

The Yoga Anatomy Coloring Book

A Visual Guide to Form, Function, and Movement

ADDUCTOR MAGNUS

ADDUCTOR LONGUS

ADDUCTOR BREVIS

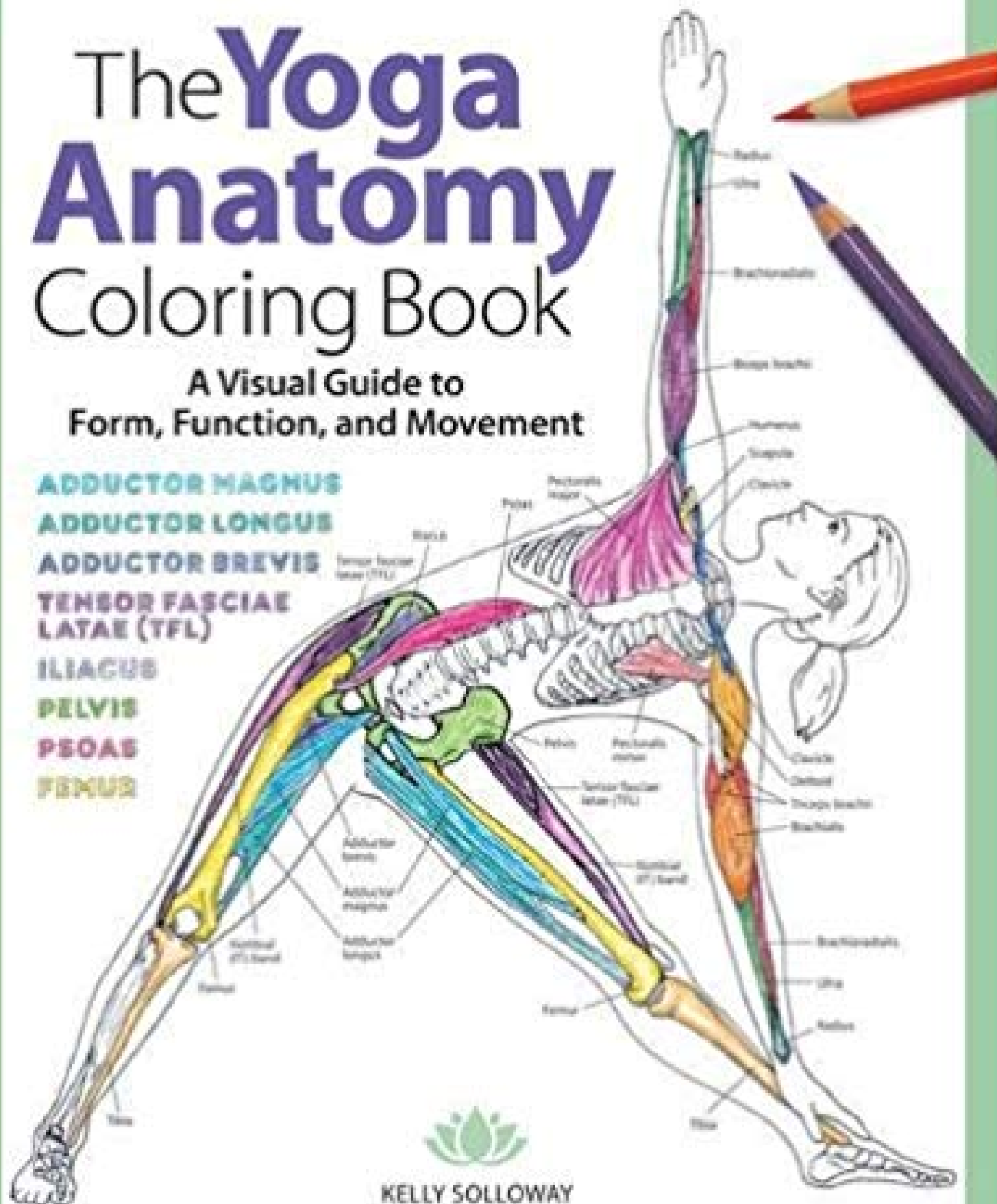
TENSOR FASCIAE LATAE (TFL)

ILIACUS

PELVIS

PSOAS

FEMUR



Kelly Solloway

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After a synopsis of helpful conditions, Kelly covers the skeletal program, joints, and connective cells, accompanied by the muscular system. Coloring the bones and muscle tissue, and their names, will assist you to keep in mind their area and function, and 32 perforated flash cards enable visitors to quiz themselves and research yoga exercise anatomy on the run. This fun mix of coloring book and instructional guide demystifies anatomy for the yoga enthusiast and teacher. Each anatomical feature is illustrated with a beautiful black-and-white drawing of a yoga exercises position, or asana, to color. Yoga instructor, licensed therapeutic massage therapist, and anatomy teacher Kelly Solloway has an entertaining and interesting journey through our body, concentrating on the bones, joints, and muscles found in yoga.



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