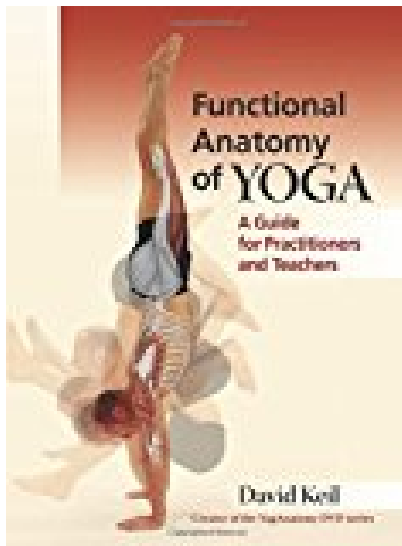


Functional Anatomy of Yoga A Guide for Practitioners and Teachers



BOOK DETAILS

- Author : David Keil
- Pages : 383 Pages
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- Language : English
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BOOK 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.

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