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Anatomy of Hatha Yoga

David Coulter

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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 cadiovascular 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.

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