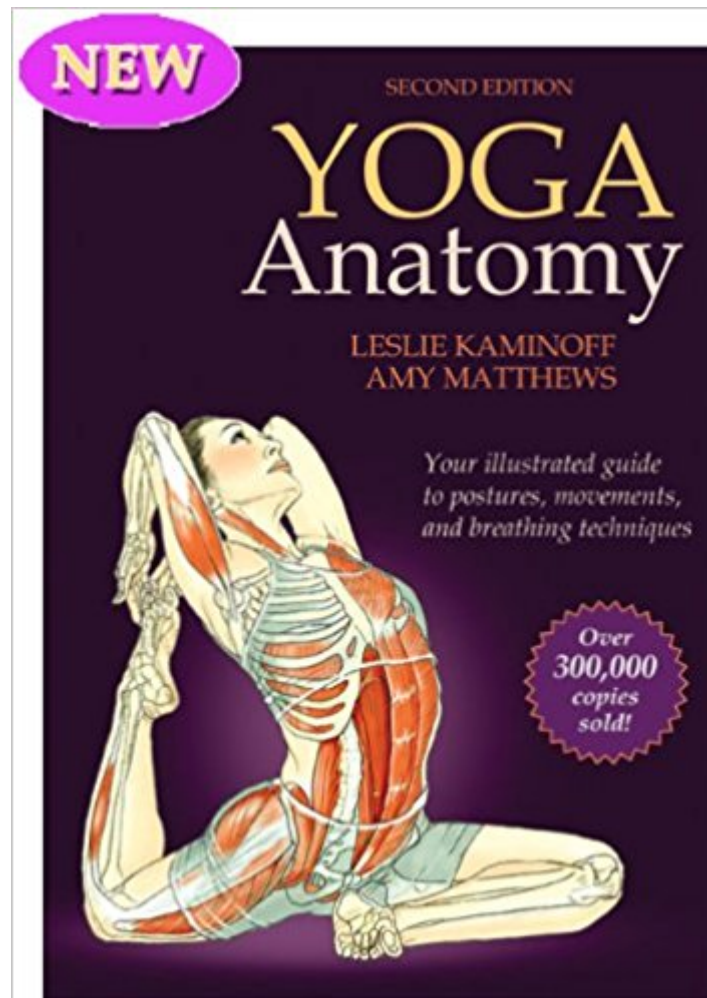




Ebook Directory
the best source of ebook

The book was found

Yoga Anatomy-2nd Edition



Synopsis

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of Yoga Anatomy provides you with a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, Yoga Anatomy will be an invaluable resource—one that allows you to see each movement in an entirely new light. With Yoga Anatomy, Second Edition, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

Book Information

Paperback: 288 pages

Publisher: Human Kinetics; 2 edition (October 28, 2011)

Language: English

ISBN-10: 1450400248

ISBN-13: 978-1450400244

Product Dimensions: 0.5 x 7 x 11 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 439 customer reviews

Best Sellers Rank: #1,350 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #2 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #12 in Books > Science & Math > Biological Sciences > Anatomy

Customer Reviews

Mahamudra combines axial extension, a twisting action, and all three bandhas. [View larger](#)
[View larger](#) Human Kinetics The Premier Publisher for Sports & Fitness. Science-based programs Authoritative authors Full-color images Popular anatomy series has sold over 3.1 million copies Yoga Anatomy The best-selling anatomy guide for yoga Now updated, expanded, and better than ever. More full-color anatomical illustrations and in-depth information
More more asanas and vinyasas

See Inside Every Yoga Pose to Develop a Better Understanding of Each Movement [View larger](#)

[View larger](#) [View larger](#) [View larger](#) [View larger](#) Eka Pada Rajakapotasana One-Legged Royal Pigeon Pose. Parivrtta Baddha Parsvakonasana Revolved Side Angle Pose. Apanasana Apana Pose, Wind Release Pose. Utthita Parsvakonasana Extended Side Angle Pose.

