

## Yogabody Anatomy Kinesiology And Asana Judith Hanson Lasater

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relationship to asana. Organized into five parts—the locomotor system, the vertebral column, the lower extremity, the trunk, and the upper extremity—Yogabody takes you on a fantastic journey through the bones, joints, connective tissue, nerves, and muscles, revealing how these structures interact to create and express movement. Judith conveys her ...

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