



About the Polarities of Yin & Yang

Description

Lesson Overview

In this lesson, we introduce the subject of energetic polarities described as *Yin* and *Yang*.

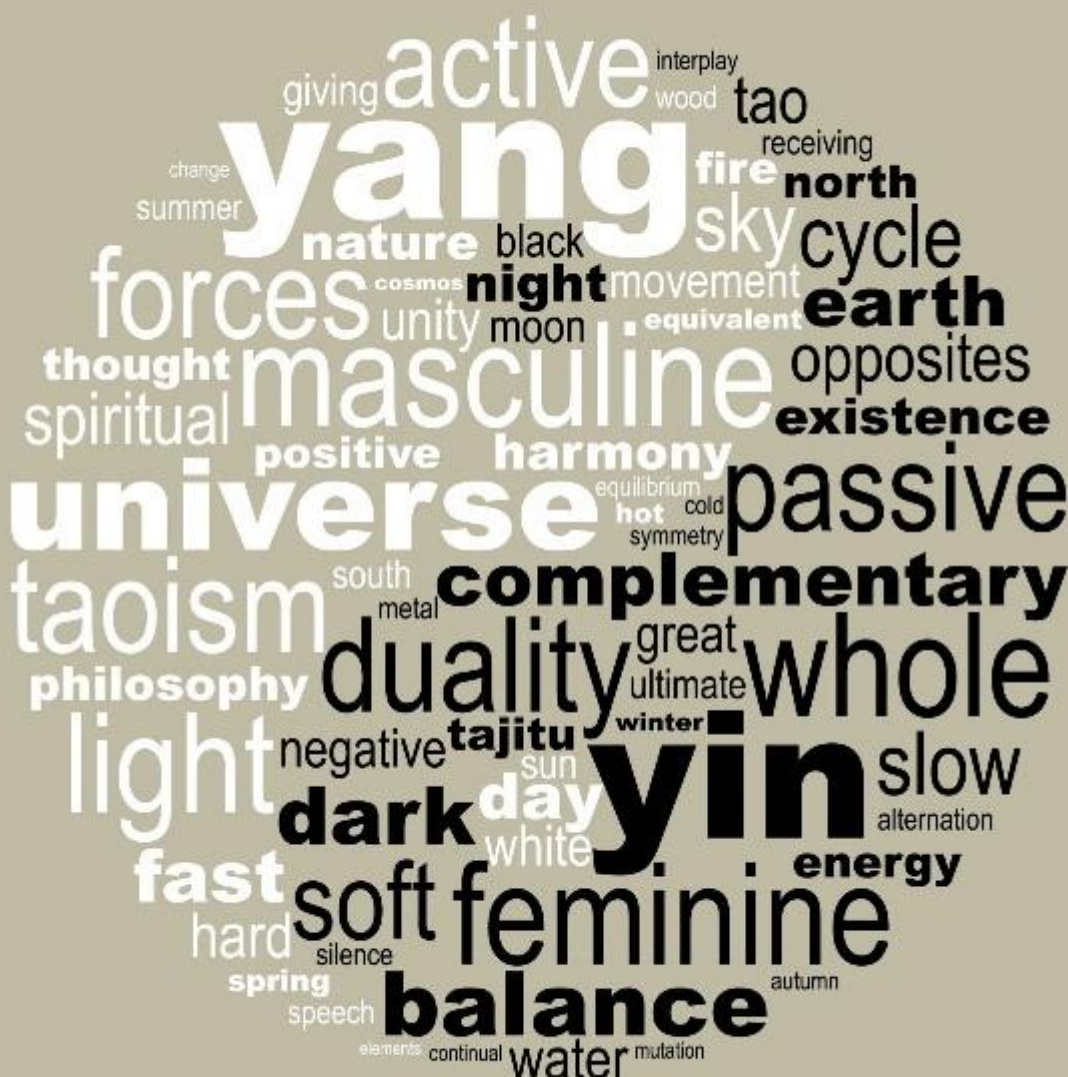
Objective

Gain a basic understanding of the polarities of *Yin* and *Yang*.

Description

Review the fundamental aspects described by the polarities, *Yin* and *Yang* and explain how the terms *Yin* and *Yang* are similar to *Hatha*. Provide a lengthy list of qualities that are yin in nature and those that display yang qualities. Give an example of a yoga practice that is yin in nature but distinct from the style called Yin Yoga.

Introduction: Yin & Yang, and Ha & Tha



Taoist Yogis teach that as life force energy expresses physically, it splits into two complementary polarities.

Yin and Yang theory describes oppositional but complementary relationships within and between everything. ?? **Josh Summers**

- Because they describe polarities, â??yinâ? and â??yangâ? are thus relative and complementary terms.
- As complementary energies, one cannot exist without the other. Rather, they describe qualities in relation to each other.
- As Sarah Powers points out, the terms â??yinâ? and â??yangâ? reflect the same opposites described in the term, â??Hatha Yogaâ? where *ha*, refers to warming, sun qualities and *tha* to

the cooling or moon elements.

