



# **Anatomy, Stretching & Training for Yoga: A Step-by-Step Guide to Getting the Most from Your Yoga Practice**

*Amy Auman, Lisa Purcell*

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**With training tips, exercises, and injury remedies, this is an essential book for every yogi and instructor!**

Yoga is more than just an exercise; it's a way of spiritual living that has been growing in popularity throughout the years. But nothing ruins the tranquility of yoga faster than an unfortunate injury. Yoga focuses on almost every muscle in the body, from the core of the abdomen, to the muscles of the back, right down to the delicate muscles in the neck. All of these are prone to injury, and all of those injuries can keep you off the mat. That's why every yogi needs *Anatomy, Stretching & Training for Yoga*. Amy Auman and Lisa Purcell provide expert advice on how to achieve perfect flexibility while minimizing injury, with tools and training on the following subjects:

- Finding the proper equipment: which mat works best for you
- Warm-up stretches and why they are important
- Corrective exercises to improve your balance and flexibility
- Step-by-step photos
- And much more!

*Anatomy, Stretching & Training for Yoga* details how to achieve each pose, or asana, and properly align your body to begin a daily routine that will provide you with a calm focus while improving your strength, flexibility, balance, and posture. A handy guide lets you know which muscles are the main targets of each asana, each asana's benefits and cautions, and tips on perfecting your form. Here you'll find all the information you need to help you avoid common injuries and become the best yogi you can be!



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