[PDF] Yoga Anatomy-2nd Edition

Leslie Kaminoff, Amy Matthews - pdf download free book



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Description:

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever!

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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.