practices. What Powers ends up providing us readers is a multi-layered practice that incorporates many aspects of yoga: asana (yin & yang), pranayama, & meditation. Practiced in this way, daily, we can cultivate mindfulness, strength, and fluidity. I’ve been recommending this book to all of my fellow yoga teachers!

Sarah Powers approaches hatha yoga from a yin approach. She reveals how you can go deep within using this yin approach. It’s a more self reflective approach to yoga. She is revealing what all yin yoga enthusiasts have discovered for themselves...that yoga when practiced with a sense of deep reflection and breathing can bring up deep insights.

I am a yoga teacher and am now studying yin. I liked that she also focused on yang style (Hatha yoga). I would have liked to see better diagrams on the meridians or channels of the body and more yin. I have her workshop coming up and I wanted to educate myself on her style. I especially like Bernie Clark’s book better though.

I bought this book as a gift for my daughter who is a Yoga Instructor. She started reading it and never put it down until she was finished. She reads from it in her classes and has learned so much about Yin Yoga that she now teaches two Yin Yoga class a week. For Yin Yoga, there is no one else to go to except Sarah Powers's books and Bernie Clark.

Great book! Beautiful photos and good instructions.

Just what I was looking for. Very informative.

This book was such a great purchase! One of my teacher training students suggested it as she knows I love incorporating yin yoga into my classes, and I am so glad she did! It's an in-depth read that is inspiring, educational and has loads of good information-I'd highly recommend it if you're a yoga teacher like I am, or if you're interested in deepening your understanding of your practice!

-Mandy Cummins, ERYT200, MandyCummins.com

Sarah Powers has a rare and wonderful gift for writing. I have been teaching yoga for 11 years and am always thrilled to find deeper inspiration through other's teachings, but it is rare for me to be inspired by a book. Sarah has a engaging and clear style of writing, and she is clearly a master teacher. I look forward to taking one of her workshops in person when she is in the DC area. What a gift - thank you Sarah!!

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