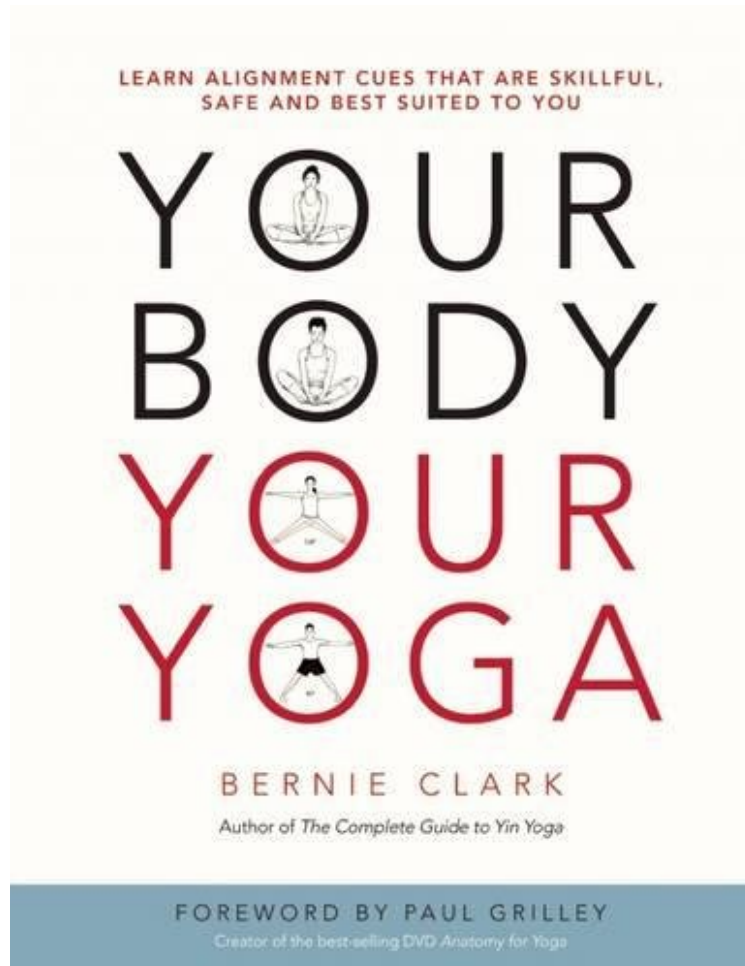


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Bernie Clark

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Bernie Clark : Your Body, Your Yoga: Learn Alignment Cues That Are Skillful, Safe, and Best Suited To You before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Body, Your Yoga: Learn Alignment Cues That Are Skillful, Safe, and Best Suited To You:

3 of 3 people found the following review helpful. Making Yoga accessible for every body and everybody!By CustomerI just love the book, and I have liked all Bernies book so far! Bernie just knows how to break down complicated information of Yoga Anatomy into digestible chunks. He makes it very doable, even for Yoga students, to understand all the things we need to know about our Body and about Yoga. He teaches us that we need to look for a style of Yoga that suits our own body so that is actually heals us! Bernie, thank you for taking the effort of putting your knowledge down on paper, so we can ALL have the privilege of using it in our Yoga practice and classes! A BIG thank you from a Dutch Yoga teacher; Marianne de Kuyper.2 of 2 people found the following review helpful. Title

says it all! By Christine Stump Terrific guide for students and teachers alike with great examples, clear explanation and tons of support for those of us who have never felt like we had the "yoga body." It's true - every body is a yoga body, we just need to adapt yoga to the body. Great book! 4 of 4 people found the following review helpful. a must By Yvette Hamaya Finally, a book that clearly and very entertainingly explains the difference between tension and compression and the beautiful differences of our bodies. If you practice Yoga it is a must read and if you teach Yoga it is a MUST MUST read.

Your Body, Your Yoga goes beyond any prior yoga anatomy book available. It looks not only at the body's unique anatomical structures and what this means to everyone's individual range of motion, but also examines the physiological sources of restrictions to movement. Two volumes are provided in this book: Volume 1 raises a new mantra to be used in every yoga posture: What Stops Me? The answers presented run through a spectrum, beginning with a variety of tensile resistance to three kinds of compressive resistance. Examined is the nature of muscles, fascia, tendons, ligaments, joint capsules, bones and our extracellular matrix and their contribution to mobility. The shape of these structures also defines our individual, ultimate range of movement, which means that not every body can do every yoga posture. The reader will discover where his or her limits lie, which dictates which alignment cues will work best, and which ones should be abandoned. Volume 2 will take these principles and apply them to the lower body, examining the hip joint, the knee, ankle and foot, and will present how your unique variations in these joints will show up in your yoga practice.

