



The Concise Book of Yoga Anatomy: An Illustrated Guide to the Science of Motion

Jo Ann Staugaard-Jones

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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 muscle's 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

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Connie Griffin:

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John Ma:

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Lowell Seymour:

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Kenneth Garrison:

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