



## Anatomy of Yoga: An Instructor's Inside Guide to Improving Your Poses

By Dr. Abigail Ellsworth

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**Anatomy of Yoga: An Instructor's Inside Guide to Improving Your Poses**  
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**Remarkable computer-generated illustrations of the muscles used during the most popular yoga poses.**

Yoga teachers and students can use this book as a visual reference to the muscles that are engaged by specific yoga poses. Each pose is shown in a full-color photograph opposite a detailed and annotated anatomical drawing that identifies the active and stabilizing muscles being used. By identifying affected muscles, practitioners can maximize the benefits of each pose and even design a personalized yoga routine that focuses on their specific problem areas.

*Anatomy of Yoga* explains the basics of yoga, breathing and the spine, concentrating on the body's core musculature. It covers:

- Yoga warm-up
- Standing poses
- Forward bends
- Back bends
- Seated and twisted poses
- Poses that balance arms
- Inversions
- Restorative poses
- Sequences, such as sun salutation

There are numerous asides, including "best for" information boxes that describe the muscles that work the most during each pose. Tip boxes give hints on safety and form and outline the target muscles for and benefits of each pose. The author also suggests creative ways to modify the intensity of an exercise.

*Anatomy of Yoga* is an expert guide that is extremely useful for anyone interested in enhancing a personal yoga fitness routine. It will also interest yoga instructors who want a visual aid that clearly illustrates the benefits of each exercise.

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### Editorial Review

#### Review

Right from the start I was not disappointed.... extremely useful for anyone interested in enhancing a personal yoga fitness routine. (*Sky Yoga Studio, Naperville, IL 20110501*)

It gives you a full picture of the power and the beauty that lies beneath your skin while practising yoga. (*Valerie Berenyi Calgary Herald* )

For the yoga enthusiast on your list here's a book with vivid color illustrations showing the body's underlying musculature. (*Darla Carter Louisville Courier-Journal* )

What distinguishes Anatomy of Yoga from other yoga books is the creative addition of detailed, anatomical, computer-generated illustrations. (*Laura Anne Rega-Crossan Natural Bodybuilding and Fitness* )

#### About the Author

Dr. **Abigail Ellsworth** is a certified trainer and Pilates specialist. She is the owner of the Pilates, Therapy and Wellness Center of Westchester, New York, and is the author of *Pilates Anatomy and Massage Anatomy*.

(20110120)

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### INTRODUCTION

The practice of yoga, developed in India thousands of years ago, aims to educate the body, mind and spirit. Today, this ancient system has become one of the most popular ways of both getting fit and finding some serenity in today's hectic world. Through breathing techniques and perfecting a series of poses--known as *asanas*--students of yoga refresh body and spirit.

*ANATOMY OF YOGA* focuses on the physical aspect of yoga and features more than fifty asanas common to many yoga disciplines. Step-by-step photos and anatomical illustrations guide you through attaining the asanas, with the muscles strengthened in each pose highlighted. There are also handy tips that guide you as you learn to achieve and hold each asana and note each asana's focus to better allow you to target certain areas of your body. The asanas are grouped into five sections--Standing, Forward Bends, Backbends, Seated Poses and Twists, and Arm Supports and Inversions--along with a selection that helps you pull them all together in flowing sequences.

### Users Review

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### **Josie Garcia:**

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