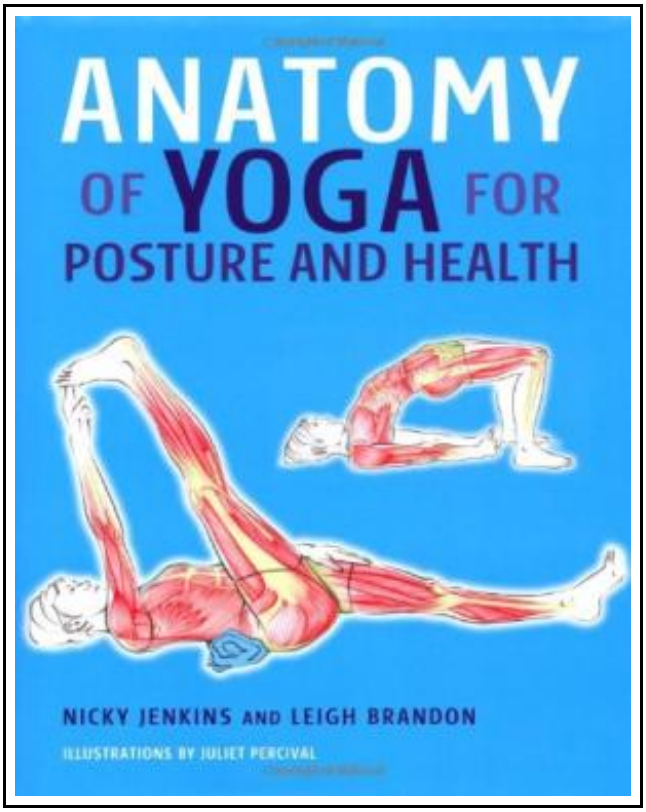
Anatomy of Yoga for Posture and Health



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Reviews

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IMM Lifestyle Books. Hardback. Book Condition: new. BRAND NEW, Anatomy of Yoga for Posture and Health, Nicky Jenkins, Leigh Brandon, Yoga is one of the most popular fitness, health and wellbeing pursuits in the world. With this book, the millions of yoga practitioners worldwide who practise the sport will benefit from seeing what happens inside their bodies when they assume yoga poses. "Anatomy of Yoga for Posture and Health" focuses on the benefits of yoga for improving posture and general health, and introduces the reader to a range of techniques chosen with these goals in mind. Its premise is the fact that good posture and spine strength lie at the core of the body's health, and this book will help you to achieve that through a better understanding of how your body works. The book is divided into five sections, each of which describe a different set of essential yoga poses targeting different areas of the musculoskeletal system. Each pose is illustrated with a detailed anatomical drawing showing exactly what is happening to the muscles and the skeleton during the move. Sure to be a valuable reference for yoga practitioners at every level, this book features everything readers need to know to use yoga to improve their posture and health, and to learn about its effects on their body.

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