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In Yogabody, author
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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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Anatomy

**Yogabody:
Anatomy,
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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

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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.

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Organized into five In
Yogabody, author
Judith Hanson
Lasater writes, "You
can't fully understand
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movement of asana
without first
understanding the
basic structure of the
human body."

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Anatomy,

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Kinesiology, and Asana by Judith Hanson ...

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

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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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Anatomy

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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.

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Asana –**

Yogamatters

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Asana 2. The

Muscles. YOU CAN

DEVELOP GOOD

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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:**

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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

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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.

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Judith conveys her ...

Kinesiology

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

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

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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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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

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Asana: Lasater,**

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