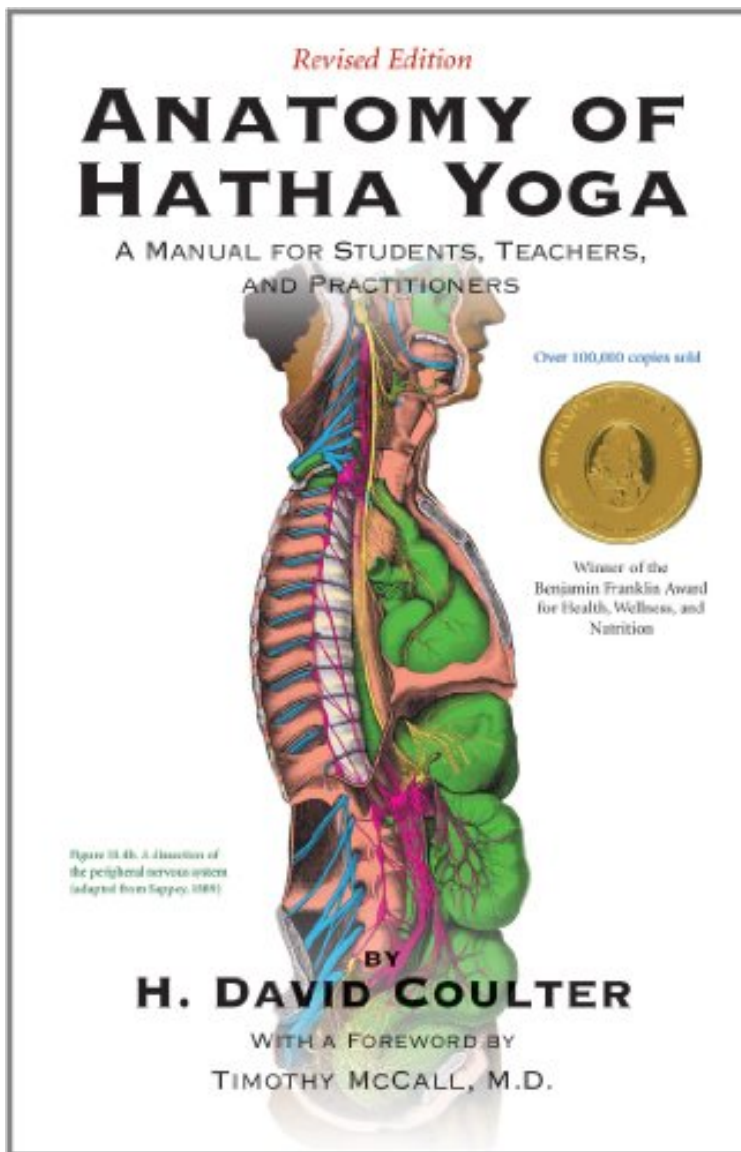


Anatomy of Hatha Yoga



Par David Coulter
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[Mobile book] Anatomy of Hatha Yoga

Par David Coulter : **Anatomy of Hatha Yoga** before purchasing it in order to gage whether or not it would be worth my time, and all praised Anatomy of Hatha Yoga:

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Description : Description du produitAnatomy of Hatha Yoga is the only modern authoritative source that correlates the study of hatha yoga with anatomy and physiology. Hatha yoga is comprised of stretching, strengthening and breathing exercises in upright, lying down and inverted postures. Yoga teachers and students, personal trainers, medical therapists, or anyone who is curious or troubled about how the body responds to stretching and exercise will find in this book a cornucopia -- partly new and partly old -- of readable and reliable information. It was written and edited to meet the needs of a general audience largely unschooled in the biomechanical sciences, and yet to attract and challenge the interests of the medical profession. This book features 230 black and white photographs and more than 120 diagrams and anatomical illustrations. Chapter 1 summarizes general principles of anatomy and physiology as applied to hatha yoga. Breathing is next in chapter 2 because yogic breathing expedites movement and posture. Breathing is

followed by pelvic and abdominal exercises in chapter 3 because the pelvis and abdomen form the foundation of the body. Standing postures will then be covered in chapter 4 because these poses are so important for beginning students, and because they provide a preview of backbending, forward bending, and twisting postures, which are covered in detail in chapters 5, 6, and 7. The headstand and shoulderstand, including an introduction to cardiovascular function, are presented in chapters 8 and 9. Postures for relaxation and meditation are treated last in chapter 10. WINNER, 2002 Benjamin Franklin Award for Health Wellness, and Nutrition - Publishers Marketing Association.

