

YOGA ANATOMY-2ND EDITION

Jeannette Markel

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Yoga Anatomy by Leslie Kaminoff, , available at Book Depository Language English; Edition Revised; Edition Statement 2nd Revised edition.

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He is the founder of the Breathing Project, New York City's premier yoga studio. I think this is more useful as a reference book than as a book that one would read straight. For a yoga anatomy book, I expected to learn proper alignment and details of challenges to getting into the poses.