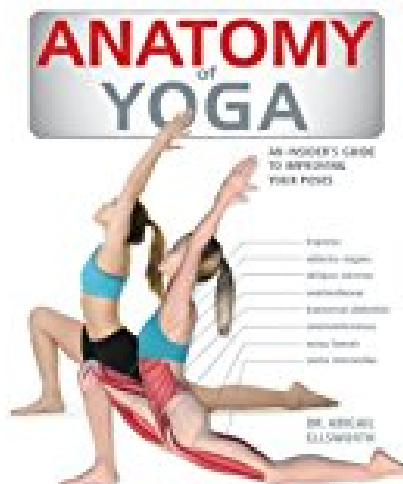


# Anatomy of Yoga An Instructors Inside Guide to Improving Your Poses

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## BOOK DETAILS

- Author : Dr. Abigail Ellsworth
- Pages : 160 Pages
- Publisher : Firefly Books
- Language : English
- ISBN : 1554077664

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## BOOK SYNOPSIS

A full-color guide describes several yoga poses, with each pose shown in photo, as well as in an anatomical drawing that identifies the active and stabilizing muscles being used, in a book that covers the basics of yoga, breathing and the spine and includes informative fact boxes. By the author of Pilates Anatomy. Original.

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