Presentation de l'auteur Anatomy of Hatha Yoga - revised and updated with full color illustrations and photos-- is the most comprehensive and authoritative work available correlating the study of hatha yoga with anatomy and physiology. It is a must-have for anyone who is serious about studying or teaching yoga, and an invaluable resource for anyone in a field relating to physical conditioning. The author holds a PhD in Anatomy and was a sought-after professor, teacher and yoga practitioner for over thirty years. He lived and taught at the Himalayan Institute for Yoga Science and Philosophy, and the University of Minnesota and Columbia University medical schools. The book is unique in the literature, combining the breadth and depth of a textbook with the readability, humor and flow of the great science writers of our time, while bridging the gap between biomedicine and complementary medicine. In it, you will find a comprehensive overview of yoga anatomy and physiology, with special emphasis on the musculoskeletal, nervous, and cardiovascular systems. The book presents the anatomy of yoga in scientific terms, while at the same time respecting its principles. The author discusses the basic premises of hatha yoga with foundational material accepted in biomedical sciences, expressly avoiding comment on non-physical concepts such as prana and the chakras.

Postures are discussed in detail and depicted in excellent quality color photographs, accompanied by anatomical diagrams to illustrate critical processes and muscle groups. Revue de presse First few pages are very infuriating to read through as the print on the back side of those pages are so dark that the super emboss the current read. Luckily only few came out that way... making me not bother to return the same... Hope it's taken into account... Cheers!!! The book on the other hand is extremely well written totally guides someone like me who has just started practicing yoga 1 month now... Helps me understand the concepts the core true meaning behind each every move... Only for me to perform better... --Satish Nimmagadda As hatha yoga approaches the "Granola Standard" of public acceptance -- it's not just for aging hippies and health nuts anymore --there's a growing need for foundational work in the anatomic and physiological effects of the discipline. It may still be a while before our leading medical schools issue texts examining yoga in detail, so former anatomy professor and dedicated yogi H. David Coulter, Ph.D. has done them a favor (and they, along with every HMO, hospital, and preventive-care clinic in the country should order copies now). In this exhaustive guide to the ups, downs, twists and turns of most fundamental asanas (and a few advanced ones), Coulter tells you a lot more than your recently certified yoga teacher may know about exactly what's going on with your body during the yogic experience. (Yoga teachers, you should order now too!) And the author has the seasoning to issue knowledgeable warnings about the fact that, poorly practiced, yoga can certainly be bad for you: "Cultivate a frolicsome enthusiasm in the morning to counter stiffness, and cautiousness in the evening to avoid hurting yourself. And at any time, if you start feeling uncommonly strong, flexible, and frisky, be careful. That's when it's easy to go too far." In these days when most books are more cheaply made than ever, it's nice to see a volume like this that's built to last; the glossy text paper gives the book the physical heft and authority to match the value of the content. The pricetag is what you're used to seeing on the latest computer books, but when you consider that this tome will be timely for years instead of months, it's a real bargain. --p.miller Coulter's comprehensive book provides a new bridge between the empirical traditions of yoga science, and Western physiology and anatomy. He uses his deep knowledge of both sides of the divide to provide detailed accounts of what is happening during yoga asanas and pranayama breathing. While I had expected this to be useful in providing answers for questions that I, my colleagues and students have had, trying to fit yoga into a Western scientific context, I have been delighted to find that there is a feedback loop, with the Western analysis making it easier to maintain the detailed instructions I had previously learned from teachers and other books. This is an impressively detailed and exhaustive book, including coverage of movement and posture, breathing, many categories of asana, and relaxation and meditation. In each case, the physiological information is linked to practice, and often different levels of the posture are discussed. The writing style is clear and informal. There are anatomical diagrams, charts of breathing patterns, and photographs of the poses, but this is a long way from the current trend towards

thumbnail pictures of every stage of a pose. In such a thorough and dense volume (over 600 pages in all) the major challenge is easy access to specific information when you need it. There are two indexes, by anatomical term and by specific practices, but I would have welcomed more context within the indexes (for example, to direct me to the most appropriate of 12 mentions of the synovial joint). I think my carping on this topic will diminish my familiarity with the content grows, as I use the book more over the months and years -- which I certainly intend to do. Highly recommended. --escaravelha

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