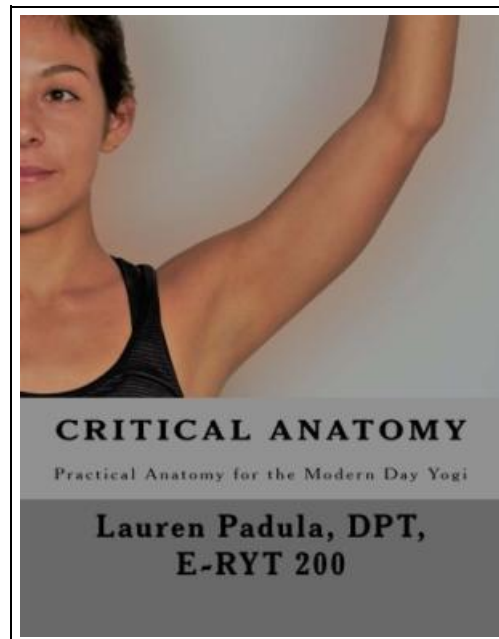


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CRITICAL ANATOMY: PRACTICAL ANATOMY FOR THE MODERN DAY YOGI (PAPERBACK)



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Living Well with Lauren, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. With the yoga industry growing exponentially, there is a constant influx of new yoga instructors graduating from teacher training programs. Most yoga studios have a training program and all training programs are required to meet minimum standards set by Yoga Alliance. One of these standards has to do with anatomy and physiology training. However, this is a section of education that is often glossed over, inappropriately taught, and is sometimes skipped all together. A lack of strong anatomical knowledge is a key contributor to the increasing incidence of injury in yoga students. In this book you will learn the necessary functional anatomy to properly educate yoga teachers or to educate yourself as a practitioner or instructor. This book also includes a student workbook for use if you lead teacher trainings. This includes, but is not limited to: - The musculoskeletal system, nervous system, cardiovascular system, respiratory system, digestive system, and endocrine system. - The most common injuries seen in yoga classes (both pre-existing and due to yoga) and how to address them. - How to teach alignment and sequencing from an anatomical perspective. - Functional application of anatomy to yoga. With an improved body of knowledge on anatomy and physiology, the teacher can create an intelligent and safe yoga environment for their students.



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