

The Yoga Anatomy Coloring Book

A Visual Guide to
Form, Function, and Movement

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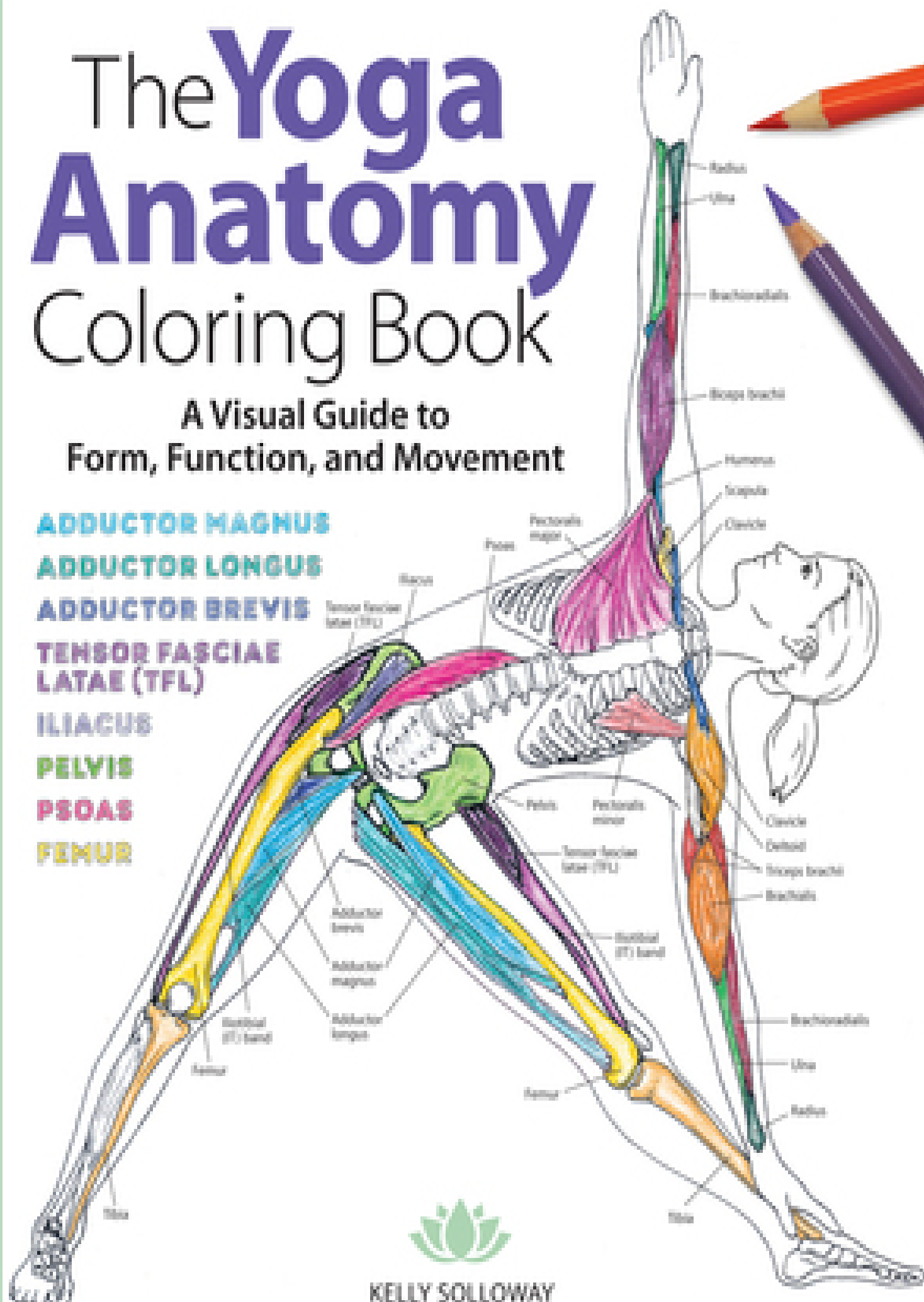
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KELLY SOLLOWAY

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(pdf) Kelly Solloway**

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Synopsis book

This fun mix of coloring book and instructional guide demystifies anatomy for the yoga enthusiast and teacher. Yoga instructor, licensed massage therapist, and anatomy teacher Kelly Solloway provides an entertaining and informative journey through the human body, focusing on the bones, joints, and muscles used in yoga. After an overview of helpful terms, Kelly covers the skeletal system, joints, and connective tissue, followed by the muscular system. Each anatomical feature is illustrated with a beautiful black-and-white drawing of a yoga posture, or asana, to color. Coloring the bones and muscles, and their names, will help you to remember their location and function, and 32 perforated flash cards enable readers to quiz themselves and study yoga anatomy on the go.

