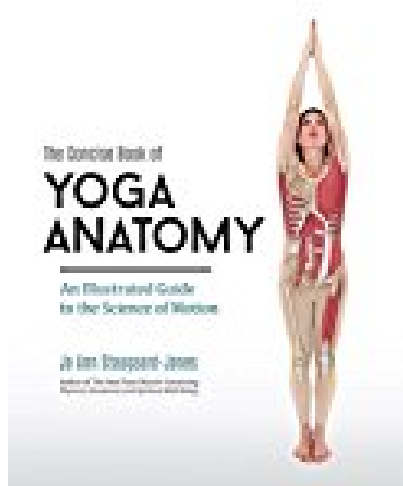


The Concise Book of Yoga Anatomy

An Illustrated Guide to the Science of Motion



BOOK DETAILS

- Author : Jo Ann Staugaard-Jones
- Pages : 192 Pages
- Publisher : North Atlantic Books
- Language : English
- ISBN : 1583949836



BOOK SYNOPSIS

The Concise Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy--a perfect companion book for any yoga teacher or practitioner seeking to understand the biomechanics of the body as it applies to yoga practice. The book is visually designed in quick reference format to offer useful information about the main skeletal muscles that are central to yoga, with asanas to demonstrate the particular muscles and muscle groups. Over 230 full color illustrations detail each muscles origin, insertion, and action in order to clearly reveal how the muscles come into play in the movements and postures of yoga. Knowledge of yoga anatomy is paramount to the ability to teach or practice with no injury to oneself or others. With this foundation in place, it is possible to focus on the spiritual element of yoga as well as the physical. Yoga is a union of the two, so where appropriate, the more profound side of the practice is mentioned as it relates to the body. The Concise Book of Yoga Anatomy illustrates the form and function of the muscles first, then interlays the muscles into the yoga posture for full understanding in a clear and integrated way, explaining the technique of the asanas, as well as other important aspects of yoga: pranayamas, the bandhas, and chakras. Table of Contents About This Book 1 Anatomical Orientation 2 Muscles of Respiration 3 Muscles of the Face and Neck 4 Muscles of the Spine 5 The Deep Core and Pelvic Floor 6 Muscles of the Shoulder and Upper Arm 7 Muscles of the Forearm and Hand 8 Muscles of the Hip 9 Muscles of the Knee 10 Muscles of the Ankle/Foot Resources General Index Index of Muscles From the Trade Paperback edition.

THE CONCISE BOOK OF YOGA ANATOMY AN ILLUSTRATED GUIDE TO THE SCIENCE OF MOTION

- Are you looking for Ebook The Concise Book Of Yoga Anatomy An Illustrated Guide To The Science Of Motion? You will be glad to know that right now The Concise Book Of Yoga Anatomy An Illustrated Guide To The Science Of Motion is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. The Concise Book Of Yoga Anatomy An Illustrated Guide To The Science Of Motion may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with The Concise Book Of Yoga Anatomy An Illustrated Guide To The Science Of Motion and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with The Concise Book Of Yoga Anatomy An Illustrated Guide To The Science Of Motion. To get started finding The Concise Book Of Yoga Anatomy An Illustrated Guide To The Science Of Motion, you are right to find our website which has a comprehensive collection of manuals listed.