

Original Yin Qi Gong Gym Yin and Yang Principles

Introduction

Original Yin Qi Gong is a style of exercise that focuses on activating the female instead of the male energy in order to restore the body back to its youthful state of softness and juiciness. Since our focus is rejuvenation and anti-aging instead of athletic performance, the overall principle of OY exercises is about helping the body to rest and rebuild instead of demanding it to engage in activities beyond its present capacity. While the male school exercises¹ teach the body to perform certain intentional activities, OY exercises teach the body to let go, to disengage and to float. Because of OY's unique aim, our exercises are different from male school exercises on the physical, mental and spiritual levels.

At the physical level, in contrast with male school exercises, OY exercises do not require a person to intentionally tense up but instead to let go control of his/her muscles and connective tissues. At the mental level, OY exercises do not require a person to focus and engage while performing certain movements. Instead they require a person to relax the mind so the body can be soft and stay in certain simple yet highly therapeutic poses. At the spiritual level, OY exercises are not done while a person is being fully conscious, but instead while a person is in the state of being 'half asleep half awake.'

OY teaches the body to let go, disengage and float in stages. The initial stage teaches the body the feeling that comes with letting go, disengaging and being afloat in non-stressful everyday life situations. Once this skill is acquired, OY then trains the body to maintain this feeling while under more stressful situations or when the body engages in more strenuous activities. Once this is achieved, OY then trains the body to maintain this feeling even in emergency situations. Our ultimate goal is to train the body to be able to let go, disengage and float under all circumstances no matter the type and level of stress.

It is our experience that OY exercises train the most useful body parts and tissues by training the body's natural reactions to various situations and with different levels of stress. The muscles and the connective tissues² that are stimulated are the same ones that are most needed in similar situations in real life. For instance, both male schools and OY train a person's core (abdomen, oblique and lower back). However, OY's unique methods strengthen and invigorate the person's core in such a natural way that cannot be duplicated by male school methods.

¹ Male school exercises include weight training, aerobics, pilates or even most forms of yoga.

² Bones, nerves and even internal organs are being trained as well. Please refer to the OY manual for more detailed explanations.

Because OY exercises focus on rejuvenation and anti-aging, it is not in competition with male school exercises, which focus on athletic performance of various kinds. In fact, OY exercises can complement male school exercises and help people who engage in male school exercises to rejuvenate and enhance performance.

Principles of yin yang and their relations to health

Since OY female school exercises are based on a deep understanding and modern adaptation of the ancient Chinese concepts of yin and yang, if one wants to better understand the unique approach and benefits of OY exercises, he must first go through a crash course on the meaning of these two concepts as well as their relation to our spiritual, mental, as well as physical health.

Generally speaking, yang is the male energy and yin is the female energy; while yang activates and actuates, yin facilitates and accommodates. The two energies complement each other and the body needs both in order to function properly. This means both yin and yang energies are present throughout our daily life while we are doing various activities and performing different tasks. For instance, there are yin and yang energies in simple movements such as lifting up our legs to go up stairs or in bending down to pick up a coin or even in stationary postures such as standing, sitting, or lying down.

Take bicycling as an example, since the yang energy activates and actuates, it is this energy that enables us to pedal forward. And since the yin energy facilitates and accommodates, it is this energy that allows us to stabilize and balance the bike which makes pedaling possible in the first place.

Similarly, in swimming it is the yang energy that enables us to propel our bodies in the water. However, it is the yin energy that allows us to relax and be afloat which makes purposeful movement in the water possible in the first place.

The spiritual manifestation of yin and yang

Yin and yang energy is closely related to our spiritual, mental and physiological state. In terms of our spiritual state, the spiritual signature (or more simply the feeling that we get) of having adequate yang energy is analogous to the feeling of being in the presence of a morning sunrise with clear blue sky. We feel fresh, clear and energized and are ready to take actions and make decisions. The spiritual signature of having plenty of yin energy is analogous to the feeling of being in the presence of a beautiful sunset. We feel relaxed, calm, half awake half asleep and are ready to allow our subconscious to take over the driver seat.

On the other hand, the spiritual signature of lacking yang energy is very much comparable to being a rotting apple. We feel tired spiritually and can no longer

sense, move or think clearly. If our bodies are in this state for a prolonged period of time, we will in fact look more and more like a rotting apple with water retention accumulated at various parts of our bodies. The spiritual signature of lacking yin energy is very much comparable to being a sundry tomato. We feel anxious, jittery and wired. If our bodies are in this state for a prolonged period of time, we will in fact look more and more like a sundry tomato as our tissues hardens and can no longer hold water.

