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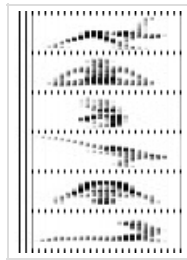
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Applied Anatomy and Physiology of Yoga

Simon Borg-Olivier

Bianca Machliss

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Description

Designed as the main text for the course "YogaSynergy: Applied Anatomy & Physiology of Hatha Yoga: Course for Teachers and Students." The book and its related course include a study of the basic anatomy and physiology required to understand yoga, but the main emphasis is on the practical or applied aspects of anatomy and physiology theory. The main purpose of this book is to use an understanding of basic anatomy and physiology to enhance one's yoga practice, improve one's ability to increase strength, flexibility, cardiovascular fitness and inner wellbeing, minimize the risk of injuries as a result of yoga practice, and help to use hatha yoga to recover from a variety of musculoskeletal injuries and medical conditions. It is intended to be used by yoga teachers, yoga practitioners and others who use stretching, strengthening, breathing and other yoga-like exercises as part of their health regime.

Disciplines

Exercise Physiology | Medicine and Health Sciences

Publisher

YogaSynergy

City

Waverley, NSW

Publication Date

2013

ISBN

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Start your review of Applied Anatomy & Physiology Of Yoga. Write a review. Jun 05, 2020 Giulia Mastrantoni rated it liked it. Shelves: yoga. It reads more like an undergrad book on anatomy than a yoga-focused manual. It's very technical and there is little reference to yoga, aside from some "practical tips" boxes and descriptions of poses at the end (also very technical). Depending on what you want to purchase the book for, it may or may not be the best fit. For a yoga practitioner, for example, this is way too technical. For a yoga teacher well, you are a yoga teacher, n Anatomy & Physiology of Yoga Online provides yoga teachers and students with the knowledge and skills necessary to understand the basic workings of the body while practicing asanas (static postures), vinyasas (dynamic exercises) and pranayamas (breathing exercises) of Hatha yoga. Learn how to safely increase strength and flexibility whilst minimising the risks of injury due to unsafe practice. Topic 11.1: Applied functional anatomy and physiology of the female reproductive system. Co-written by physiotherapists and yoga teachers, Simon Borg-Olivier MSc BAppSc (Physiotherapy) and Bianca Machliss BSc BAppSc (Physiotherapy), 'Applied Anatomy & Physiology of Yoga' includes recent and previously unpublished research into the science of hatha yoga and yoga therapy. The effects of yoga on each part of the body are explained with thorough analysis and explanations of asanas, vinyasas, bandhas, mudras and kriyas. Using basic principles of biomechanics and neurophysiology, this book explains how to improve strength, flexibility and fitness while maintaining joint st Yoga Anatomy and Physiology, Rishikesh. 112 likes · 81 talking about this. let's understand the structure and function of human body. Deep understanding... See more of Yoga Anatomy and Physiology on Facebook. Log In. or. Create New Account. See more of Yoga Anatomy and Physiology on Facebook. Log In. Forgot account?