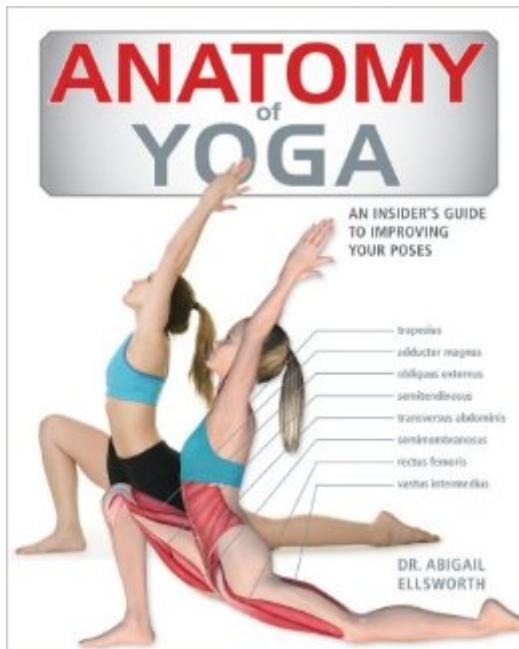


The book was found

Anatomy Of Yoga: An Instructor's Inside Guide To Improving Your Poses



Synopsis

Remarkable computer-generated illustrations of the muscles used during the most popular yoga poses. Yoga teachers and students can use this book as a visual reference to the muscles that are engaged by specific yoga poses. Each pose is shown in a full-color photograph opposite a detailed and annotated anatomical drawing that identifies the active and stabilizing muscles being used. By identifying affected muscles, practitioners can maximize the benefits of each pose and even design a personalized yoga routine that focuses on their specific problem areas. Anatomy of Yoga explains the basics of yoga, breathing and the spine, concentrating on the body's core musculature. It covers: Yoga warm-up Standing poses Forward bends Back bends Seated and twisted poses Poses that balance arms Inversions Restorative poses Sequences, such as sun salutation There are numerous asides, including "best for" information boxes that describe the muscles that work the most during each pose. Tip boxes give hints on safety and form and outline the target muscles for and benefits of each pose. The author also suggests creative ways to modify the intensity of an exercise. Anatomy of Yoga is an expert guide that is extremely useful for anyone interested in enhancing a personal yoga fitness routine. It will also interest yoga instructors who want a visual aid that clearly illustrates the benefits of each exercise. (20101025)

Book Information

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Customer Reviews

Those new to the practice will find this to be an awesome tool. This book does not have every pose in the world, but it has what I believe to be the basics. The graphics are big and show each pose

very well. Illustrations have both a live model demonstrating the poses and a computer generated model in full color depicting the muscle groups being used. As a newbie to the practice, I appreciate the fact that the author included pronunciation and meaning of each pose, level each pose is suited for, practice avoidance, and the benefits of the pose. Also included, which are winners for me, are step-by-step instructions on how to do the poses as well as HOW LONG. During my limited research of yoga books, many explained the poses, but the ones I came across never had a time of how long to hold each position. There are about five yoga sequences included in the back of the book. These sequences range from beginner to advanced levels. Again, more advanced users may complain that these sequences are lacking, but for beginners it is a great illustration of how to implement the practice and provides examples of how different poses can be grouped together.

This book is so wonderful! The first section tells you about the poses themselves with pictures to go along. It also gives you the options for the modified positions, which is helpful. After that, you will find images of those same positions, however these images show the musculoskeletal system. It shows you exactly which muscles you are supposed to be working while completing these poses. That part was awesome, there are poses that I can do very well, but that's sometimes because I don't know what I'm actually supposed to focus on, for example, I may be using back strength instead of core strength. Once I went over this section of the book it changed my practice completely. I would recommend this completely!

There are plenty of yoga anatomy books out on the market right now. I probably have them all. This one isn't bad, but the content isn't particularly in depth. What I really like about this book are the illustrations. Great pictures. Love those!

I have been taking yoga now for about 2 almost 3 years. I loved this book that was recommended to me by my yoga instructor. The book goes through the more common poses that are practiced and tells you what muscle group that you are working. It gives you clear visual aids to see the poses and it tells you the benefits of them as well....I found this very helpful when I came home and wasn't sure of something I may have tried during my yoga class... I then could check my book to correct myself.

Fantastic book. I am currently in yoga teacher training and I have found this to be extremely helpful. Clearly lays out the different muscles that one is strengthening and stretching in the various poses. Very easy to read and not overly academic. Five stars!!

I like that this book gives you step by step instructions on how to get in and out of poses. The anatomy is not overwhelming and written in layman terms so that it is understandable. The illustration could be a little better and it could have more variety in poses but it is a great starter book. I especially like the each pose tells you what it is good for. For instance, this pose stretches these muscles and strengthens these others. It also makes comments on how to do it right and common mistakes to avoid.

I like the simple direct, and thorough layout for each asana. I get several points of reference with each picture-suggested cues, anatomy terms, sanskrit pronunciations, and definitions. I have found this book a valuable reference and study tool.

I recently began taking Yoga. I did not understand the reason for some of the poses and what they were supposed to do for your body. This book gives very detailed instructions as to what, why and the results. Great book for an instructor and even better for the beginning Yoga student.

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