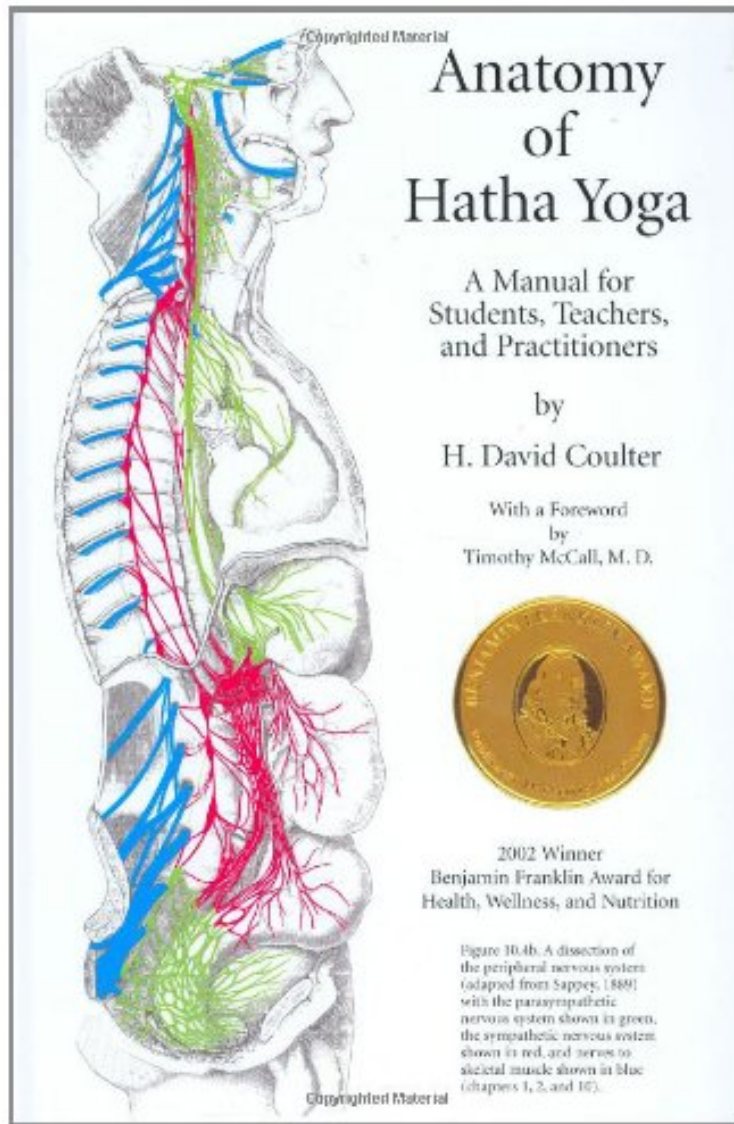


# Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners

H. David Coulter

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**H. David Coulter : Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners** before purchasing it in order to gage whether or not it would be worth my time, and all praised Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners:

2 of 2 people found the following review helpful. Dense Yet Very HelpfulBy J. SiporinIt's dense and slow reading, but it has great information with a plethora of detail about many expressions of the same basic pose for different needs and

degrees of openness. I have to read a paragraph, then get on the floor and feel it for myself. It has details like if this part of a pose is tight then it might be this muscle which you might try opening with this other pose. It's been helpful to me as a yoga teacher. 2 of 2 people found the following review helpful. Coulter is amazingly insightful. On a few topics that ...By Brian Hill Coulter is amazingly insightful. On a few topics that I thought I had some special, personal knowledge on, he is right there putting my experience into a broader context. This is hard-won knowledge, neither merely theoretical nor merely anatomical, but instead you can feel the simultaneous result of observation, personal practice and modern anatomy. If you are tired of the medieval, mystical and unscientific descriptions of the body that usually go along with yoga classes you will find Coulter a breath of fresh air. This book is a much more challenging read less pictures, more info than the Kaminoff/Matthews book. I find that book to have a frustrating coloring book quality. By contrast, many people find this book intimidating and that is why the Kaminoff/Matthews book is more often assigned in yoga courses. Only get this book if you can deal with a book that reads as densely as a course textbook. 0 of 0 people found the following review helpful. Yoga anatomy By Y Skoryk This book is like your Anatomy and Physiology textbook written from a yogic perspective. Just imagine you are taking a course in Anatomy and Physiology and everything you learn is tied to the science of yoga. It is so interesting to read about human anatomy and then see how it relates to a particular asana or a yogic practice. There are good quality illustrations too, both in electronic and hard copy books.

As the third millennium begins, *Anatomy of Hatha Yoga* is the only modern authoritative source that correlates the study of hatha yoga with anatomy and physiology. Yoga teachers, personal trainers, medical therapists of all kinds, or anyone who is at times 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. 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.

About the Author H. David Coulter received a Ph.D. in anatomy from the University of Tennessee Center for Health Sciences in 1968. Dr. Coulter has been practicing yoga since 1974. He was initiated by Swami Veda, trained under Swami Rama and studied under Pandit Rajmani Tigunait at the Himalayan Institute since 1988.