

Yogabody Anatomy Kinesiology And Asana Judith Hanson Lasater

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Yogabody: Anatomy, Kinesiology, and Asana

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Yogabody Anatomy Kinesiology And Asana

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.

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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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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. Organized into five parts -- the locomotor system, the vertebral column, the lower extremity, the trunk, and the upper extremity, "Yogabody "covers the body's bones, joints, connective tissue, nerves, and muscles.

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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.

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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. show more

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Yogabody : Anatomy, Kinesiology, and Asana by Judith Hanson Lasater (2009, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

Bing: 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.

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these structures interact to create and express movement. Judith conveys her expert ...

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