

CONTENTS

Preface vi

Acknowledgments viii

Introduction x

CHAPTER 1	DYNAMICS OF BREATHING	1
CHAPTER 2	YOGA AND THE SPINE	23
CHAPTER 3	SKELETAL SYSTEM.	45
CHAPTER 4	MUSCULAR SYSTEM.	55
CHAPTER 5	INSIDE THE ASANAS	65
CHAPTER 6	STANDING POSES.	71
CHAPTER 7	SITTING POSES	125

CHAPTER 8 KNEELING POSES 163

CHAPTER 9 SUPINE POSES 181

CHAPTER 10 PRONE POSES 211

CHAPTER 11 ARM SUPPORT POSES 223

Bibliography and Resources 261

Asana Indexes 262

Joint Index 267

Muscle Index 270

About the Authors 275

About the Illustrator 276