

April 2024



Pulse

The Newsletter of the American Organization for Bodywork Therapies of Asia

BOOK REVIEW: JINGJIN YOGA

Review by Pam Ferguson, Dipl. ABT (NCCAOM)®, AOBTA®- and GSD-CI, LMT (TX).

[JINGJIN YOGA](#) by Deborah Valentine Smith, LMT, Dipl. ABT (NCCAOM)®, AOBTA®-CI, Authorized Jin Shin Do® Bodymind Acupressure® Teacher and Barbara “Teddy” Piotrowski, RN, BA, Dipl. ABT (NCCAOM)®, Board Certified Holistic Nurse, Certified Yoga Therapist, Meditation Specialist, and Reiki Master.

Once again, our beloved AOBTA® ex-president Deborah Valentine Smith (DVS) delights us with new insights in a magnificently illustrated book on [JINGJIN YOGA](#), co-authored with Barbara “Teddy” Piotrowski, ABT and Yoga therapist and Holistic RN.

The combo of inventive stretches of Asanas of Yoga with the Tendinomuscular Pathways of Chinese Medicine is presented with such descriptive, bullet-point clarity as to make this work a must for teachers and practitioners of Asian and Western medicine and the families they treat. Kids will love it!

The taut text is enhanced by colorfully detailed muscular diagrams in the different poses, easy-to-follow stick-like figures, and photographs of real people to demo a range of stretches for the fascia in specific muscle groups.

Practical instructions and guidelines accompany each pose.

As one example, a running figure in side view shows the Shao Yang JingJin (Triple Warmer/Gall Bladder) meridians and associated muscle groups, along with simpler stick-like figures in static pose, to address your stiff or strained muscles or difficulties turning your neck or opening your jaw.

Stretches are offered for a range of common problems. Visuals are appropriate for all ages and body types, the emphasis being on grace, ease, and mental focus.

Everything presented here is the exact opposite of mindless, hard driven sweaty exercises where the body is stretched beyond endurance.

Instead, and even for sufferers of fibromyalgia, the art is in a simple stretch to align the fascia, nourish muscles, tendons and ligaments linked to specific channels, and to reduce tension and discomfort, all while stimulating the immune system. The practical message? If there are restrictions in the fascia, the flow of the Wei Qi in the JingJin channels and of the blood in the blood vessels is impeded, the authors remind us.

DVS and Teddy have transformed complex concepts into twenty minutes of accessibility in this beautiful book, where, they add, “if you have specific areas of stiffness or pain, the JingJin maps can show what stretch will address it.” More than anything, the text exudes the warmth of the authors, along with their combined decades of teaching and clinical experience. Anatomical drawings were edited by DVS, and she also crafted the fun stick figures! Teddy did the photos and the raw footage for useful video links to the stretches.

AOBTA® members receive a 10% discount when ordering the paperback version of book through [BookBaby's Bookshop](#)! Get your discount code in the [AOBTA® Marketplace](#).