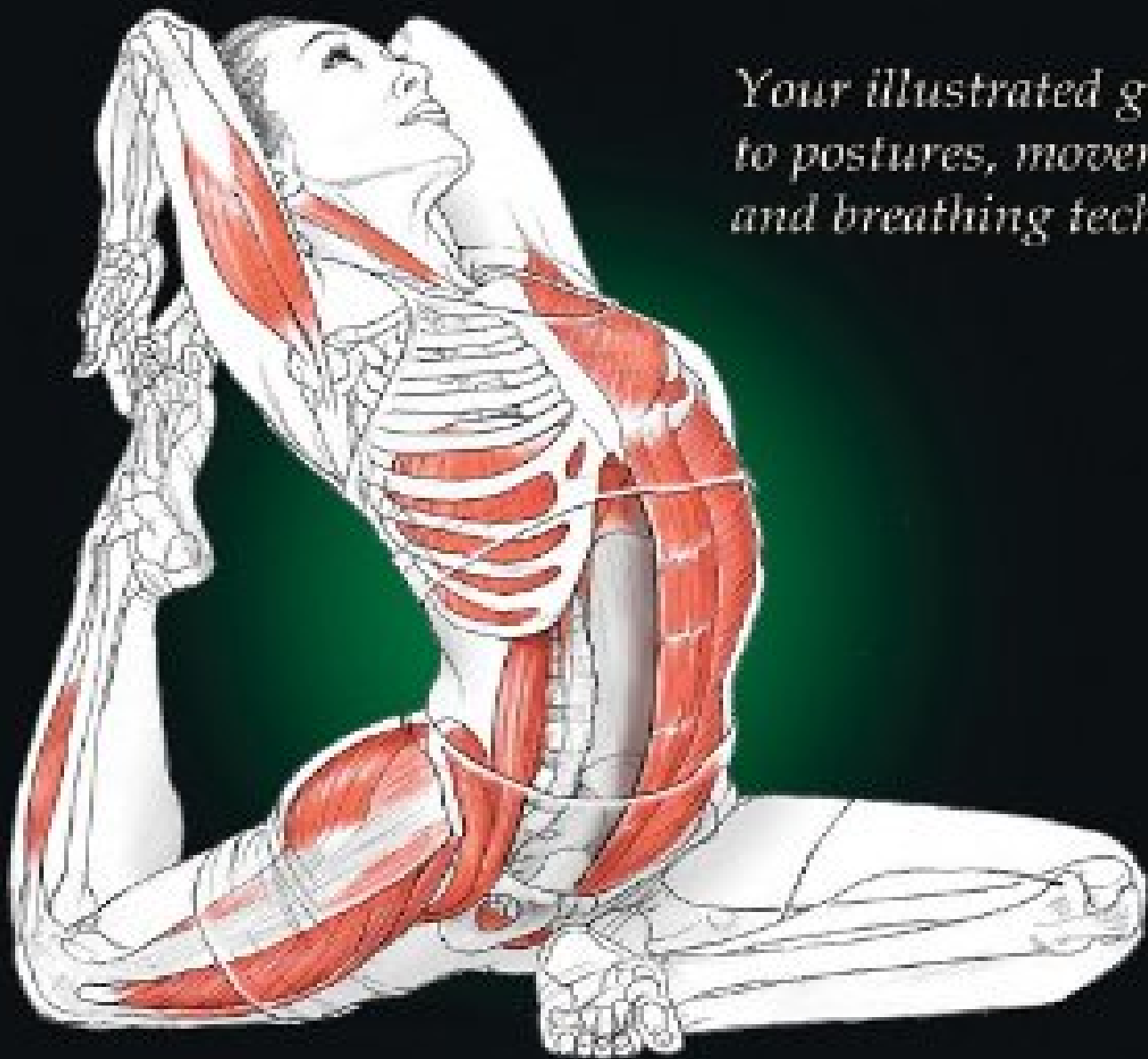


YOGA Anatomy

LESLIE KAMINOFF

*Your illustrated guide
to postures, movements,
and breathing techniques*



Resumo de Yoga Anatomy

See inside every yoga pose! With clear, expert instruction and full-color, detailed anatomical drawings, Yoga Anatomy depicts the most common asanas to provide a deeper understanding of the structures and principles underlying each movement and of yoga itself.

From breathing to standing poses, see how each muscle is used, how slight 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.

Author Leslie Kaminoff is a recognized expert and teacher in anatomy, breathing, and bodywork. He is the founder of The Breathing Project, New York City's premiere yoga studio dedicated to the teaching of individualized, breath-centered yoga practice and therapy.

[Acesse aqui a versão completa deste livro](#)