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Presenter. This
website is about
delivering yoga
anatomy to the
yoga community in
a simple and
understandable

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way. It has always been about you, the reader, understanding the complexity and diversity of our own humanness as well as our anatomy. We often interact with anatomy in two key places.

Yoga Anatomy

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Articles

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are also broken
down more
specifically by

muscles , bandhas
, breathing , sit
bone pain ,
shoulders , psoas ,
and knee pain .

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Anatomy of yoga
postures

Yoga Anatomy
Learn more about

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the anatomy of the body to better understand safe and stable physical alignment in yoga poses. Pick up in-depth knowledge to take to the mat to fine-tune and deepen your practice.

Yoga Anatomy for
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and understanding

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every part of the body when moving into the asanas.

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poses – many of

which are shown in

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Anatomy section to

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Having knowledge
of the anatomy of
the human body
can make you a
better yogi and an
even better yoga
instructor. At

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School in India , we

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believe that as a yoga instructor, you can be a huge help for people who need to train or need rehabilitation after pregnancies, ankle sprains, hip replacements, spinal deformities and dislocated ...

Importance of

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