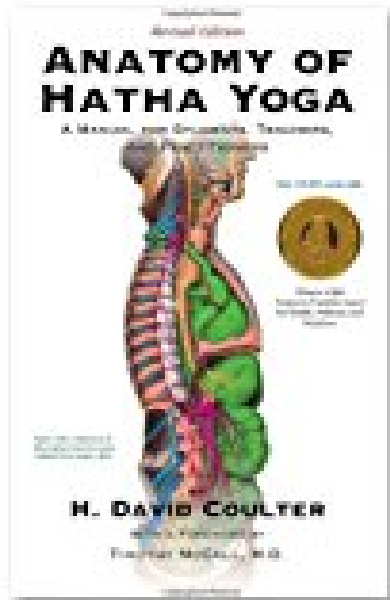


Anatomy of Hatha Yoga A Manual for Students Teachers and Practitioners



BOOK DETAILS

- Author : David H. Coulter
- Pages : 622 Pages
- Publisher : Body and Breath
- Language : English
- ISBN : 097070061X

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BOOK SYNOPSIS

his book combines the perspectives of a dedicated yogi with that of a former anatomy professor and research associate at two major American medicine schools. He has set himself the ambitious goal of combining the modern scientific understanding of anatomy and physiology with the ancient practice of hatha yoga. The result of an obvious labour of love, the book explains hatha yoga in demystified, scientific terms while at the same time honouring its traditions. It should go a long way in helping yoga achieve the scientific recognition it deserves. Useful as both a textbook and a reference work, this is a book that all serious yoga teachers and practitioners will want on their shelves.

ANATOMY OF HATHA YOGA A MANUAL FOR STUDENTS TEACHERS AND PRACTITIONERS

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