Yoga anatomy coloring book pdf online pdf

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Flipkart Internet Private Limited, Buildings Alyssa, Begonia & Clove Embassy Tech Village, Outer Ring Road, Devarabeesanahalli Village, Bengaluru, 560103, Karnataka, India CIN : U51109KA2012PTC066107 Telephone: 044-45614700 This practical and engaging colouring book helps yoga teachers and students develop their knowledge of the human body. Enhancing your yoga anatomy knowledge beyond basic training can improve your understanding of the biomechanics of the human body as well as how to reduce chances of injury. Katie Lynch covers physiology of the breath, movements of the joints, workings of the spine, shoulders and pelvis and in-depth muscle information, providing anatomical drawings to colour in and so allowing learners to visually connect with the new information. The second part of the book introduces Asana Anatomy specifically related to yoga postures, which shows the reader how to break down the knowledge and apply it to specific asanas. Featuring 100+ illustrations and backed by rigorous scientific knowledge, it is the ultimate tool for all those interested in practising yoga effectively and safely. This practical and engaging coloring book helps yoga teachers and students develop their knowledge of the human body. Enhancing your yoga anatomy knowledge beyond basic training can improve your understanding of the biomechanics of the human body as well as how to reduce chances of injury. Katie Lynch covers physiology of the breath, movements of the joints, workings of the spine, shoulders and pelvis and in-depth muscle information, providing anatomical drawings to color in and so allowing learners to visually connect with the new information.The second part of the book introduces Asana Anatomy specifically related to yoga postures, which shows the reader how to break down the knowledge and apply it to specific asanas. Featuring 100+ illustrations and backed by rigorous scientific knowledge, it is the ultimate tool for all those interested in practising yoga effectively and safely. This fun mix of colouring book and instructional guide demystifies anatomy for the yoga enthusiast and teacher Yoga instructor, licensed massage therapist, and anatomy teacher Kelly Solloway provides an entertaining and informative journey through the human body, focusing on the bones, joints, and muscles used in yoga. After an overview of helpful terms, Kelly covers the skeletal system, joints, and connective tissue, followed by the muscular system. Each anatomical feature is illustrated with a beautiful black-and-white drawing of a yoga posture, or asana, to colour. Colouring the bones and muscles, and their names, will help you to remember their location and function, and 32 perforated flash cards enable readers to quiz themselves and study yoga anatomy on the go. This fun mix of coloring book and instructional guide demystifies anatomy for the yoga enthusiast and teacher. Yoga instructor, licensed massage therapist, and anatomy teacher Kelly Solloway provides an entertaining and informative journey through the human body, focusing on the bones, joints, and muscles used in yoga. After an overview of helpful terms, Kelly covers the skeletal system, joints, and connective tissue, followed by the muscular system. Each anatomical feature is illustrated with a beautiful black-and-white drawing of a yoga posture, or asana, to color. Coloring the bones and muscles, and their names, will help you to remember their location and function, and 32 perforated flash cards enable readers to quiz themselves and study yoga anatomy on the go. Samantha Stutzman is a working medical illustrator/artist based in Grand Rapids, MI. She studied human anatomy at Michigan State's College of Human Medicine and graduated from Kendall College of Art and Design in 2015 as the Medical Illustration Excellence Award recipient. Stutzman completed her post-college internship with Thieme Medical Publishers in New York City and then went on to create her one-woman- company: Blue Leaf Illustrations LLC. Being a freelance medical illustrator has given her the wonderful opportunity to work with clients from all over the world including The United States, Canada, Mexico, United Kingdom, Thailand, Singapore, and New Zealand. Samantha has experience in several different forms of illustration including medical, graphic, vector, portraiture, greeting cards, sketching, logo design, etc. While mainly working digitally, Samantha is also skilled with oil, graphite, color pencil, charcoal, and ink. Check out Samantha's work at blueleafillustrations.com or email her at blueleafillustrations@gmail.com. Jump to ratings and reviewsThis fun mix of coloring book and instructional guide demystifies anatomy for the yoga enthusiast and teacher. Yoga instructor, licensed massage therapist, and anatomy teacher Kelly Solloway provides an entertaining and informative journey through the human body, focusing on the bones, joints, and muscles used in yoga. After an overview of helpful terms, Kelly covers the skeletal system, joints, and connective tissue, followed by the muscular system. Each anatomical feature is illustrated with a beautiful black-and-white drawing of a yoga posture, or asana, to color. Coloring the bones and muscles, and their names, will help you to remember their location and function, and 32 perforated flash cards enable readers to quiz themselves and study yoga anatomy on the go.

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