The appearance of being a rotting apple or sundry tomato can be understood in terms of modern biology. The rotting apple appearance occurs when the cellular walls that previously provide structure and form to the cells' liquid contents can no longer contain them within the cell. As a result, these liquid contents seep outside and into the intercellular region creating excess water retention. The sundry tomato appearance occurs when the cellular walls can no longer let enough liquid contents into the cells or allows too much to go outside of them. As a result, the cells lack adequate liquid contents and dry up.

It is possible to slow down and even reverse the process of becoming a rotting apple and/or sundry tomato if only one can first detect when the yin or yang energy is being depleted and then replenish them accordingly. However, not only is an effective method of replenishment difficult to find, even the first step of detection requires considerable training. It is quite easy to mistake the spiritual signature of lacking yang energy as having yin energy; as it is easy to misidentify the feeling of being tired as relaxed and calm. It is also quite common to mistake the spiritual signature of lacking yin energy as having yang energy, as it is easy to misidentify the feeling of being jittery and wired as being energized.

The mental manifestation of yin and yang

In terms of our mental state, the yang mental state is closely related to our consciousness and the yin mental state is closely related to our subconsciousness. This means the more purposeful a movement, posture or a thought is, the more related they are to the yang energy. On the other hand, the less intentional a movement, posture or a thought is, the more related they are to the yin energy.

The physical manifestation of yin and yang

In addition to our spiritual and mental states, the concepts of yin and yang also have close connections with the physical body. For instance, they are closely related to our muscles, tissues, nervous systems, breath and even the overall structural integrity of the body.

As in relation to muscle types, yang energy is closely related to the fast twitch (type IIb) muscles and the yin energy is with slow twitch (type I) muscles. The fast twitch muscles use glucose as fuel which makes them more explosive yet more prone to fatigue. The slow twitch muscles use oxygen as fuel which makes them less explosive yet less prone to fatigue.

As to their location, yang related muscles are larger and located at the superficial layers of the body and the yin related muscles are smaller and located deep inside our body such as between spinal discs and inside weight bearing joints. Furthermore, yang related muscles are more concentrated at the upper part of the body especially the upper back, the shoulders and the back of the neck, while yin related muscles are concentrated at the abs, oblique, lower back and the hip or in other words at the core of the body. As a result of these differences, the yang muscles are suitable for purposeful and consciously calculated movements, while the yin muscles are suitable for holding daily postures as well as making micro adjustments, which happens both continuously throughout the day and at the subconscious or semi-subconscious level.

As in relation to our body tissues, in general, the yang energy is closely related to the type of tissues that support and move an individual or a localized body part, such as our forearm for instance, and yin energy is closely related to tissues that connect and coordinate the individual body part with the rest of the body.

As in relation to our nervous system, yang energy is closely related to our sympathetic nervous system. It dominates whenever there is a stressful situation and is responsible for our fight or flight response. Yin energy is closely related to our parasympathetic nervous system. It takes over when we are in a safe environment and is responsible for our rest and healing.

As in relation to our breath, yang energy is closely related to the shallower breath that goes into and out of the chest cavity while yin energy is closely related to the deeper breath that goes into and out of the abdomen.

As in relation to the overall structural integrity of the body, if the neck, shoulders and hip areas are in the correct relation with the spine and the curvature of the spine itself is correct, the body uses and stores yin energy more easily. When these conditions are present, the movement of the head, arms and legs are well connected to the core and the whole body functions harmoniously as a unit. As a result, the movements and postures exhibit grace and beauty.

However, if the connection between neck, shoulders or hip to the spine or the curvature of spine itself is compromised (either resulting from accidents or daily wear and tear), the body becomes less efficient at using yin energy. When this occurs, the body must resort to the yang energy which moves purposefully, superficially and locally. As a result, the movement and postures become harsh and clumsy. The harsh and clumsy movements and postures themselves would further disconnect the head, arms and legs from the core and compromise the overall structural integrity of the body. This downward spiral speeds up the process of aging as well as aging related conditions and illnesses.

