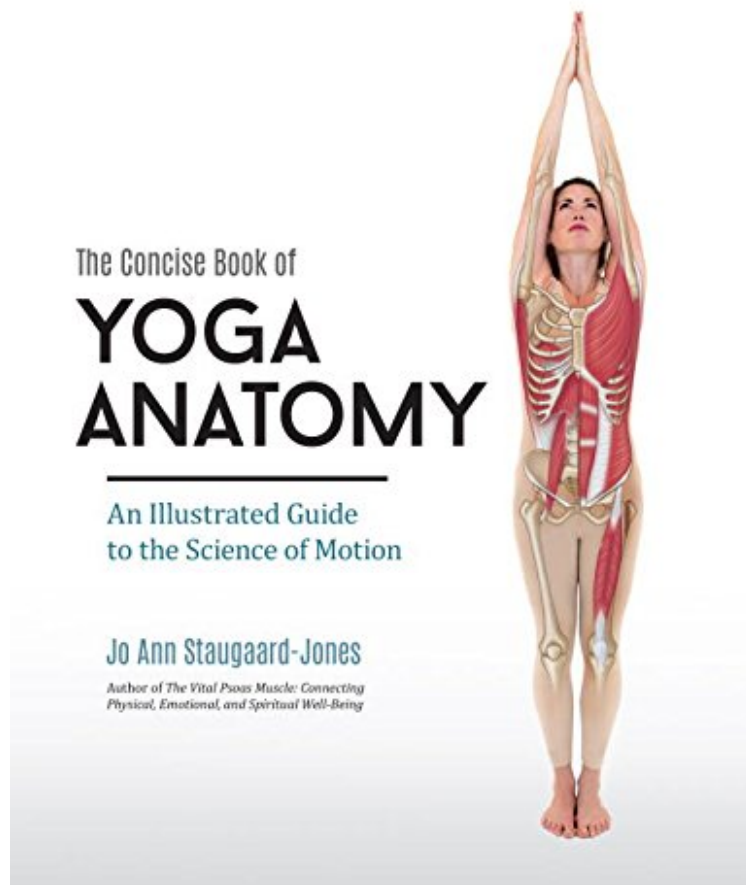


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The Concise Book of Yoga Anatomy: An Illustrated Guide to the Science of Motion

Jo Ann Stugaard-Jones

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Jo Ann Stugaard-Jones : The Concise Book of Yoga Anatomy: An Illustrated Guide to the Science of Motion before purchasing it in order to gage whether or not it would be worth my time, and all praised The Concise Book of Yoga Anatomy: An Illustrated Guide to the Science of Motion:

0 of 0 people found the following review helpful. Not worth the time or moneyBy Joseph EspositoI'm now in month 4 of my 7 month Yoga Teacher Training. This book is basically useless. 9 times out of 10 i have to further look up info in a different Yoga anatomy book or on the internet. It is way too "concise". And leaves out vast amounts of basic information.For example Bow Pose: The book shows 4, just 4, places of action in the body, the glutius maximus, the biceps femoris (short and long) and the semitendinosus. It completely leaves out anything in the shoulders, feet, the tibia, the abs or the quads.The book has plenty of room to include the information, as most the pages are only 50%

filled with pictures or information. 2 of 2 people found the following review helpful. INCREDIBLE By Customer This anatomy book makes learning a very complex subject more attainable to the mind. It is incredibly beneficial for not only yoga but learning entirely about the body. The illustrations and the text are easy to follow and help better understand the inner workings of our body. I would recommend this book for EVERY yoga teacher training as well as college courses. 1 of 1 people found the following review helpful. Five Stars By Customer Love this book! Very easy to understand and I plan on using it in my yoga trainings!

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

About the Author Jo Ann Staugaard-Jones is a professor of kinesiology and dance. She is a certified Pilates and yoga instructor with a master's degree in dance and education, and received degrees at the University of Kansas and New York University before pursuing a career as a performer, choreographer, teacher, and movement scientist. The author of the strong-selling titles, *The Vital Psoas Muscle*, and *The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga* currently teaches interactive movement workshops across the U.S. and sponsors international holistic retreats.