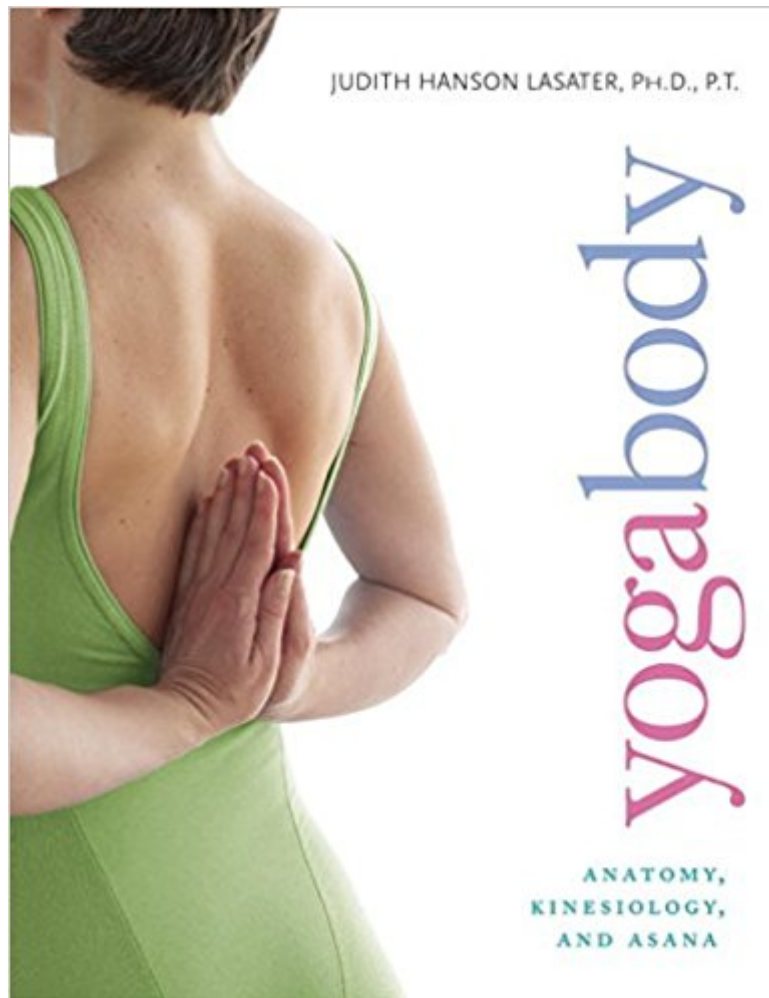




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Yogabody: Anatomy, Kinesiology, And Asana



Synopsis

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 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. 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. It helps yoga students understand how their own bodies function. Packed with color anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, *Yogabody* is the *Gray's Anatomy* for yoga teachers and students.

Book Information

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Customer Reviews

Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Dr. Lasater is the president of the California Yoga Teachers Association and serves on the advisory boards of *Yoga Journal* and the Yoga Research and Education Center. Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra at the Iyengar Yoga Institute of San Francisco. In addition, she leads workshops and retreats throughout the United States and abroad. Dr. Lasater writes extensively about yoga. Her feature

articles, columns, and essays appear in numerous books, magazines, and anthologies. She is the author of *Relax and Renew: Restful Yoga for Stressful Times*, the first book devoted to the supported yoga poses and breathing techniques called restorative yoga. Judith Lasater lives in the San Francisco Bay Area with her husband and three children.

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This is a phenomenal anatomy book. I've never been great at anatomy, but this book is easy to understand and well-written. I'm very happy I purchased it!

I can't wait to try the suggestions and ideas in this book. I love the quotes before each chapter and the links after. Along with the stories and anecdotes from the author's experience, these give levity and perspective to the subject and help to make the book friendly and direct - just like Judith Lasater. Judith presents the technical material in a way that gets you to try things out by doing the asanas and exploring what happens. You are not just reading about the body, you are feeling it in movement. That brings the lessons home. I also like how she steers you away from harmful practices by sharing the benefit of a lifetime of experience teaching yoga, studying the body and assisting people with physical problems. I'm so glad to have such a sound reference and guide for asana. I recommend this to any yoga practitioner who wants to learn precise information about the body, anatomy and how we move. PS If you can afford it, I recommend the hardcover version. It is sturdy and durable like a good textbook, and it opens and lies flat very well.

I've got some keen insights on shoulder movement processes. There is a whole lot of information in

this book and I have merely scratched the surface and dug deep in just a few places. Yoga practice is enhanced the more you know about how you're 'self-assembled' as noted in Yoga, Fascia Anatomy and Movement by Joanne Sarah Avison. Judith asks you make this subject a lifetime endeavor and I can see why she means it.

This book is very helpful in making sure you are moving the body in a correct way. There were some areas that got a little confusing because of the anatomy of the body, but overall I liked it.

Not too bad of a book, provides a lot of insight to the anatomy/yoga connection. Find that it's a little sporadic (doesn't flow well) But overall a decent book.

Excellent reference book! I refer to it often. Great pictures, very thoughtful read.

This book will be good for those who are into minute details. Knowing precisely how your body works and align. Knowing where about are the muscles and it's connection. Helping both students and teachers to better understand their bodily function.

Phenomenal book! It adds so much knowing the internal workings of your body while teaching or practicing yoga. Well written.

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