Male school vs Female school training

Generally speaking, all forms of sports and exercises improves our health by increasing our energy level. However, even though modern sports (ex: basketball and football)

and exercises (ex: weight training, dance, running) are very effective at increasing our yang energy, they are less effective at increasing our yin energy. However, since the balance of yin and yang energy is key to our health, if a person wants to be healthy, he/she must also find an effective way to increase his/her yin energy.

Ancient eastern exercises such as yoga, qi-gong and tai-chi are exercises that are supposedly developed to increase our yin energy. However, since these techniques are quite mysterious to modern people and require many years of training under enlightened masters, only a few very gifted people can fully reap the benefits of longevity as well as retaining youthful energy and appearance that these exercises promise. As to the vast majority of people, the benefit of these exercises is limited as they do not retain health and youth much better than people who only do modern sports and exercises.

The Original Yin school of Qi Gong is designed to overcome this difficulty so that ordinary people as long as they have desire and dedication, can retain their youth and achieve longevity in a significant way.

Six Meridians

An important source of inspiration for OY comes from a book called *Discourse on Cold Induced and Miscellaneous Illnesses*, which has long been considered as the masterpiece of Traditional Chinese Medicine. One of the most interesting aspects of the book is that it subdivides yin and yang energies into three types each and maps out the physical routes they travel throughout our bodies into the six meridians. In addition, it explains how illness can progress and deepen from the most superficial yang meridian into the deepest yin meridian, as well as how we can regain health by purging damages from our bodies by taking them out of the deepest yin meridian back to the most superficial yang meridian.

Furthermore, since each meridian is also connected with certain internal organs, by knowing which meridian the illness is located, one can also know which internal organ is being weakened by the illness. For example the first yang meridian is located at the very surface of the body and serves as its first line of defense. As this meridian is connected to small intestine and bladder, when this meridian is being attacked by the illness the small intestine and bladder are also being weakened. The third yin meridian is at the deepest layer of the body and serves as its last line of defense. As this meridian is connected to liver and pericardium when this meridian is being attacked by the illness both these organs are also being weakened.

OY Applications

OY believes that there is no fundamental difference between damages caused by illness or aging. This means we can treat internal organs to repair them from the normal wear and tear even if a person is not considered as ill. And since the health of our internal organs determines the quality of our skin, muscle, bones and the connective tissues, once our internal organs become healthier the qualities of our skin, muscle,

bones as well as the connective tissues also improve. As a result, we can retain health as well as youthful appearance and energy longer.

What are the meridians and their relations to our organs

Because the knowledge of the meridians and their connections to our internal organs comes from ancient times, many modern people either do not believe in it or do not know it in enough depth and clarity to apply and benefit from this knowledge in actual practice. In fact, the research and academic debate about what Meridians actually are is still ongoing and considered as one of the hottest topics in TCM.

OY considers meridians as empty spaces in between major muscle groups and their connective tissues. They are naturally channeled like as the muscles connect the extremities all the way to the center or the core of the body. Depending on the types and function of these muscle groups, they connect to different parts of the center and at different depths. Since organs are located in the central cavities of the body and supported by muscles and connective tissues, they can be reached through these channels.

One simple way to understand OY's view on the meridians is to compare the body to a piece of wet towel. The four corners of the towel represent our hands and feet. The fibers that make up the towel represent the bones, muscles and the connective tissues. If we want to get the water out of the center of the towel, we can simply twist at the four corners of the towel. Similarly, if we want to reach the organs at the center of the body we can do so through twisting our hands and feet. The grooves that appear as we twist the towel are comparable to the meridian channels. These grooves connect the corners to the center of the towel, just like the meridians connect the hands and feet to the center of the body.

As you are reading this you can do a quick experiment with your body. By raising your arms perpendicular to your body and twisting your hands in one direction, you activate the yin meridians that lead to your front shoulder and upper chest. By twisting your hand in the opposite direction, you activate the yang meridians that lead to your back of the shoulder and neck. Depending on the specific angle, the twist to the front chest will correspond to one of the three yin meridians and the twist to the back of the neck will correspond to one of the yang meridians.

OY Training and the Meridians

The exercises of OY are designed to increase the yin energy as well as balance the yin with the yang energy by following the progression of the six meridians. As the meridians range from the most superficial to the deepest, so are the exercises. This section will demonstrate this principle through a series of three OY exercises 1. knee resting 2. knee jumping and 3. knee bending. Please check out our video on YouTube for demonstrations <http://youtu.be/bGcoqUUXTmU>.

