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In **Yogabody**, author Judith Hanson Lasater emphasizes how an understanding of the human body is essential for understanding the dynamic movement of asana. Drawing on almost forty years of experience as a yoga teacher and physical therapist, she focuses here on macroanatomy and kinesiology in relationship to asana.

Yogabody: Anatomy, Kinesiology, and Asana: Lasater, Judith ...

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Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson ...

For seasoned teachers, novice teachers, and those in training to teach, **Yogabody** will help you guide your students to move with more enjoyment and less difficulty. For yoga students, **Yogabody** will help you practice more confidently on your own. Packed with color anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, you will learn what your body is made of, how it is designed to move, and how to bring the knowledge of both to awaken to asana.

Yogabody: Anatomy, Kinesiology, and Asana - Kindle edition ...

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Yogabody : Anatomy, Kinesiology, and Asana - Walmart.com ...

By Judith Hanson Lasater, ISBN: 9781930485211, Paperback. Bulk books at wholesale prices. Free Shipping & Price Match Guarantee

Yogabody (Anatomy, Kinesiology, and Asana)

Organized into five parts - the locomotor system, the vertebral column, the lower extremity, the trunk, and the upper extremity, **Yogabody** covers the body's bones, joints, connective tissue, nerves, and muscles. Packed with colour anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, this valuable guide builds on what yoga teachers already know and enables them to quickly decide what might help their students move with more enjoyment and less difficulty.

Yogabody: Anatomy, Kinesiology & Asana - Yogamatters

Yogabody : Anatomy, Kinesiology, and Asana by Judith Hanson Lasater (2009, Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

Yogabody : Anatomy, Kinesiology, and Asana by Judith ...

Yogabody: Anatomy, Kinesiology, and Asana 2. The Muscles. YOU CAN DEVELOP GOOD JUDGMENT AS YOU DO THE MUSCLES OF YOUR BODY, BY JUDICIOUS, DAILY EXERCISE. -GRANTLAND RICE. WE SPEND A lot of time in asana class stretching and strengthening muscles.

The Muscles - Yogabody: Anatomy, Kinesiology, and Asana

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Yogabody: Anatomy, Kinesiology, and Asana, Book by Judith ...

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Yogabody - Yoga on High

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Yogabody: Anatomy, Kinesiology, and Asana by Judith Hanson ...

Find books like **Yogabody: Anatomy, Kinesiology, and Asana** from the world's largest community of readers. Goodreads members who liked **Yogabody: Anatomy, K...**

An essential guide to anatomy and kinesiology for yoga teachers and students draws on the author's more than forty years of experience as an instructor and physical therapist to counsel practitioners on how to understand the relationship between the body and the asana, in a guide that addresses each body region while sharing counsel on how to better understand problem areas. Original.

A yoga teacher and physical therapist studies the structure and movement of the human body, revealing how a knowledge of both can improve your yoga practice In **Yogabody**, author Judith Hanson Lasater emphasizes how an understanding of the human body is essential for understanding the dynamic movement of asana. Drawing on almost forty years of experience as a yoga teacher and physical therapist, she focuses here on macroanatomy and kinesiology in relationship to asana. Organized into five parts--the locomotor system, the vertebral column, the lower extremity, the trunk, and the upper extremity--**Yogabody** takes you on a fantastic journey through the bones, joints, connective tissue, nerves, and muscles, revealing how these structures interact to create and express movement. Judith conveys her expert knowledge in clear, concise language that makes it easy to understand, to remember, and to integrate. For seasoned teachers, novice teachers, and those in training to teach, **Yogabody** will help you guide your students to move with more enjoyment and less difficulty. For yoga students, **Yogabody** will help you practice more confidently on your own. Packed with color anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, you will learn what your body is made of, how it is designed to move, and how to bring the knowledge of both to awaken to asana.