YIN YOGA HELPS TO WORK OUR OTHER HALF

Most forms of yoga today are dynamic, active practices designed to work only half of our body, the muscular half, the â??yangâ?• tissues. Yin Yoga allows us to work the other half, the deeper â??yinâ?• tissues of our ligaments, joints, deep [fascial networks](#), and even our bones. â?? **Bernie Clark**

Yin Qualities

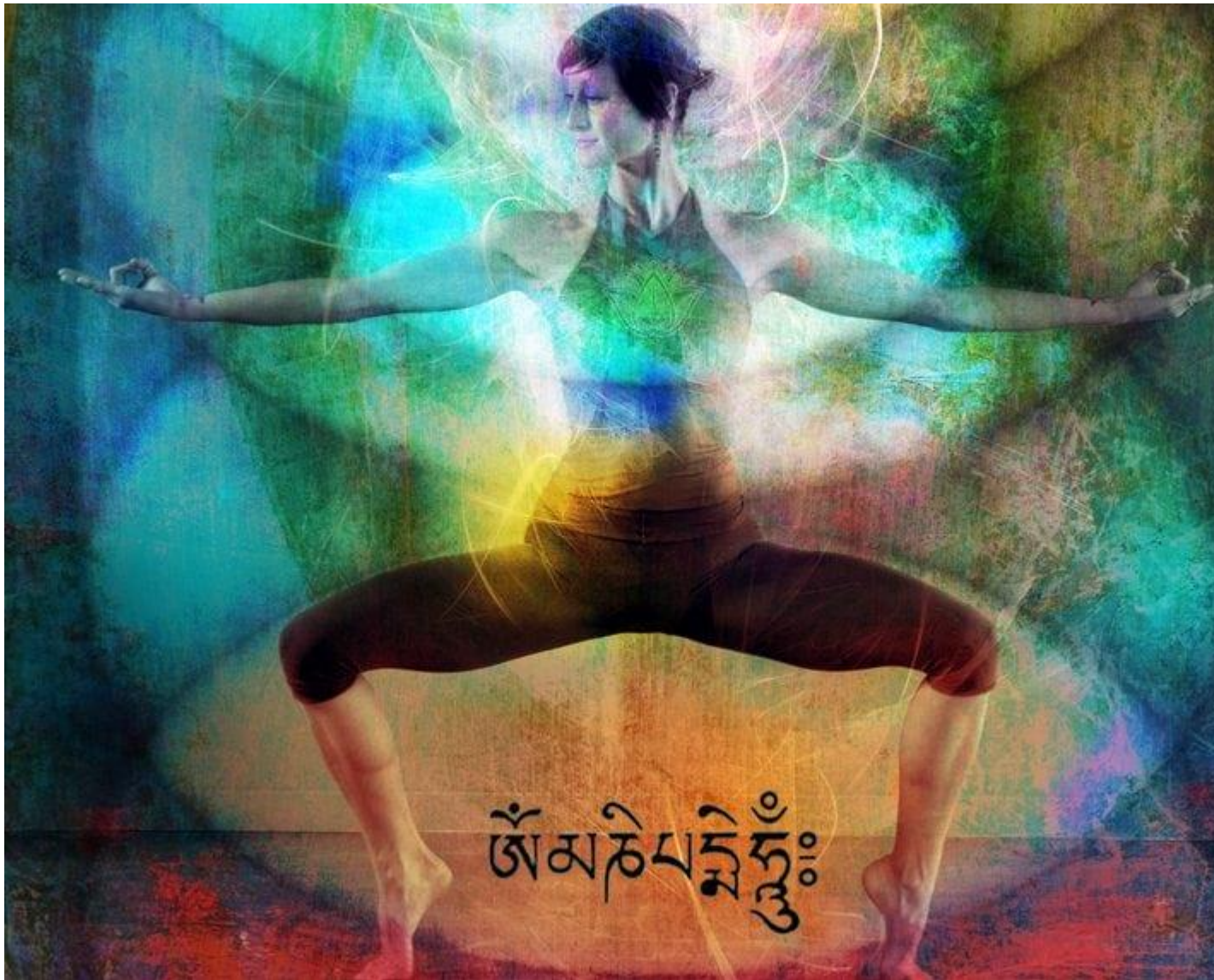


These are not listed in any particular order. They are numbered only to make discussion easier.

1. Yielding, allowing, nourishing
2. Dark

3. Cold
4. Passive
5. Inside
6. Slow
7. Downward
8. Water
9. Female
10. Moon
11. Night
12. Earth
13. Lower half of body
14. Inner body

Yang Qualities





These are not listed in any particular order. They are numbered only to make discussion easier.

1. Active, dynamic
2. Light
3. Hot
4. Active
5. Outside
6. Rapid
7. Upward
8. Fire
9. Male
10. Sun
11. Day
12. Heaven
13. Upper half of body
14. Outer layers of body

Related Resources

- [Energy & Subtle Body Anatomy](#)
- [Anatomy: Connective Tissue & Fascia](#)
- [Yin Yoga Overview](#)
- [Yin Yoga Poses](#)
- [Sequence Finder](#)
- [Themes & Readings](#)
- [Meditation](#)

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