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of asana. Drawing on almost forty years of experience
as a yoga teacher and physical therapist, she focuses

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here on macroanatomy and kinesiology in relationship to asana.

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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 relationship to asana.

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For seasoned teachers, novice teachers, and those in training to teach, Yogabody will help you guide your students to move with more enjoyment and less difficulty. For yoga students, Yogabody will help you practice more confidently on your own. Packed with color anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, you will learn what your body is made of, how it is designed to move, and how to bring the knowledge of both to awaken to asana.

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Drawing on almost 40 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 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."

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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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