

Yogabody Anatomy Kinesiology And Asana

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Yogabody: Anatomy, Kinesiology, and Asana: Lasater, Judith ...

In *Yogabody*, author Judith Hanson Lasater emphasizes how an understanding of the human body is essential for understanding the dynamic movement of asana. Drawing on almost forty years of experience as a yoga teacher and physical

therapist, she focuses here on macroanatomy and kinesiology in relationship to asana.

Yogabody : Anatomy, Kinesiology, and Asana by Judith ...

Brief Summary of Book: Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson Lasater. Here is a quick description and cover image of book Yogabody: Anatomy, Kinesiology, and Asana written by Judith Hanson Lasater which was published in 2009-5-1. You can read this before Yogabody: Anatomy, Kinesiology, and Asana PDF EPUB full Download at the bottom.

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In Yogabody, author Judith Hanson Lasater writes, "You can't fully understand the dynamic movement of asana without first understanding the basic structure of the human body." Drawing on almost 40 years' experience as a yoga teacher and physical therapist, she focuses here on macroanatomy and kinesiology in relationship to asana practice and teaching.

Yogabody - Shambhala Publications

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For seasoned teachers, novice teachers, and those in training to teach, Yogabody will help you guide your students to move with more enjoyment and less difficulty. For yoga students, Yogabody will help you practice more confidently on your own. Packed with color anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, you will learn what your body is made of, how it is designed to move, and how to bring the knowledge of both to awaken to asana.

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Yogabody Anatomy Kinesiology And Asana

This is a book that draws on years of study and teaching experience to provide an insight into the muscular movements involved in yoga practice. Dr Shashirekha CK, internationally recognized teacher of yoga anatomy and Ayurveda, has created the ultimate reference for yoga practitioners, instructors and enthusiasts alike.

Yogabody Anatomy Kinesiology And Asana

Drawing on almost forty years of experience as a yoga teacher and physical therapist, she focuses here on macroanatomy and kinesiology in relationship to asana. Organized into five parts—the locomotor system, the vertebral column, the lower extremity, the trunk, and the upper extremity—Yogabody takes you on a fantastic journey through the bones, joints, connective tissue, nerves, and muscles, revealing how these structures interact to create and express movement. Judith conveys her expert ...

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