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Anatomy and Yoga: A Guide for Teachers and Students (Paperback)

By Ellen Saltonstall

Abhyasa Press, 2016. Paperback. Condition: New. John W Karapelou, Liem Nguyen (illustrator). Language: English . Brand New Book. quote;Anatomy and Yoga: A Guide for Teachers and Studentsquote; is a valuable resource for yoga practitioners who are curious about what happens in the body as they practice yoga. Structures of the body--muscles, bones, joints, nerves and connective tissue--are described in a user-friendly style, with short, interactive practice sessions to bring the information alive in the moment. The rapidly growing yoga community needs this essential knowledge of biomechanics, especially in yoga teacher training programs. This book presents anatomical information in a progressive and practical sequence, with chapters on each major body part that contain illustrations, yoga references, innovative exercises, therapeutic tips and study questions. Throughout the book, anatomical details are balanced with the holistic perspective of yoga as an integrative, transformational lifelong practice.



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