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Judith Hanson Lasater has been teaching an annual yoga retreat at Feathered Pipe Ranch, in Helena, Montana, for twenty-eight years. When Lasater learned that one of her students was collecting her thoughts--which she called "Judith's aphorisms"--Lasater decided to collect them in this book. Featuring one thought for each day of the year, along with a suggested practice, these brief, powerful insights reflect the author's knowledge of classic yoga philosophy and years of experience. Humorous, inspiring, and surprisingly down-to-earth, they guide seekers both on and off the yoga mat. These aphorisms address love, asana, fear, trust, expectations, pranayama, suffering, laughter, presence, the Yoga Sutra, and much more. They emphasize the experience of being present to one's self and to life's ups and downs--day by day, breath by breath, moment by moment. A Year of Living Your Yoga is a gentle invitation to readers to know themselves on a deeper level.

We have unique ways of ascribing a variety of emotions to the belly: "My guts are in a knot," "I knew it in my gut," "gut-wrenching," and "No guts, no glory." Yet, too often, we place more emphasis on the way the abdomen looks rather than how it feels and functions. Yoga Abs outlines a series of exercises, yoga poses (asana), and breathing practices (pranayama), designed to achieve optimal health for this crucial area, which houses the organs of both digestion and procreation. Drawing on her experience as a yoga instructor and physical therapist, Judith Hanson Lasater, PhD, discusses the anatomical and philosophical aspects of the abdomen, and offers a set of movements that create awareness of these important muscles, and develop and maintain abdominal strength. Each exercise and asana lists: • the props or supports needed • safety guidelines • practice instructions In addition, she has created a special section called "Everyday Abs," where you will experiment with moving mindfully through your everyday activites, such as driving, cooking, sweeping the floor, and more.

The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color anatomical illustrations, and in-depth information, the second edition of YogaAnatomy provides you with a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, Yoga Anatomy will be an invaluable resource--one that allows you to see each movement in an entirely new light. With Yoga Anatomy, Second Edition, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

"Written for a broad yoga market that includes teachers, teacher trainers, studio owners, and students, Yoga Sequencing presents 67 sequences of poses designed for a range of yoga student experience and offers a comprehensive resource for designing and refining yoga classes"--

Have you ever tried to tell someone what you want only to feel misunderstood and frustrated? Or hesitated to ask for what you needed because you didn't want to burden the other person? Or been stuck in blame or anger that wouldn't go away? Judith and Ike Lasater, long-term students of yoga and Buddhism, experienced dilemmas like these, too. Even though they had studied the yoga principle of satya (truth) and the Buddhist precept of right speech, it was not until they began practicing Marshall Rosenberg's techniques of Nonviolent Communication (NVC) that they understood how to live satya and right speech. In What We Say Matters, Judith and Ike describe their journey through NVC and how speech becomes a spiritual practice based on giving and receiving with compassion--everywhere, all the time--whether at home, at work, or in the world. Their writing is deeply personal, punctuated by their recounts of trial and error, success and failure, laughter and challenge--even in writing this book! They guide you through an introduction to NVC with clear explanations, poignant examples, suggested exercises, and helpful resources. With practice, you'll learn new ways to: • extend empathy to yourself and others • distinguish between feelings and needs • make requests rather than demands • choose connection over conflict • create mutually satisfying outcomes

If you think that you have to retreat to a cave in the Himalayas to find the enlightenment that yoga promises, think again. In this second edition of Living Your Yoga, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life--all of them--as ways to practice. This edition includes three new chapters (Relaxation, Empathy, and Worship), a full index, and new interior and cover designs.Using the time-honored wisdom of the Yoga Sutra and the Bhagavad Gita to steer the course, she serves up off--the-mat practices to guide you in deepening your relationships with yourself, your family and friends, and the world around you.Inspiring and practical, she blends her heartfelt knowledge of an ancient tradition with her life experiences as a daughter, sister, partner, mother, friend, and yoga practitioner and teacher. The result: a new yoga that beckons you to find the spiritual in everyday life.

The revered yoga instructor and author of Yoga Body, Buddha Mind reveals her own struggles with body image and the student-prompted journey of self-discovery that led her to visit other world regions including the drought-stricken Indian countryside and the center of the 2011 earthquake in Japan, where she practiced the Buddhist philosophy of loving-kindness and received counsel from wise women mentors.

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