Knee resting

Knee resting is the easiest exercise among the three. It is done with the person lying face up on a flat bench with knees bent. A yoga sling is then hooked onto the underside of the person's knees. The yoga sling is directly hooked onto Bowflex machine (unique spring force--see following section for elaboration on how Bowflex works). In addition, gentle heat is inserted into the abdomen and chest area from the top through the use of heating lamp and pad. The combination of the yoga sling and the Bowflex machine creates a subtle force that presses into the acupuncture point behind the knees and provides the lower body a floating sensation which combined with gentle heat reminds the person of the feeling of having adequate yin energy in the lower body.

Knee jumping

Knee jumping trains the body at a deeper meridian than knee resting. It is also done with the person lying face up on a flat bench. A yoga sling is hooked onto the person's hip area (sacrum) and then one loop is hooked onto each foot of the person. The yoga sling is hooked directly onto the Bowflex machine while the loops are first hooked onto the springs and then onto the Bowflex machine. In addition, gentle heat is inserted into the abdomen and chest area from the top through the use of heating lamp and heating pads.

Due to the combination of the upward force (Bowflex) and downward force (gravity), the hip area is being gently yet firmly pressed into while the whole body is being stretched into an arch. This set up serves simultaneously as a pressure builder for the sacrum and traction device for the whole spine, as the sacrum of the person doing the knee jumping is being pressed into while his or her body is being slowly relaxed elongated and realigned. As a result, the exercise adds tissue and bone density to the hip and lower back while allowing tissue in and around the spinal discs to rest, exercise and regenerate at the same time.

Knee bending

Of the three exercises, knee bending goes to the deepest meridian. Similar to knee jumping, this exercise is also done with a Bowflex machine and a yoga sling hooked on to the sacrum area. The difference is that the person is now in kneeling position and thus does not need the additional loops. As the lower legs are tucked under the hip, the heels of the feet dig into the indentations of the hip. This set up serves to put the whole lower body along with all its major joints under pressure as well as relax, elongate and realign the spine.

The OY exercises and the three yang meridians

These three exercises train the yin energy of the three yang meridians. Knee resting goes to the outer most yang meridian since it puts the least amount of pressure on the body. Because it stays at the superficial level, it trains the yin energy when the body is not under stress. Physiologically speaking, it only trains the yin energy of the muscles right under the skin and does not go deeper into the bones or the connective tissues.

Knee jumping goes deeper into the second yang meridians, as it puts pressure on the bones as well as the spine itself. With this pressure knee jumping is able to train the body to activate yin energy even when it is under significant stress. Physiologically speaking, it trains the yin energy of the bones.

Knee bending goes to the deepest yang meridian, as it puts pressure not only on the sacrum, but also on the heels, ankles and knees. In fact, the whole lower body is under pressure as the feet and lower legs press into the thighs and the hip. This exercise is able to train the body to activate yin energy when it is under multitudes of pressure. Physiologically speaking, it trains the yin energy of the connective tissues.

From the three yang meridians to the three yin meridians

These three exercises not only reach the three yang meridians, but with adequate time can also reach the three yin meridians. One of the main differences between yin and yang, as mentioned earlier, is the level of consciousness with the yang energy being at the conscious level and the yin energy at the subconscious level.

In relation to the OY exercises, it means that once a person does enough knee resting that his body is trained to automatically activate the same feeling of calmness in a stress-free setting without having to make conscious efforts the exercise has reached the depth of first yin meridian. Similarly, once a person does enough knee jumping or knee bending that his body can automatically activate the same feeling of calmness in one or in multitudes of stressful situations without having to make conscious efforts, these two exercises have reached the depth of second and third yin meridians.

Once the yin meridians are reached, the person develops subtle yin body awareness that exists in young and healthy people. Physically, the muscle, bone and connective tissues as well as the internal organs will be stronger, bouncier and juicier.

Key factor of OY exercises

There are several key factors that make these three exercises distinctively “yin” exercises. First, all three exercises do not involve intentional movement. The movement comes from subconscious micro adjustments in response to specific spring pressure and gravity. Second, the exercises are done not standing up but lying down which puts the body in a restive and relaxed state. Third, all three exercises provide heat to facilitate in breaking down the stagnations of the meridians and provide a warm and comforting sensation in order to cultivate yin instead of yang energy. Fourth, it takes twenty to sixty continuous minutes to do each exercise.

