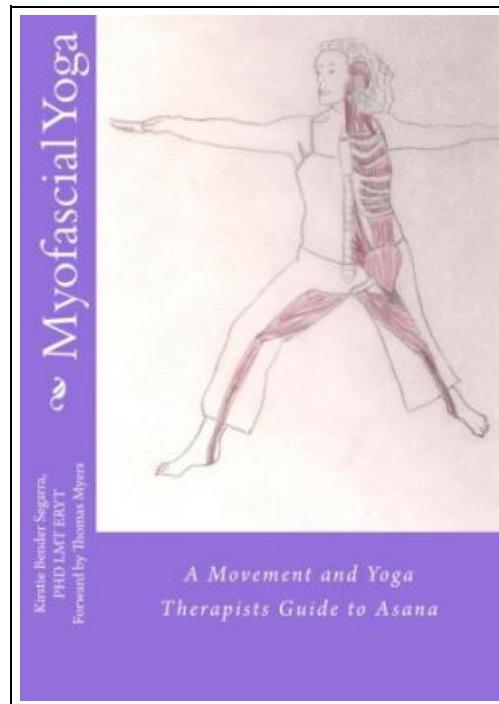


Myofascial Yoga: A Movement and Yoga Therapists Guide to Asana



Filesize: 7.82 MB

Reviews

This composed pdf is excellent. It really is basic but excitement in the 50 % in the book. Your lifestyle span will likely be change when you comprehensive looking at this book.

(Tom Fisher)

MYOFASCIAL YOGA: A MOVEMENT AND YOGA THERAPISTS GUIDE TO ASANA



Createspace, United States, 2013. Paperback. Book Condition: New. 252 x 176 mm. Language: English . Brand New Book ***** Print on Demand *****.The goal of Myofascial Yoga: A Movement and Yoga Therapists Guide to Asana is to show how teaching asana should include fascia, connective tissue, as an integrative and necessary step to bring yoga asana fully into movement therapies in the West. This approach integrates Eastern and Western techniques and is truly a unique opportunity to explore ourselves from a somatic level of awareness while moving through and changing patterns that keep us from living more freely in joy and health. Tom Myers, Author writes In the book you hold, Kirstie Segarra has laid out clearly, concisely, and usefully how the asanas relate to the Anatomy Trains, and how to take up and teach (whether teaching yourself or others) the anatomy of asana in a way that makes sense to the body and to the person. Enjoy the ride. Intuition and scientific knowledge are not opposed, they are simply two different ways of knowing. This book allows you to blend both ways of knowing in mutual service to each other to develop your inner and your outer knowledge of yoga in your own living body. The illustrations are in honor of Tom Myers first edition of the Anatomy Trains and done in a more artistic format. Any anatomy connoisseur would relate to this choice of medium. The book does include the digital forms of the myofascial meridians for more concise detail (updated for better printing of images July 2015). I recommend you look at the preview before purchasing. This book was initially designed to be used a textbook for the UNM-Taos Yoga Teacher Training Program as a guide to some of the pitfalls of teaching yoga asana. This book...



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