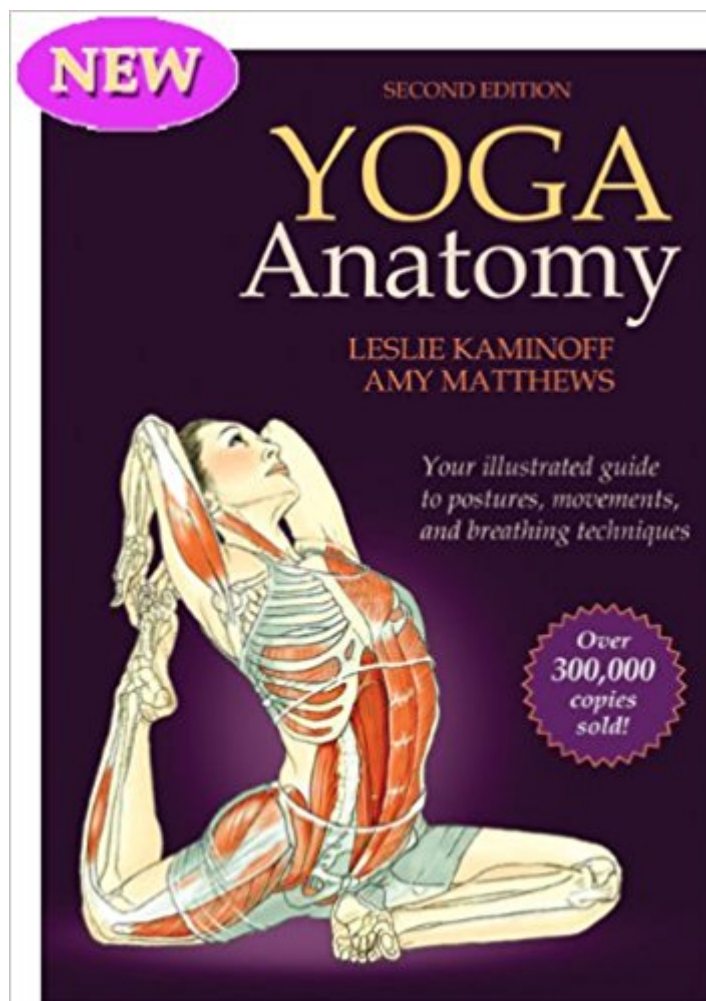




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# Yoga Anatomy-2nd Edition



## 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

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Mahamudra combines axial extension, a twisting action, and all three bandhas. [View larger](#)  
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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](http://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 understand,

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