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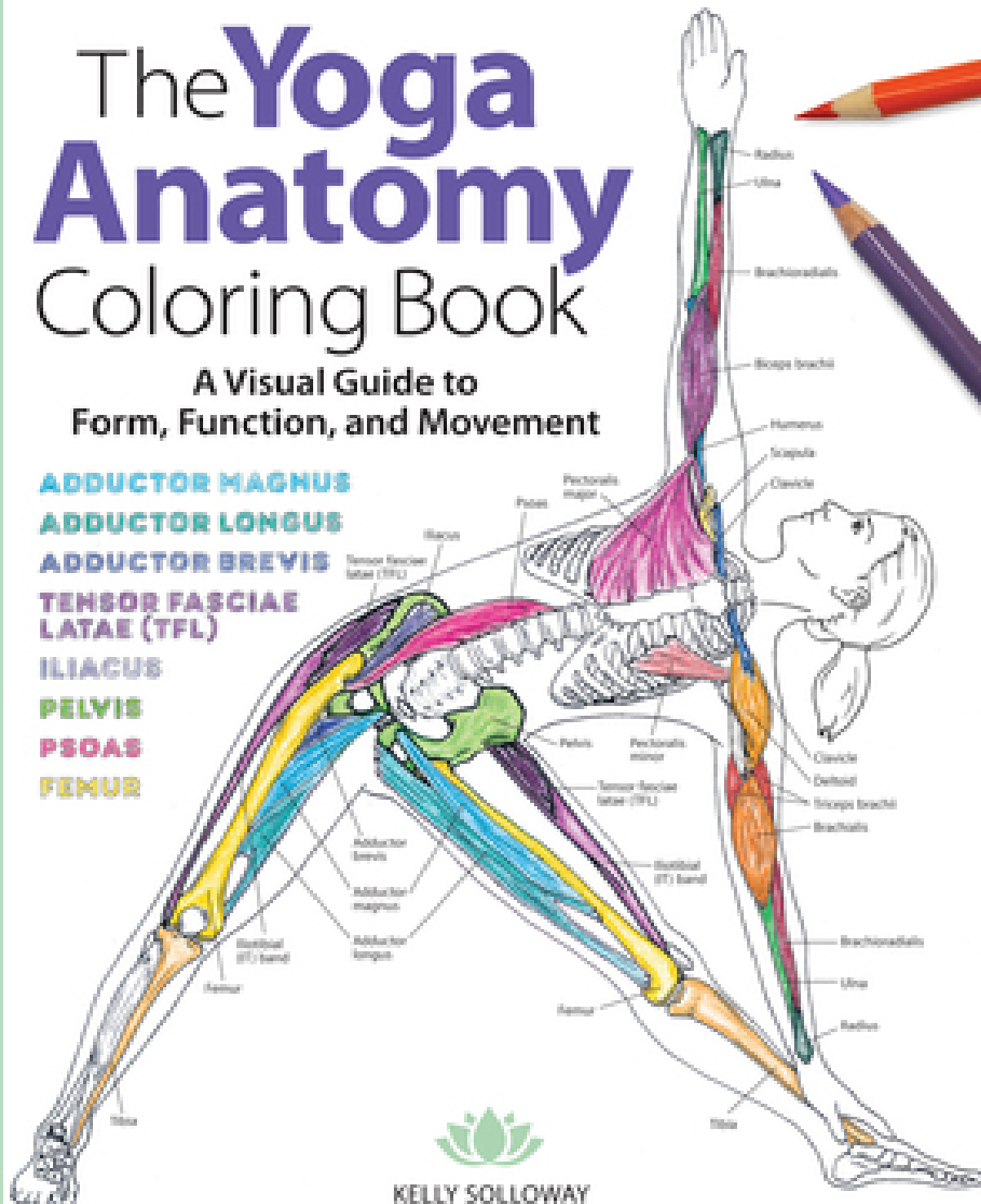
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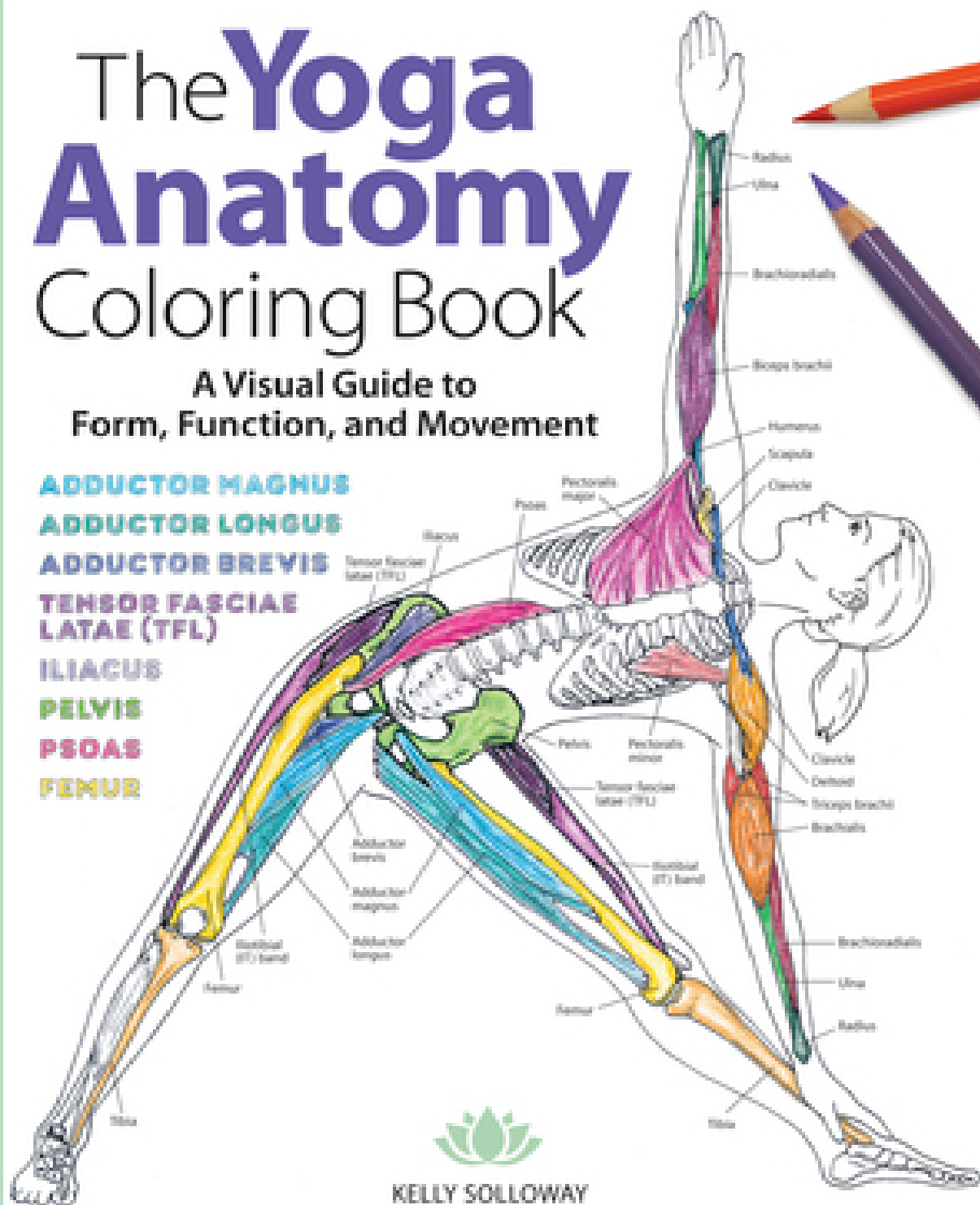
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