



# Yogabody: Anatomy, Kinesiology, and Asana

*Judith Hanson Lasater*

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## **Yogabody: Anatomy, Kinesiology, and Asana** Judith Hanson Lasater

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 of experience as a yoga teacher and physical therapist, she focuses here on macroanatomy and kinesiology in relationship to asana. Organized into five parts—the locomotor system, the vertebral column, the lower extremity, the trunk, and the upper extremity—*Yogabody* takes you on a fantastic journey through the bones, joints, connective tissue, nerves, and muscles, revealing how these structures interact to create and express movement. Judith conveys her expert knowledge in clear, concise language that makes it easy to understand, to remember, and to integrate. 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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