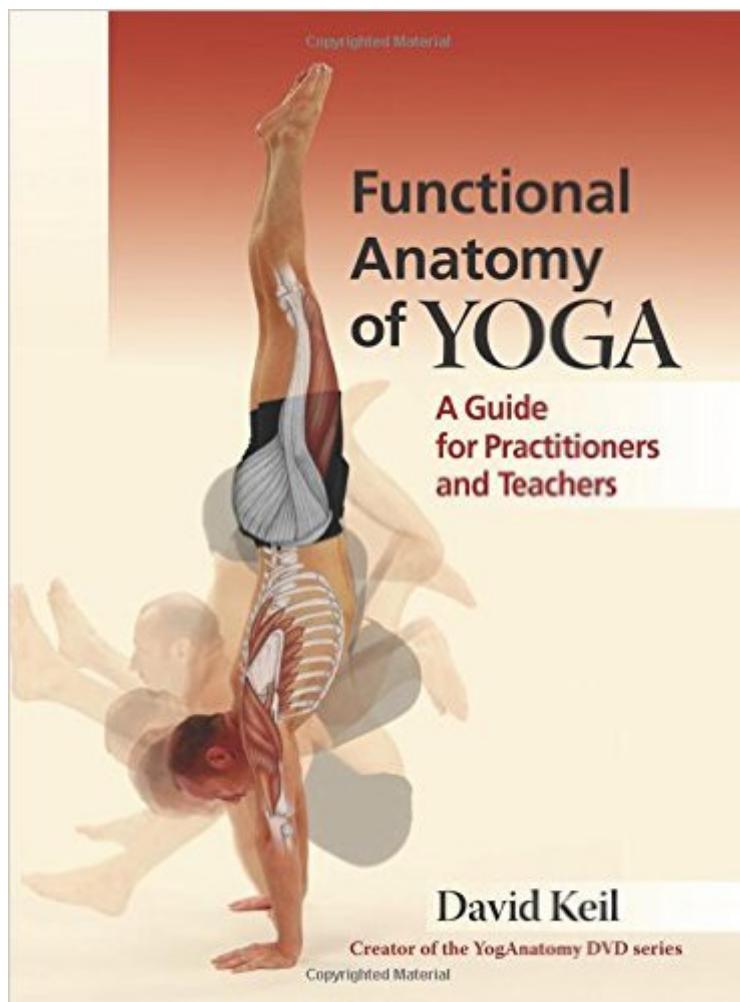


The book was found

Functional Anatomy Of Yoga: A Guide For Practitioners And Teachers



Synopsis

Functional Anatomy of Yoga is a rare gem. This book enables both the casual reader and the seasoned practitioner to understand and implement the anatomical structure and function of the body in yoga. Written with a conversational tone, the book delivers the complex subject of human anatomy in a way that is both provocative and clear. The underlying theme of the book is integration. David Keil outlines how yoga teachers and practitioners can utilize a deeper understanding of their anatomy as they approach the larger scheme of yoga. How do the supposed "parts and pieces" of the body synchronize to support integrated movement? Finally, how do the various yoga postures interrelate from the perspective of functional anatomy? Not only is David Keil an authority on the subject of anatomy, but he also has the wisdom and first-hand experience of a skilled yoga teacher and practitioner. He has been presenting the subject of anatomy in a way that is interesting, meaningful, and applicable to teachers and students alike since 2000. Beautifully illustrated throughout with colour images and photographs to clearly explain the concepts and asanas, Functional Anatomy of Yoga will assist you in reaching new heights in your yoga practice using the "laboratory" of the body and the tools of yoga asana.

Book Information

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Customer Reviews

David Keil is funny. Anatomy is a dry subject, as you probably know, and he manages to make it interesting and funny. I don't know how he does that. I am a fan of David, so let's disclose that early, and just so you know I've watched all his DVDs as well. He has a bunch, some on anatomy and one on adjustments. I don't know him personally, however, I just know him via the web and I am glad I do. The book is not only thoroughly researched and slanted, yes, towards yoga practitioners, but it is

ALSO challenging...For example:He has one part (and I paraphrase) where he questions the reader point blank: "What is it I hear you say? You say you tried to do the beautiful hand-stand for 8 years and still nothing? Really? Don't you think maybe it might be time to change your "approach"?And I laugh. Because he is right. I HAVE tried for 8 years and I it IS time to change approach, and I never read this book.Well, in my defense, it was not published yet. Now it is. Lucky me. I tried hand-stand today and I was amazed and how FAR a little understanding can go.I won't get into too many details but I will tell you two things about the book: one is what I learned, and two is a suggestionONE: WHAT I LEARNEDa) The book re-introduced yoga practice for me.For example, in a basic pose, like standing, just standing (toes touching heels slightly apart), if I simply lift my toes, that awakens the muscles around the lower part of my leg (tibia), which in turn informs how my quadriceps and hamstrings are aligned, and my pelvis, and how I stand, how I walk, how I move, the position of the spine, how I think and how I even live...

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