Compulsory reading for those teaching and studying yoga! The best therapeutic exercise has a defined technique and dosage, but these are different for every person. Bernie Clark masterfully guides readers through an understanding of their unique bodies. Nothing else compares to the value and knowledge gained. With this, readers can create the most rigorous, evidence-based and effective yoga practice, finding what works best for them. Professor Stuart McGill, PhD, University of Waterloo; Canada. You will not need another book on the mechanics of yoga. Bernie has written many wonderful books on yoga, but the one in your hands is his opus. I will be recommending this one to everyone! Sarah Powers, co-founder of Insight Yoga Institute and author of Insight Yoga; U.S.A. Finally, a book that dares to combine yoga with state-of-the-art critical thinking and scientific reflection! To my knowledge, the most accurate and anatomically-knowledgeable book in this field. I knew that Bernie Clark would contribute something remarkable. But this book goes way beyond even the highest expectations. A truly groundbreaking contribution to the field of science-inspired yoga. Professor Robert Schleip, PhD, Ulm University; Germany. Your Body, Your Yoga is a fascinating, provocative, and scientifically-informed look at the inner workings of the body as it affects the practice of asana. Bernie Clark challenges much dogma in the modern postural yoga world, including a few heretofore sacrosanct principles of alignment, to demonstrate that a healthy and effective yoga practice should be adapted to each individual's unique needs, abilities and anatomy. Required reading for yoga teachers and yoga therapists, and highly recommended for avid practitioners. Timothy McCall, MD, author of Yoga As Medicine; U.S.A. An exceptionally well-informed and interesting way of approaching the human enterprise of doing yoga. Full of beautiful and stimulating pictures and analogies, awakening a deep thirst to know more and think more yet. Loren M. Fishman, MD, B. Phil. (Oxon.), author of Healing Yoga and many other books; U.S.A. If you want to buy only one book on yoga and anatomy, buy this one. It fills a gap that urgently needed filling, and makes our work as yoga teachers and educators immensely easier. This will be a textbook for our future yoga teacher trainings. Anat Geiger, co-owner of YogaGarden; Netherlands. This book will revolutionize the practicing and teaching of yoga. It is going to be the next yoga bible! It is an incredible treasure, and it will help everybody to truly understand the essence of physical yoga practice. Stefanie Arend, author of Yin Yoga, Detox Yoga, and Fascia Massage; Germany. Your Body, Your Yoga is an essential book for all serious yoga practitioners. Through skillful marshaling of evidence, Bernie Clark decisively illustrates the importance of individuality in yoga practice. Norman Blair, Yoga teacher, author and trainer; United Kingdom. A must-read for yoga teachers and practitioners. This book will reframe the way you think about body movements. Jo Phee, senior yoga teacher trainer; Singapore. I am so amazed: Your Body, Your Yoga is more than a great book it is like participating in a training at home. I could not stop myself from finishing it. Devrim Akkaya, senior yoga teacher trainer; Turkey. This is an instant classic. Your Body, Your Yoga demystifies and reveals the limitations in one's yoga practice in a very clear and in-depth manner. Sebastian Murielle, senior yoga teacher trainers; Indonesia. Teachers will benefit greatly from understanding all that this book has to offer, and advancing students will enjoy and benefit all the more because of it. Bernie Clark's book is a terrific contribution to the field of yoga, which until recently has been overly posture-centric. Bernie gives a readable, clear account of individual differences, how to recognize them, their consequences for asana practice, and how to sense when you are going too far. There is a wealth of information on the deeper mechanics of muscles and fascia, and an extensive treatment of the specifics of the joints. Doug Keller, author of Yoga As Therapy and associate professor in the Maryland University of Integrative Health Masters Degree Program in Yoga Therapy; USA. This is a brilliant book. It is an absolutely essential research resource for anyone who teaches, hopes to teach, or wants to practice the asana component of yoga in a safe, therapeutic, and effective way. Bernie

Clarks thesis that we are not all the same and therefore there are no universal alignment principles that work for everyone is a huge contribution to todays yoga literature. I couldnt agree more. It is hard to believe that anyone would say this about a book on anatomy, physiology and human movement, but once I started reading, I was so excited I couldnt put it down! Beryl Bender Birch, author of 4 books on yoga and the founder/director of The Hard The Soft Yoga Institute and The Give Back Yoga Foundation; USA