Over 600,000 Copies Sold The best-selling anatomy guide features full-color anatomical illustrations and in-depth information to improve your yoga practice. [View larger](#)

Leslie Kaminoff is a yoga educator inspired by the tradition of T.K.V. Desikachar, one of the world's foremost authorities on the therapeutic uses of yoga. Leslie is the founder of The Breathing Project, a New York City educational nonprofit organization dedicated to the teaching of individualized breath-centered yoga. An internationally recognized specialist with over 32 years'™ experience in the fields of yoga and breath anatomy, Kaminoff has led workshops for many of the leading yoga associations, schools, and training programs in the United States. He has also helped to organize international yoga conferences and has actively participated in the ongoing national debate regarding certification standards for yoga teachers and therapists. Kaminoff has been a featured yoga expert in publications such as Yoga Journal and The New York Times, as well as online at WebMD, FoxNews Online, and Health.com. He is the founder of the highly respected international yoga blog eSutra, coauthor of the best-selling first edition of Yoga Anatomy, and creator of the DVD Breath-Centered Yoga with Leslie Kaminoff and the highly successful online course [yogaanatomy.net](#). He resides in New York City and Great Barrington, Massachusetts.

Amy Matthews has been teaching movement since 1994. She is a certified Laban movement analyst, a Body™ "Mind Centering teacher, and an infant developmental movement educator. She is registered with ISMETA (International Somatic Movement Education and Therapy Association) as a somatic movement therapist and educator, and with IAYT (International Association of Yoga Therapists). Matthews coteaches the Body™ "Mind Centering and yoga programs in California and New York City for the School for Body-Mind Centering. She was on the faculty of the Laban/Bartenieff Institute of Movement Studies for 10 years. Together, Matthews and Kaminoff lead The Breathing Project's advanced studies program for movement professionals committed to extending their professional skills and knowledge. Matthews integrates somatic practices and yoga in her private practice as a movement educator, and she teaches embodied anatomy and movement workshops for programs

in the United States, Canada, Israel, Ireland, England, Slovakia, Switzerland, and Japan. Matthews coauthored the first edition of Yoga Anatomy. She currently resides in New York City.

I don't understand how this book has gotten such good reviews to be honest. I bought this book hoping to get the basics of anatomy so that I could deepen my scientific understanding of asana. I have found this book useless in that regard. The authors take absolutely no effort in laying out the major skeletal and muscle groups, they don't talk about the joints, they don't give any basic anatomical terms. However, they do spend a whole section talking about how they went about getting the images in the book. WEIRD. They just jump into using, what was for me, advanced anatomical terminology - which I was given no understanding of by them. Seems careless. I have tried to use the book and it just doesn't work for someone who has never studied anatomy. I'm really disappointed. I went on to purchase Ray Long's book on yoga anatomy and am so excited about it. I have learned so much. He takes time to lay out all of the basic terms and explains the way the bones, muscles, and joints function physiologically and in relationship to asana. I recommend that book very highly if you are a beginner and want to get a good, simple foundation in anatomy.

This was one of the book report options for my final in yoga. I chose this due to my arthritis issues. I thought this would be way over my head when I began. A couple chapters could have been combined with others. The indices in the back were very useful. I told my instructor that chapter 6 would be an excellent handout for class. All in all, an excellent resource.

Great reference book to refer to yoga poses for patients to use in stretching so they can better see what areas they are working out, as well as doctors, yoga in-structures, physical therapists, message therapists, and holistic practitioners... or just someone wanting to learn a more physical aspect of the Asunas.

Great text, starting from basics and describing asanas in detail. Pictures and descriptions illustrate the primary muscles engaged. Very useful for teachers or practitioners.

Very helpful for anyone who is into doing Yoga, Massage Therapy or any other muscle related modality.

Excellent resource for yoga practitioners and teachers!

Very informative. Great companion to "2,100 Asanas." I've bought and love both!

Great easy to read and undertand,

[Download to continue reading...](#)

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga Yoga Anatomy-2nd Edition The Julia Rothman Collection: Farm Anatomy, Nature Anatomy, and Food Anatomy Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness Yoga For Weight Loss: Yoga Weight Loss Secrets to Melt Fat, Trim Inches and Get a Youthful Sexy Body – FAST! Light on Yoga: Yoga Dipika Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help