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## ***Yin Yoga: The Foundations of a Quiet Practice with Paul Grilley***

*“Grilley is best known as one of the foremost proponents of Taoist or Yin Yoga, which combines the meridian modalities of China (for example, acupuncture) with the yogic and Tantric methods of India.”*

— Richard Rosen, *Yoga Journal*

*“With his combination of elevated intelligence, clarity of delivery, spontaneous humor and genuine desire to assist in other’s growth, I find Paul Grilley to be one of the most compelling and authentic yoga teachers today.”*

— Sarah Powers

Pranamaya is pleased to announce the release of ***Yin Yoga: The Foundations of a Quiet Practice***. This comprehensive 2-DVD set is the definitive instructional presentation on Yin Yoga by its foremost proponent, Paul Grilley. The DVDs contain over 5 1/2 hours of material, including lectures on the theory of Yin Yoga, three complete Yin Yoga practices, unique Yang yoga movement sequences created by Paul and his wife, dancer Suzee Grilley, and much more.

Yin Yoga uses long-held relaxed floor postures to stretch and stimulate the deep connective or "Yin" tissues of the body. Accessible to practitioners of any tradition and any experience level, this practice strengthens chi flow and maintains the health of the meridian system of the body, and is the ideal complement to dynamic, muscular or "Yang" forms of yoga.

### **The Yin and Yang of Yoga: a Taoist Perspective**

The fundamental insight of the ancient Taoists (Chinese Yogis) is that on one level of awareness there are always opposites called Yin and Yang, but on a higher level of awareness these opposites are united in a single purpose called “Tao”.

Inhaling and exhaling are opposites but united together they make up the Tao of breathing. The expansion and contraction of the heart are opposites but together they are the Tao of circulation. Tensing and relaxing a muscle are opposites but together they are the Tao of movement. In each case seeming opposites must unite to form a complete, balanced whole.

When we are ambitious and energetic, the life force flows through our muscles, the Yang layer of the body. This is the essential attitude of Yang, the creative force without which there would never be anything new. When we are peaceful and contented, the life force flows through our skeletal system, the Yin layer of the body. This is the essential attitude of Yin, the quiet insight without which there would never be peace of mind.

The Tao of health is to embrace and cultivate both of these essential layers of the body.

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. Connective tissue responds best to gentle stress over a long period of time, so Yin postures are held three to five to ten minutes each. This type of practice complements the more muscular styles of Yoga and is a great aid for learning to sit in meditation.

The materials on these DVDs will provide yoga students with everything they need to begin practicing Yin Yoga. In addition to the carefully planned classes that introduce students to the practice, there are additional lecture materials that explain why Yin Yoga is an essential complement to Yang forms of yoga and a necessary practice for living a balanced life.

Highlights from this 2-Disc Set:

- 3 complete guided 1-hour Yin Yoga practices
- 3 specially choreographed Yang movement sequences
- Nearly 2 hours of lectures on the theory of Yin Yoga
- 8 additional guided Yin Yoga practices
- Customizable options for difficulty and duration of practice
- Special features for further study

### **About Paul and Suzee Grilley**

Paul's work is broad-reaching and keeps him on the road giving lectures and workshops around the country. He is a leading authority on Taoist Yoga, which embraces and examines the critical differences between the Yin and Yang tissues of the body. Paul's special interest is in teaching anatomy. His lecture topics include Taoist Yoga, Movement Analysis, Chi, Meridians and Chakras, Hatha Yoga Pradipika, and the Yoga Sutras of Patanjali.

In the summer of 1979 Paul Grilley was inspired to study yoga after reading Autobiography of a Yogi by Paramahansa Yogananda. After two years study of anatomy with Dr. Garry Parker, he relocated from his home in Columbia Falls, Montana to Los Angeles to continue his studies at UCLA.

During his thirteen years as a yoga teacher in Los Angeles, Paul studied Taoist yoga with martial arts champion Paulie Zink. He also had the opportunity to study with Dr. Hiroshi Motoyama in Japan, as well as host seminars with him in the United States.

After twenty years of reading and study in the philosophies Taoism and Yoga, Paul took a sabbatical from teaching and completed a Master's Degree from St. John's College in the study of the Great Books of the Western World. Paul enjoys reading in esoteric subjects and science, continuously looking for bridges between these two fields of study.

Suzee is a former member of the Nikolais Dance Theatre with whom she toured the world. A choreographer, teacher and performer, she is director of the DanceSpace in Ashland, Oregon where she teaches modern dance technique, improvisation, composition, and capoeira for dancers. She has studied and taught yoga for 25 years.

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