Advantages

The most decisive advantage of OY exercises is that they increase yin energy and harmonize the yin and yang energy through regeneration of internal organs as well as restructuring the body (spine) itself. However, these exercises also have several additional advantages.

First, there is no need to remember complicated movements, since all that a person needs to do is to get into the assigned pose and enjoy the experience for a specific amount of time.

Second, since there is no intentional or big movements the OY exercises use the energy of the body efficiently by training the body exactly where it needs the most and nowhere else (the additional insertion of heat actually adds energy to the body).

Third, no big movements also means there is no impact and no risk from impact related injuries. This means OY exercises are very suitable for old people where protecting the joints from further damage is often a major concern.

Fourth, since there is no major movement and the body is in a lying or repose position during exercise, one is able to multitask such as reading, writing, watching TV or even using computers and going online during exercise. The ability to multitask allows modern people who work long hours to spend much more time to exercise than otherwise possible.

Fifth, because the OY exercises use far less energy, they also create far less carbon dioxide than most exercises. Since carbon dioxide is poisonous creating less of it puts less burden on the body.

Sixth, since OY exercises are done in a half awake half asleep manner, (due to the lack of major movements and being in the lying or repose positions) the body does not feel exhausted after the exercises but refreshed and energized instead.

The set ups and the equipments of OY

In order to efficiently and safely train our clients, OY has been continuously researching and fine tuning the specific set up of each exercise as well as incorporating the best equipments available into each one of its exercises. The spirit of this continuing innovation and excellence has translated into extraordinary results for our clients. We will briefly explain the principles and the equipments used for typical OY exercise set ups.

The Set Ups

Since OY exercises train a person at the very deep level and one spends a relatively long time doing each exercise, the effectiveness of the set up and the quality of the equipments become the deciding factors for good results. Broadly speaking, a set up has to make a person feel the presence of yin energy, which is feeling relaxed and in a state of half a wake half asleep. OY has achieved this through localized heat, pillows, specific background music, and sophisticated and high quality equipments. For the purpose of this introduction, we will only go into the localized heat and equipments in more detail.

Localized Heat

Since many OY exercises are done in reposing and stationary positions they save a lot of energy for the body. However, as a result of being reposed and stationary, the person's heart beat and hence his/her body temperature would also go down. In order to provide the body enough warmth so the person can get into the yin spiritual state, heating lamps and heating pads are regularly used as part of the set up of the OY exercises. Furthermore, the heat provides energy for the body parts being pressed into and being stretched out which accelerates the training process. Heat is being strategically placed at specific parts of the body (usually at the core) instead of generally (ex: hot yoga which heats up the whole room). Since heat comes from outside the body, it heats up the superficial layer before it heats up the deep layer. Therefore, if heat is applied generally, it is like cooking with fire that is too intense where the outside is burnt while the inside is still cold. If heat is applied only at the targeted area, the superficial layer of the body is less likely to be exhausted from overheating, which gives the heat more time at the deeper layers of the body where it is most needed for OY style exercises.

Equipments

The quality of OY equipments greatly contributes to the extraordinary results of OY exercises. As a general rule, the structural aspect of all OY equipments are made of strong and dense material. Such equipments would create a safe feeling for the person in contact with the equipments, so he or she can feel relaxed and easily get into the yin state of mind. Furthermore, the parts that move must be smooth and responsive in order to activate the yin related muscles, bones and the connective tissues. If we compare our bodies to a finely tuned grand piano, then the equipments for OY exercises are analogous to a trolley that carries and moves the piano. If this task is to be done efficiently and without damage to the piano, it is very important that the trolley is built of a dense material; the wheels and bearings are as smooth as possible and there must also be shock absorption mechanisms built into the trolley.

In addition to the heat lamps and heat pads, the three exercises introduced above are set up with high quality yoga slings, pilates springs and Bowflex. The yoga sling is thickly padded so that it not only supports the body weight but provides comfort to the body parts that come in contact with it. When the body is comfortable it tenses up less and activates more of yin instead of yang muscles. The high grade pilates springs are very responsive to tensions and movements. They are also color coded for various strengths and can be used in combination with equipments such as Bowflex to create a specific type of tension suitable for specific exercise.

