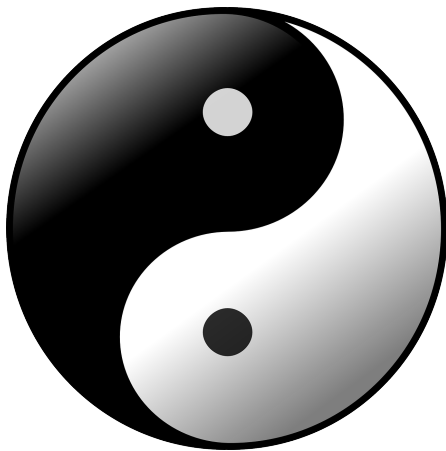


# Achieve and Maintain Balance with Yin and Yang

According to Classical Chinese Medicine

Yin and Yang are opposites, and complementary. Nothing is total yin or yang.

Yin contains seeds of yang, and yang contains the seed of yin. They can gradually transform into the other at any time, while still embodying the best characteristics of the other.



Yin	Yang
Dark	Light
Moon	Sun
Shade	Bright
Rest	Activity
Space	Time
Less than	More than
Inward	Outward
Descend	Rise
Water	Fire
Front Body	Back body
Body	Head
Organs	Skin

“Too much yang and too little yin is too hard, without elasticity and likely to be broken. Too much yin and too little yang is too soft, without spirit and likely to become inert.

Yin and Yang must coordinate and support each other.” - I Jing