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Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson ...

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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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As a physical therapist, she focuses here on macroanatomy and kinesiology in relationship to asana practice and teaching.

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