Bowflex

Bowflex with its spiralflex technology serves as the engine behind the whole set up. Spiralflex is a newly invented spring technology first adopted by Nasa in 2001 when the international space station is first manned. The astronauts use it for resistance exercises in order to prevent muscle and bone degradation. There are several important qualities that differentiate spiralflex from conventional springs and free weights.

First, because of its parallel design, the amount of resistance can be added up to six hundred pounds. This great force not only provides the necessary robustness and stability required for OY exercises but also adequate force to press into the deep lying muscle bones and connective tissues. Second, the parallel design also means the resistance of Bowflex can be adjusted in small increments to suit the needs of different exercises and different people. Third, unlike normal springs that gradually increase their resistances when pulled, Spiralflex provides constant resistance. Constant resistance also means it does not have the problem of inertia as with free weights. This unique quality makes Spiralflex uniquely stable and very suitable for OY exercises.

By combining Bowflex with high grade pilates springs and yoga sling, OY creates a unique resistance that is firm (Bowflex), responsive (pilates springs) and soft (yoga sling) at the same time. Through its firmness it is able to reach the deep layer tissues and through its responsiveness to the movements and softness to the body parts this resistance trains the yin instead of yang tissues.

The three exercises of knee resting, knee jumping and knee bending can either be done on an immovable surface or on various moveable surfaces to facilitate the training of yin energy in diverse ways.

Stott Reformer

Stott reformer provides one of these moveable surfaces. Stott has been considered as the leading brand in reformers. One unique feature of its reformer is that the whole reformer is made of high quality metal instead of wood. Another unique feature is Stott reformer's patented rolling mechanism that makes the movement of the carriage ultra smooth. This robust construction coupled with the smooth movement of the carriage provides the stability and reliability that is key in providing the floating sensation for the yin exercises. As it calms the sympathetic nerves and the yang muscles and tissues, the parasympathetic nerves and the yin muscles and tissues takes over. Even more importantly, it protects the intricate workings of the inner body and brain from harm, which can be caused by continuous contact with unstable material and inharmonious vibrations of the rough movements.

a. Vertical movements

The unique feature of a reformer is that its carriage moves vertically and not horizontally. This means once the reformer is combined with the general set up of either knee resting jumping or bending, this variation allows OY to isolate a person's yin muscle bones and connective tissues in their up and down movements or more technically speaking in the sagittal plane. As movements in the sagittal plane is the most common of all movements (ex: standing up bending down moving forward or backward) this variation can help people that are particularly weak in this area.

b. Moving in both directions /Micro adjustments/Three dimensions

At the present time, OY turns the carriage into a moveable surface suitable for OY style exercises in two ways. The first is by using palates springs (either alone or in conjunction with Bowflex) to counter the tension of the spring under the carriage. The

result of having springs of approximately equal force pulling the carriage at the opposite directions is to have a surface that appears to be stable yet, moves in very subtle ways in both directions. For exercises that require even subtler adjustments, the moving pulleys are being used in addition to the pilates springs. Furthermore, because the pilates springs and/or the pulleys are being placed higher than the carriage itself, the set up trains the person three dimensionally instead of just two.

Posturemed from Bioswing

Posturemed from Bioswing is the newest member to OY's family of high quality machines as well as a testament to OY's spirit of continuing research and innovation. Posturemed is a german made rehabilitation and training device that is developed by Dr. Eugen Rasev. In Germany, it is used to both rehabilitate and train professional athletes such as golf, fencing and soccer players as well as to treat people who suffer from chronic pains. The basic construction of Posturemed is a metal platform supported by eight pendulums underneath. The pendulums are highly sensitive and are tuned specifically to respond to the biological rhythms and movements of the body. When a person is on top of the platform, the pendulums not only detect movements as subtle as the person's heart beat and breath, but also use that energy to swing the person back to the center of gravity. Since heart beats and breaths are continuously happening, the person on top of the platform is in constant motion.

a. extremely precise and biologically rhythmic

Due to its extremely precise and biologically rhythmic movements Posturemed can reach the yin muscles, bones and the connective tissues at a very deep and subtle level. As a result, the person lying on top of the platform immediately feels like being in the cloud and gets into the yin state of mind.

b. movements in all four directions

Since Posturemed moves in all four directions, it complements the reformer as it not only trains the yin muscle, bones and connective tissues in the sagittal but also in the frontal plane or more simply, the side way movements. Furthermore, by combining this device with OY's set up of springs and yoga sling, it is able to train the person three dimensionally as well.