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## Yogabody Anatomy Kinesiology And Asana

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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.

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 Hanson ...

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,

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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 forty 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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anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, this valuable guide builds on what yoga teachers already know and enables them to quickly decide what might help their students move with more enjoyment and less difficulty.

Yogabody: Anatomy, Kinesiology & Asana – Yogamatters  
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YOU CAN DEVELOP GOOD JUDGMENT AS YOU DO THE MUSCLES OF YOUR BODY, BY JUDICIOUS, DAILY EXERCISE.  
—GRANTLAND RICE. WE SPEND A lot of time in asana class stretching and strengthening muscles.

The Muscles - 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 ...

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For yoga students, Yogabody will help you practice more confidently on your own. Packed with color anatomical

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## Yogabody — Yoga on High

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

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