



Yogabody: Anatomy, Kinesiology, and Asana

By Judith Hanson Lasater

Download now

Read Online ➔

Yogabody: Anatomy, Kinesiology, and Asana By 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' 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 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. This valuable guide builds on what yoga teachers already know and enables them to quickly decide what might help their students move with more enjoyment and less difficulty. It helps yoga students understand how their own bodies function. Packed with color anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, *Yogabody* is the *Gray's Anatomy* for yoga teachers and students.

↓ [Download Yogabody: Anatomy, Kinesiology, and Asana ...pdf](#)

📄 [Read Online Yogabody: Anatomy, Kinesiology, and Asana ...pdf](#)

Yogabody: Anatomy, Kinesiology, and Asana

By Judith Hanson Lasater

Yogabody: Anatomy, Kinesiology, and Asana By 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' 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 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. This valuable guide builds on what yoga teachers already know and enables them to quickly decide what might help their students move with more enjoyment and less difficulty. It helps yoga students understand how their own bodies function. Packed with color anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, *Yogabody* is the *Gray's Anatomy* for yoga teachers and students.

Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater Bibliography

- Sales Rank: #26969 in Books
- Brand: Brand: Rodmell Press
- Published on: 2009-05-01
- Released on: 2009-05-01
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .55" w x 8.55" l, 1.59 pounds
- Binding: Paperback
- 224 pages

 [Download Yogabody: Anatomy, Kinesiology, and Asana ...pdf](#)

 [Read Online Yogabody: Anatomy, Kinesiology, and Asana ...pdf](#)

Download and Read Free Online Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater

Editorial Review

Review

Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Dr. Lasater is the president of the California Yoga Teachers Association and serves on the advisory boards of *Yoga Journal* and the Yoga Research and Education Center.

Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra at the Iyengar Yoga Institute of San Francisco. In addition, she leads workshops and retreats throughout the United States and abroad.

Dr. Lasater writes extensively about yoga. Her feature articles, columns, and essays appear in numerous books, magazines, and anthologies. She is the author of *Relax and Renew: Restful Yoga for Stressful Times*, the first book devoted to the supported yoga poses and breathing techniques called restorative yoga.

Judith Lasater lives in the San Francisco Bay Area with her husband and three children.

About the Author

Judith Lasater has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Dr. Lasater is the president of the California Yoga Teachers Association and serves on the advisory boards of *Yoga Journal* and the Yoga Research and Education Center.

Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra at the Iyengar Yoga Institute of San Francisco. In addition, she leads workshops and retreats throughout the United States and abroad.

Dr. Lasater writes extensively about yoga. Her feature articles, columns, and essays appear in numerous books, magazines, and anthologies. She is the author of *Relax and Renew: Restful Yoga for Stressful Times*, the first book devoted to the supported yoga poses and breathing techniques called restorative yoga.

Judith Lasater lives in the San Francisco Bay Area with her husband and three children.

Users Review

From reader reviews:

Dorothy Delarosa:

Within other case, little persons like to read book Yogabody: Anatomy, Kinesiology, and Asana. You can choose the best book if you love reading a book. So long as we know about how is important a new book Yogabody: Anatomy, Kinesiology, and Asana. You can add expertise and of course you can around the world by way of a book. Absolutely right, mainly because from book you can recognize everything! From your country till foreign or abroad you can be known. About simple issue until wonderful thing you may know that. In this era, you can open a book or even searching by internet unit. It is called e-book. You may

use it when you feel bored to go to the library. Let's go through.

Ramon Hudson:

The book *Yogabody: Anatomy, Kinesiology, and Asana* give you a sense of feeling enjoy for your spare time. You may use to make your capable considerably more increase. Book can for being your best friend when you getting anxiety or having big problem along with your subject. If you can make looking at a book *Yogabody: Anatomy, Kinesiology, and Asana* being your habit, you can get considerably more advantages, like add your current capable, increase your knowledge about some or all subjects. It is possible to know everything if you like open up and read a reserve *Yogabody: Anatomy, Kinesiology, and Asana*. Kinds of book are several. It means that, science book or encyclopedia or other folks. So , how do you think about this publication?

Ann Birdsell:

Yogabody: Anatomy, Kinesiology, and Asana can be one of your nice books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to place every word into pleasure arrangement in writing *Yogabody: Anatomy, Kinesiology, and Asana* although doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource data that maybe you can be certainly one of it. This great information can drawn you into fresh stage of crucial thinking.

Kevin Lewis:

The book untitled *Yogabody: Anatomy, Kinesiology, and Asana* contain a lot of information on the idea. The writer explains her idea with easy technique. The language is very easy to understand all the people, so do not really worry, you can easy to read the idea. The book was authored by famous author. The author brings you in the new period of literary works. You can easily read this book because you can read more your smart phone, or model, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open their official web-site along with order it. Have a nice examine.

Download and Read Online *Yogabody: Anatomy, Kinesiology, and Asana* By Judith Hanson Lasater #KEYF2HGAXP9

Read Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater for online ebook

Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater books to read online.

Online Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater ebook PDF download

Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater Doc

Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater Mobipocket

Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater EPub

KEYF2HGAXP9: Yogabody: Anatomy, Kinesiology, and Asana By Judith Hanson Lasater