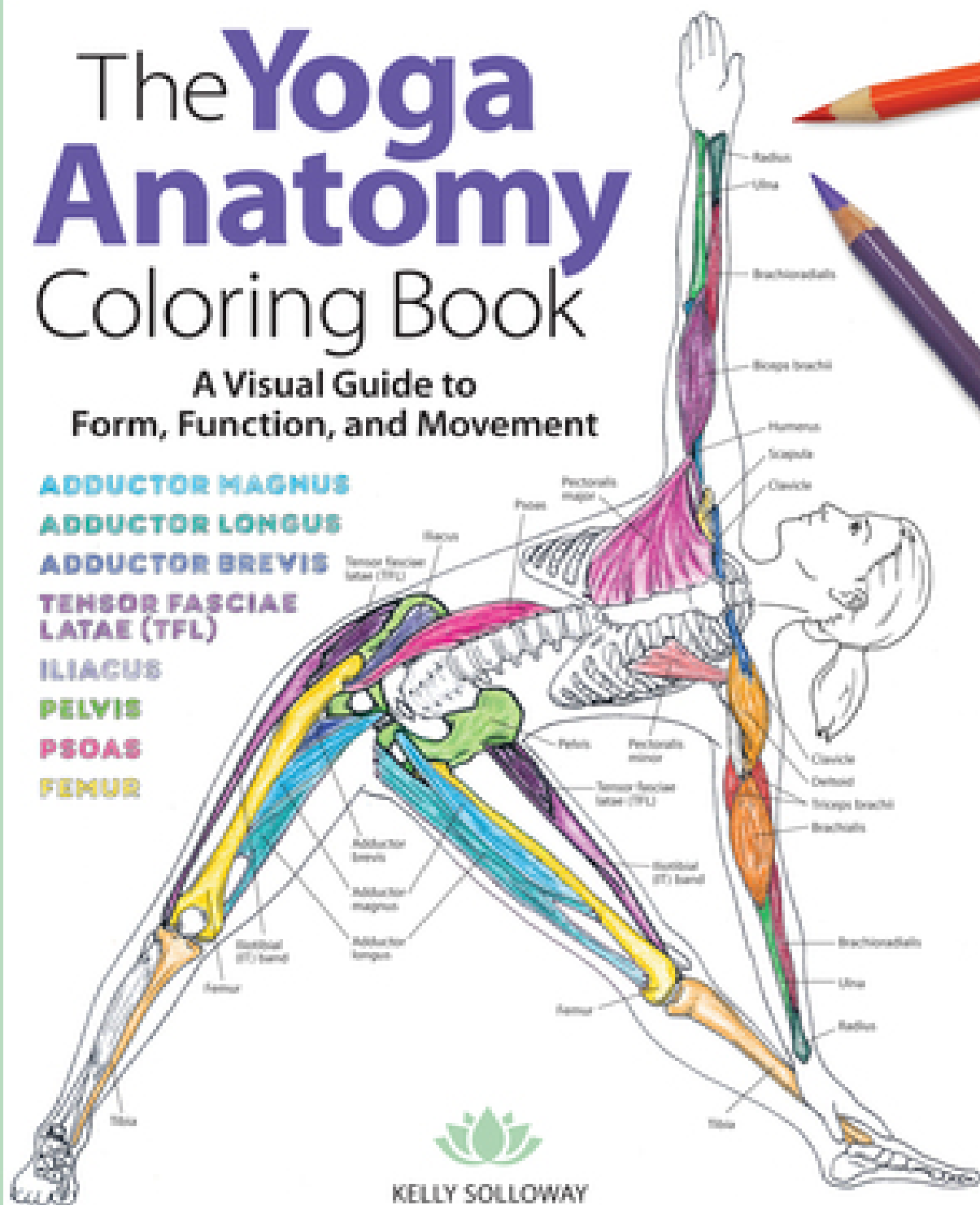
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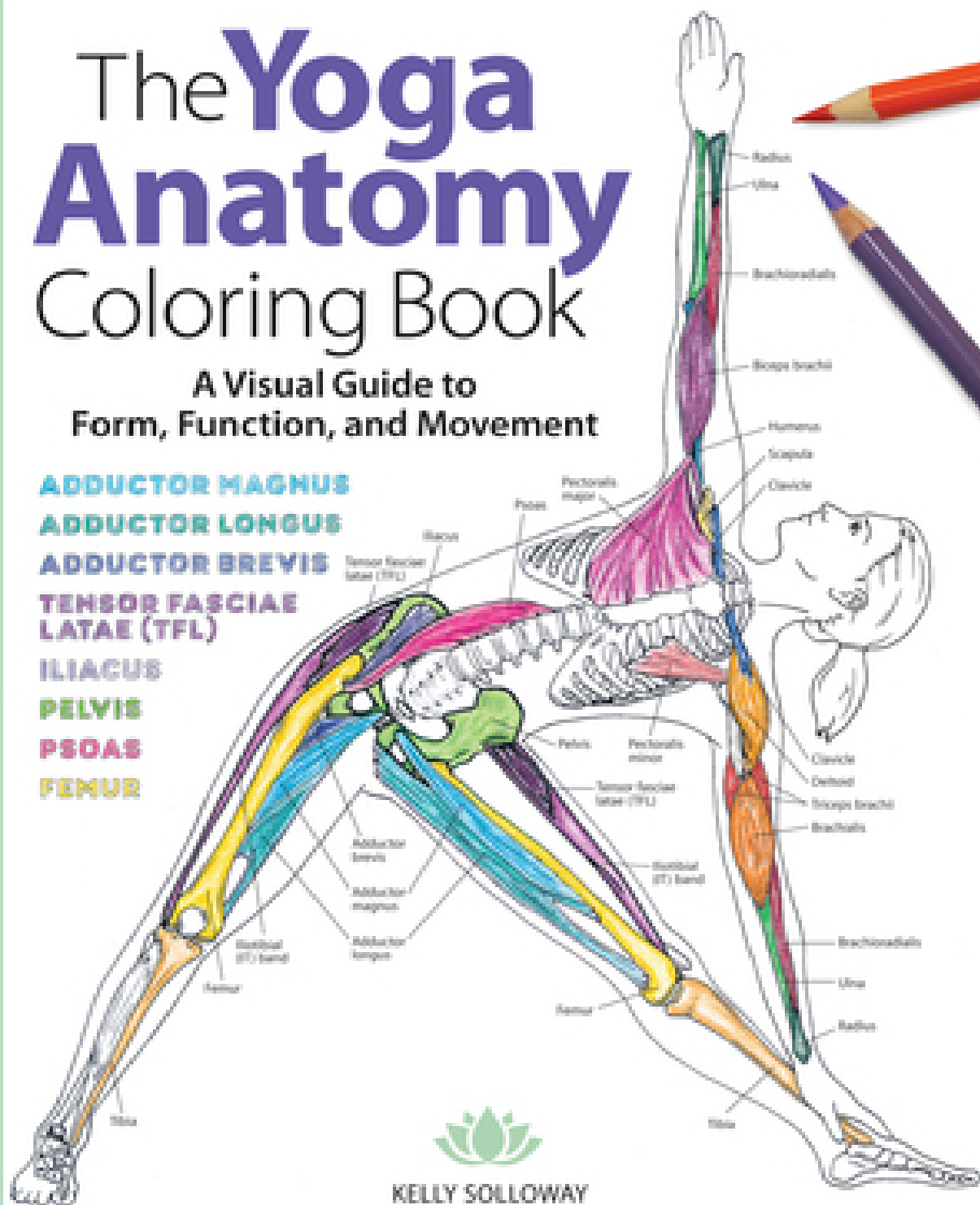
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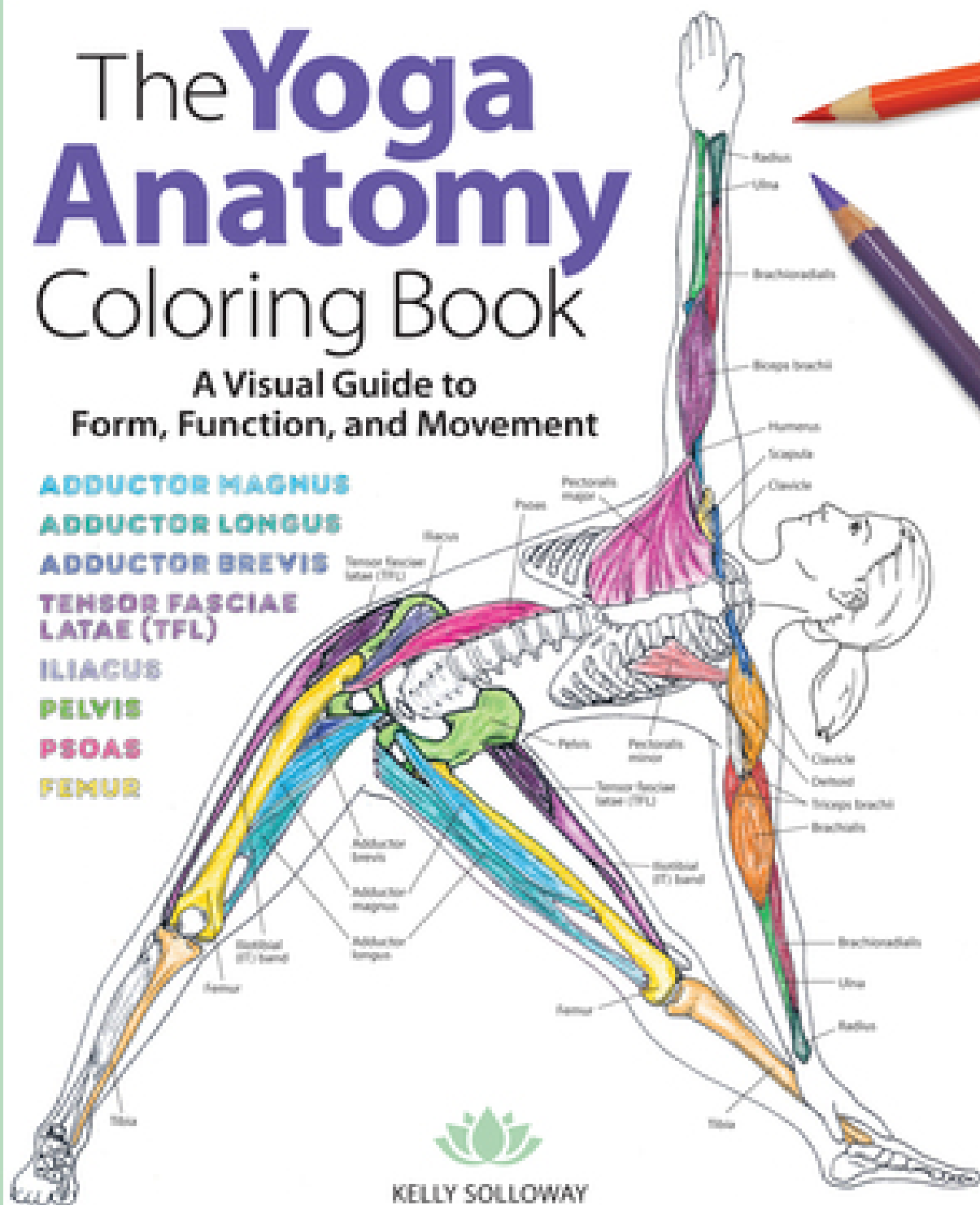
