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In *Yogabody*, author Judith Hanson Lasater emphasizes 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

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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 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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Organised into five parts -
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vertebral column, the lower
extremity, the trunk, and
the upper extremity,
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Packed with colour
anatomical drawings, black-
and-white diagrammatic asana
illustrations, and helpful

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Anatomy Kinesiology And
Asana**, 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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lot of time in asana class
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muscles.

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yoga teacher and physical
therapist, she focuses here
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Asana, 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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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 system, the vertebral column, the lower extremity, the trunk, and the upper

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Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson Lasater In Yogabody, author Judith Hanson Lasater writes, "You can't fully understand the dynamic movement of asana without first understanding the basic structure of the human body." Drawing on almost 40 years' experience as

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