



Yoga: Fascia, Anatomy and Movement

Joanne Avison

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Yoga: Fascia, Anatomy and Movement Joanne Avison

The presentation of fascial anatomy in this book provides a new context for applying knowledge of the anatomical body in a practical and relevant way to movement. Applying fascial anatomy to yoga, this book offers a way to the yoga teacher of experiencing and seeing in three dimensions - the way we really move. This enables the yoga teacher to work more creatively in the real life class.



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