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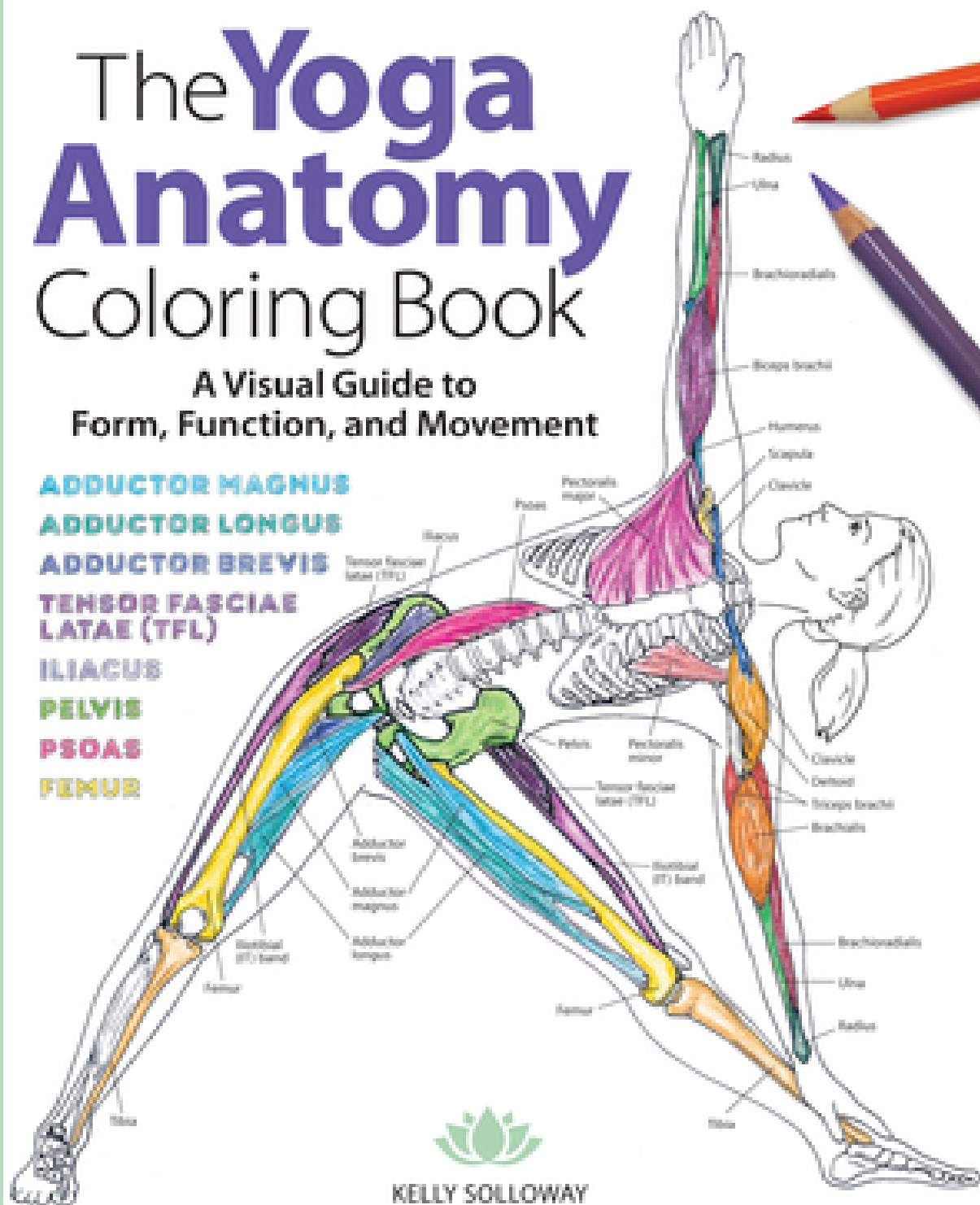
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Description

This fun mix of coloring book and instructional guide demystifies anatomy for the yoga enthusiast and teacher. ? Yoga instructor, licensed massage therapist, and anatomy teacher Kelly Solloway provides an entertaining and informative journey through the human body, focusing on the bones, joints, and muscles used in yoga. After an overview of helpful terms, Kelly covers the skeletal system, joints, and connective tissue, followed by the muscular system. Each anatomical feature is illustrated with a beautiful black-and-white drawing of a yoga posture, or asana, to color. Coloring the bones and muscles, and their names, will help you to remember their location and function, and 32 perforated flash cards enable readers to quiz themselves and study yoga anatomy on the go.

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