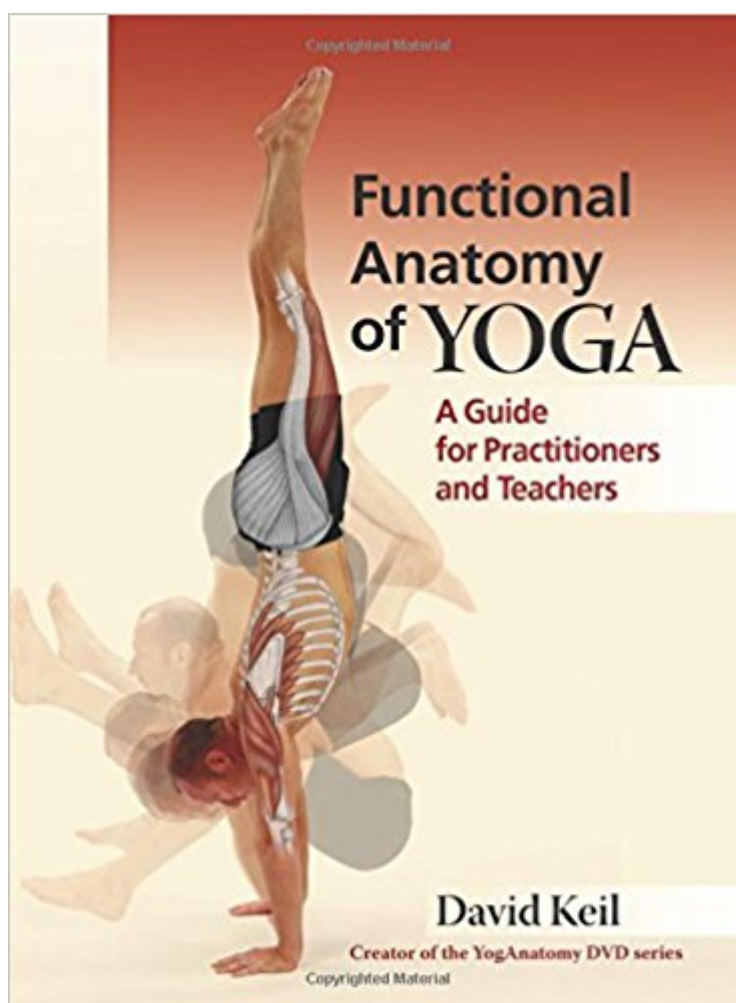


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# Functional Anatomy Of Yoga: A Guide For Practitioners And Teachers



## Synopsis

Functional Anatomy of Yoga is a rare gem. This book enables both the casual reader and the seasoned practitioner to understand and implement the anatomical structure and function of the body in yoga. Written with a conversational tone, the book delivers the complex subject of human anatomy in a way that is both provocative and clear. The underlying theme of the book is integration. David Keil outlines how yoga teachers and practitioners can utilize a deeper understanding of their anatomy as they approach the larger scheme of yoga. How do the supposed "parts and pieces" of the body synchronize to support integrated movement? Finally, how do the various yoga postures interrelate from the perspective of functional anatomy? Not only is David Keil an authority on the subject of anatomy, but he also has the wisdom and first-hand experience of a skilled yoga teacher and practitioner. He has been presenting the subject of anatomy in a way that is interesting, meaningful, and applicable to teachers and students alike since 2000. Beautifully illustrated throughout with colour images and photographs to clearly explain the concepts and asanas, Functional Anatomy of Yoga will assist you in reaching new heights in your yoga practice using the "laboratory" of the body and the tools of yoga asana.

## Book Information

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## Customer Reviews

David began teaching anatomy as an instructor of kinesiology at Miami's Educating Hands School of Massage from 1999-2003. David developed a fun, informal and informative style of teaching. David brought his unique style and ability to make anatomical concepts simple, to the yoga world in 2008, with the creation of the YogAnatomy DVD series. He is well known for delivering the complex and sometimes difficult topic of anatomy in a way that is very accessible and understandable to

yoga practitioners. He emphasizes that fully understanding anatomy within a yoga practice ultimately comes from doing the practice and having the experience of your anatomy.

David Keil is funny. Anatomy is a dry subject, as you probably know, and he manages to make it interesting and funny. I don't know how he does that. I am a fan of David, so let's disclose that early, and just so you know I've watched all his DVDs as well. He has a bunch, some on anatomy and one on adjustments. I don't know him personally, however, I just know him via the web and I am glad I do. The book is not only thoroughly researched and slanted, yes, towards yoga practitioners, but it is ALSO challenging... For example: He has one part (and I paraphrase) where he questions the reader point blank: "What is it I hear you say? You say you tried to do the beautiful hand-stand for 8 years and still nothing? Really? Don't you think maybe it might be time to change your "approach"? And I laugh. Because he is right. I HAVE tried for 8 years and I it IS time to change approach, and I never read this book. Well, in my defense, it was not published yet. Now it is. Lucky me. I tried hand-stand today and I was amazed and how FAR a little understanding can go. I won't get into too many details but I will tell you two things about the book: one is what I learned, and two is a suggestion ONE: WHAT I LEARNED a) The book re-introduced yoga practice for me. For example, in a basic pose, like standing, just standing (toes touching heels slightly apart), if I simply lift my toes, that awakens the muscles around the lower part of my leg (tibia), which in turn informs how my quadriceps and hamstrings are aligned, and my pelvis, and how I stand, how I walk, how I move, the position of the spine, how I think and how I even live... Forgive my words as I am not as learned and eloquent as David is, you should read the book b) I FINALLY understand triangle pose. Finally GET WHY it is that the alignment has to go the way it goes... I used to just repeat what I was told, now I get it. So when I am on the mat, my body takes on a whole different meaning. And that happened not just with triangle but WITH A WHOLE BUNCH OF OTHER poses, which I now understand so much better. The yoga mat is my playground now. a) The book made me love my body - Because I can now understand how AMAZING it is. I mean, just to notice for example, that the hips hold two thirds of the weight of my body, and that the tissue and ligaments that hold the hip together to the hip are so strong you could not pull it, even with 3 people, because it won't break, gives me a whole new level of respect. TWO. A SUGGESTION: DO buy his DVDs on anatomy. And no, I do NOT get a commission. The reason why is because as I watch the DVD and then read the book I get MORE CLEAR on all the details, everything comes alive when I look at both. It's like having a yoga teacher showing you things in three dimensions. Especially if you are a teacher, give yourself this gift because you will teach a completely different, much more informed class after reading him and

watching him.OK, I can't help it, here is A THIRD THINGHe has a section at the end of the book where he integrates all the anatomy lessons into the asanas. That is gold. For anyone who practices. The first chapter may be boring (although necessary for teachers) but the last section is a gift for anyone interested in yoga.

Great

He really knows his stuff!

A must read for anyone doing or especially teaching yoga. Serves as a reference to clear up questions and misconceptions.

I received the book and it is missing pages from the center. Pages 115 - 129 making it impossible to use for my class assignments. Return window was closed by the time I got to that chapter in school

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great

Some good basic information. Good for someone without any background or knowledge about anatomy/kinesiology.

Easily understood biology of yoga anatomy!

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