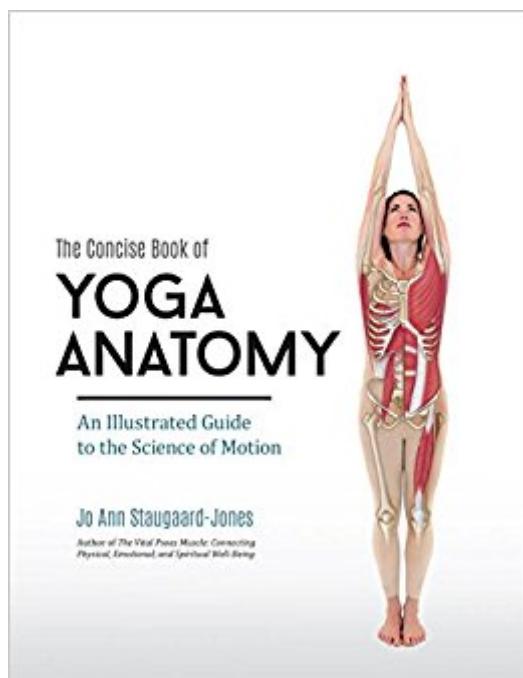


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# The Concise Book Of Yoga Anatomy: An Illustrated Guide To The Science Of Motion



## Synopsis

The Concise Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy--a perfect companion book for any yoga teacher or practitioner seeking to understand the biomechanics of the body as it applies to yoga practice. The book is visually designed in quick reference format to offer useful information about the main skeletal muscles that are central to yoga, with asanas to demonstrate the particular muscles and muscle groups. Over 230 full color illustrations detail each muscle's origin, insertion, and action in order to clearly reveal how the muscles come into play in the movements and postures of yoga. Knowledge of yoga anatomy is paramount to the ability to teach or practice with no injury to oneself or others. With this foundation in place, it is possible to focus on the spiritual element of yoga as well as the physical. Yoga is a union of the two, so where appropriate, the more profound side of the practice is mentioned as it relates to the body. The Concise Book of Yoga Anatomy illustrates the form and function of the muscles first, then interlays the muscles into the yoga posture for full understanding in a clear and integrated way, explaining the technique of the asanas, as well as other important aspects of yoga: pranayamas, the bandhas, and chakras.

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## Customer Reviews

Jo Ann Staugaard-Jones is a professor of kinesiology and dance. She is a certified Pilates and yoga instructor with a master's degree in dance and education, and received degrees at the University of Kansas and New York University before pursuing a career as a performer, choreographer, teacher, and movement scientist. The author of the strong-selling titles, *The Vital Psoas Muscle*, and *The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga* currently teaches interactive movement workshops across the U.S. and sponsors international holistic retreats.

This anatomy book makes learning a very complex subject more attainable to the mind. It is incredibly beneficial for not only yoga but learning entirely about the body. The illustrations and the text are easy to follow and help better understand the inner workings of our body. I would recommend this book for EVERY yoga teacher training as well as college courses.

Love this book! Very easy to understand and I plan on using it in my yoga trainings!

I'm only just getting started on this book but it looks excellent, thick with all the right information. Very glad I found it!

Great yoga anatomy book

This is as wonderful as Jo Ann Stuttgart-Jones's other books. Easy to understand,

To say that there are a lot of good yoga books out there is an understatement. But, for a serious student, wanting an on-the-mat reference for the science behind the poses, this book is one of the best. For as slim and affordable as it is, it is well worth the investment of time and money. I started out thinking, "I'll read through this, and then apply it in my practice." After a few days of trying this, I found I kept the book with my yoga mat and blocks. It became my reference before and after different poses, so that I could understand and visualize different muscles and muscle groups. I also began using the book when I would notice tension in different areas of my body. The book organizes poses by muscle groups, rather than postures. So if, say, you've got a pain in your leg (my hips often hurt after a long day at work), then you can jump to the chapter on the hip joint, figure out which muscles are affected, and do a few poses. I also especially value the chapter on the deep core and pelvic floor

(chapter 5). For me, this was where the book really came together. Stuagaard-Jones makes it clear that while “the surface core is the focus of many exercise programs, yoga practice allows us to “go deeper in order to address the support and health of the entire body” (p. 73). In addition to showing and referencing poses activating deep core muscles, this is the chapter where Stuagaard-Jones discusses aspects of yoga practice beyond the asanas (chakras and bandhas), in order to build connections between the science of yoga and its overall philosophy. One word of caution: this is uncompromisingly an anatomy book, with a lot of anatomical and medical terminology. For the serious student or teacher, it makes a wonderful resource on the science of yoga asanas. If you are a beginner, however, I recommend that you gain a basic familiarity with the poses and sequences before starting here. As a performer, I value my yoga practice for its benefits to my movement and art. Yoga is a part of my life every day. This book fostered in me a deeper appreciation of the science that supports the work of yoga through the ages. It is clear to me that the author is a wonderful and welcoming teacher, and I am glad to have her book on hand every time I step onto the mat.

I really like the layout of this book and its content. The chapters are broken down by the muscles of each section of the body (Respiration, Spine, Shoulder and Upper Arm, Hip, Etc). For each muscle, it gives you a great drawing, Origin, Insertion, Action, Nerve, Basic movement, Movements that may injure it, and Asanas that heavily use the muscle. Then there is a heavily detailed description of that asana, including technique, proper alignment, a counter pose, etc. This book was used in my 200-hr YA Teacher Training and I really loved it.

Jo Ann Staugaard Jones has created an "illustrated guide to the science of motion" in her new book...and it's exquisite. What I love about it is the format she's chosen to explain such a complex subject. "The Concise Book of Yoga Anatomy" includes clear illustrations with matching clarity in the text. When I have an area I need to work on, the book is a perfect "guide." I can find poses to strengthen, elongate and align specific muscle groups without flipping pages back and forth in frustration. I particularly like the "helpful hints" at the end of each section. I feel as if Jones is speaking directly to me as I execute my yoga practice. Although there is a great deal of information, I never feel overwhelmed. I enjoy being the student, believing and trusting that I am in good hands with this master of a teacher. This book will never grow old. It is much more than a reference book...it is a necessity in anyone's personal library who wants to stay engaged with her body. I love

it.

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