



Students Anatomy of Yoga Manual: 30 Essential Poses Analyzed Explained and Illustrated

By Ken Ashwell

Fair Winds Press. Paperback. Condition: New. 192 pages. Students Anatomy of Yoga Manual is the essential guide for anyone looking to understand the importance of doing yoga poses correctly in order to maximize the benefit and avoid pain and injury. With the guidance of Sally Parkes, Dr. Ken Ashwell, and Joanna Culley, students and instructors glean a simple and clear understanding of the practice of yoga. Work through 50 step-by-step illustrated poses (asanas) that are perfect for working through each section of the body. Including an overview of the musculoskeletal system to explain the body systems and terminology discussed. Then it deeply introduces yoga, looking at the styles of Hatha yoga, movements of the spine and its axis points, how levers change the intensity of each asana, types of muscle activity, and the science of breathing. Full-color anatomical illustrations and clear, concise text of 50 common yoga asanas make the science easy to understand, and allow a deeper understanding of yoga and how it works with the body, allowing readers to easily apply what they learn to their own practice. Clear notes describe the type of muscle activation, plane of movement, axis of the spine, and options for practical modifications...



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