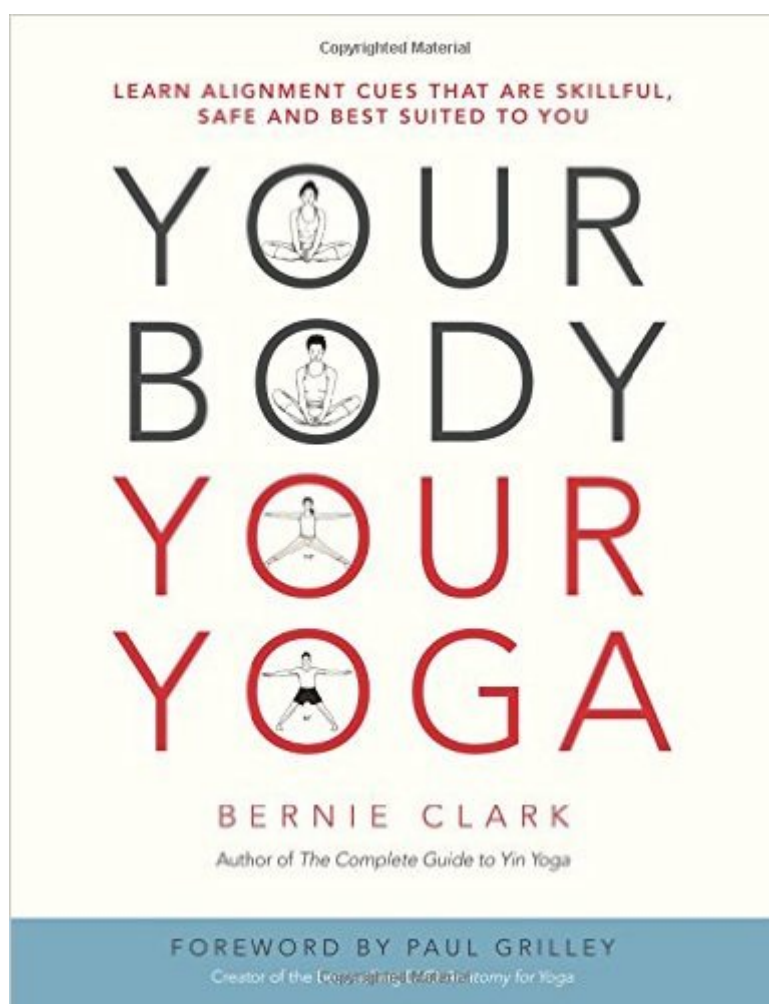


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Your Body, Your Yoga: Learn Alignment Cues That Are Skillful, Safe, And Best Suited To You



Synopsis

Your Body, Your Yoga goes beyond any prior yoga anatomy book available. It looks not only at the body's unique anatomical structures and what this means to everyone's individual range of motion, but also examines the physiological sources of restrictions to movement. Two volumes are provided in this book: Volume 1 raises a new mantra to be used in every yoga posture: What Stops Me? The answers presented run through a spectrum, beginning with a variety of tensile resistance to three kinds of compressive resistance. Examined is the nature of muscles, fascia, tendons, ligaments, joint capsules, bones and our extracellular matrix and their contribution to mobility. The shape of these structures also defines our individual, ultimate range of movement, which means that not every body can do every yoga posture. The reader will discover where his or her limits lie, which dictates which alignment cues will work best, and which ones should be abandoned. Volume 2 will take these principles and apply them to the lower body, examining the hip joint, the knee, ankle and foot, and will present how your unique variations in these joints will show up in your yoga practice.

Book Information

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Customer Reviews

As a long-time yoga student and a recently trained yoga teacher, I was interested in what this book might have to offer, so I checked it out from my local library. Author Bernie Clark, a yin yoga practitioner, created YOUR BODY, YOUR YOGA to highlight the uniqueness of every single person who chooses to practice yoga. This is a topic near and dear to my heart, as I believe every body is a yoga body, yet every body is different. Those picking up this book for the first time might be surprised to discover that it is part of a series. In this book, Clark has chosen to include the first two

volumes of what will eventually be a 5-part series. This book includes Volume 1: What Stops Me? and Volume 2: Lower Body. Clark states that Volumes 3 and 4 will examine the axial and upper body, respectively, and Volume 5 will cover variations in the human body that have not yet been addressed. What Stops Me? (or WSM, as it is abbreviated in the book) addresses each person's limiting factors in yoga postures. Issues here are human variations and different ranges in what is "average." Clark also provides a spectrum chart that moves from tensile resistance to compression. Although I found this basic idea helpful, I admit that it was hard for me to understand exactly how it applies to postural limitations. Clark gets into detailed scientific explanations at times, and it wasn't easy for me--as a student OR a teacher--to identify my own WSM sources of compression. When he gets to the volume on Lower Body, Clark does have a specific section on "Function: Application in Yoga Postures."

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