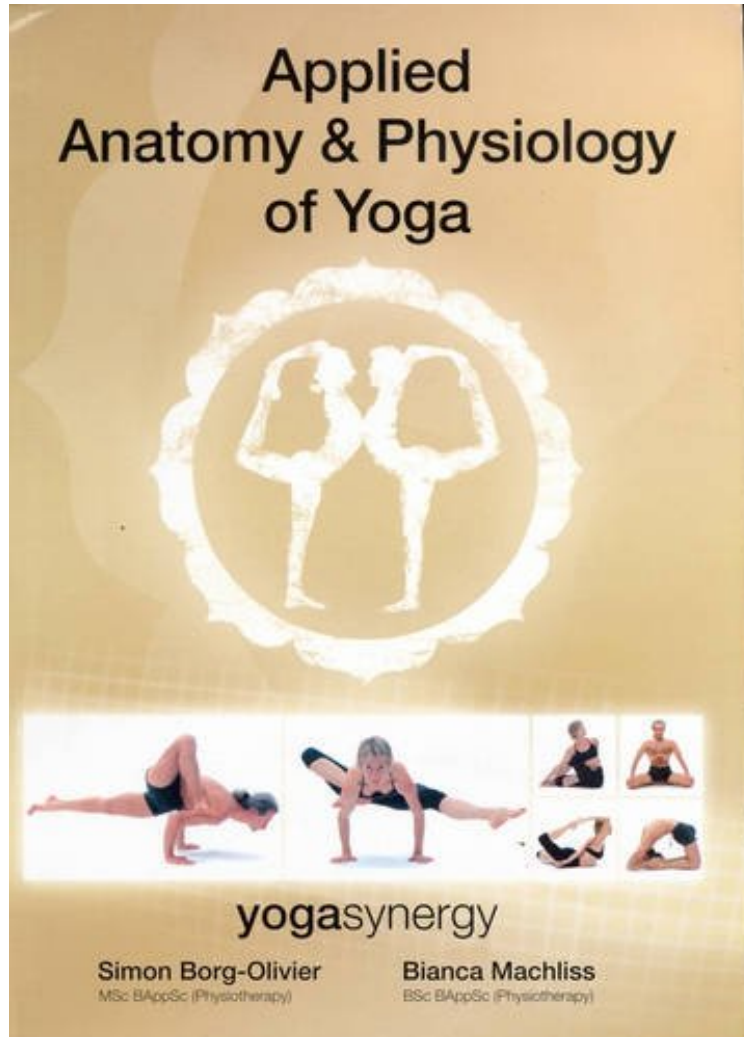


(Download free ebook) Applied Anatomy Physiology of Yoga

## Applied Anatomy Physiology of Yoga

*Simon Borg-Olivier and Bianca Machliss*  
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#1199481 in Books 2011-01-01 Original language: English PDF # 1 11.69 x 1.29 x 8.271, 3.34 #File Name: 1921080000471 pages | File size: 22.Mb

**Simon Borg-Olivier and Bianca Machliss : Applied Anatomy Physiology of Yoga** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Applied Anatomy Physiology of Yoga:

5 of 5 people found the following review helpful. Best Yoga Anatomy book ever By Afrika Simon and Bianca are really expert into explaining the physiology of our body and how to connect that with the yoga practice. Often in a yoga field we hear about different "schools". In this book you'll know not about "schools" but just as your body work, as it is. That's a must for teacher and serious practitioner. Congratulations guys! 1 of 1 people found the following review helpful. Oh My God By Rafael J. Kraisch What an incredible book. Just, simple the must read book for every single yoga student. The techniques are beautiful, very detailed, very certain. There are techniques that I was utterly unaware of even practicing for years. 7 of 7 people found the following review helpful. the best of the best By

Eduardo as a health worker with over 10 years experience as a practitioner of yoga for about 3 years I can say that this book is the best that has come into my hands and my heart, excellent work and I hope to find more literature of this type. Thank you!

Co-written by physiotherapists and yoga teachers, Simon Borg-Olivier MSc BAppSc (Physiotherapy) and Bianca Machliss BSc BAppSc (Physiotherapy), 'Applied Anatomy Physiology of Yoga' includes recent and previously unpublished research into the science of hatha yoga and yoga therapy. The effects of yoga on each part of the body are explained with thorough analysis and explanations of asanas, vinyasas, bandhas, mudras and kriyas. Using basic principles of biomechanics and neurophysiology, this book explains how to improve strength, flexibility and fitness while maintaining joint stability and minimising risk of injury. This comprehensive text includes hundreds of photographs, diagrams and tables, and is a practical, useful and informative guide for teachers and students of all styles of yoga.

Drawing on their physiology training and in-depth knowledge of western anatomy and physiology, along with their profound understanding of yoga asana and experience as yoga teachers, authors Simon Borg-Olivier and Bianca Machliss have produced a text that provides an in-depth exploration of the functional anatomy and physiology of yoga. The text presents a wealth of knowledge for yoga practitioners and teachers as well as anyone interested in understanding the impact of yoga on the physical body and is now a prescribed text for the course on "Applied Anatomy and Physiology of Yoga" within the Master of Wellness program at RMIT University. --Professor Marc Cohen, Professor of Complimentary Medicine, RMIT University (Melbourne, Australia) Applied Anatomy and Physiology of Yoga is highly recommended to yoga teachers, physical therapists, occupational therapists and yoga practitioners. As a physical therapist and a long time Iyengar yoga practitioner myself, I searched for a book that would help me analyse yoga postures anatomically, biomechanically and therapeutically. When I was introduced to an earlier version of this book I was amazed at its accuracy and application to therapy; but the improvements made in this current edition make it an even more effective reference book. As a physical therapist I own many other anatomy and physiology books, which I use when researching a topic. When cross-referencing information in Applied Anatomy and Physiology of Yoga I found the accuracy and comprehensiveness to be excellent compared with other yoga anatomy books currently on the market, which include many inaccuracies. The book is also a great reference source for physical therapists and others that have an interest in yoga. --Dalia Zwick PT PhD Physical Therapy Supervisor, The Women's Center, Premier HealthCare, New York, NY The depth of information and knowledge in Applied Anatomy and Physiology of Yoga is breath taking. This book explores the effects of yoga on each part of the body through the use of asanas, bandhas, mudras and kriyas while minimising the risk of injury. This book explores the ability of hatha yoga to develop both strength and flexibility and at the same time to use yoga as a therapy for healing musculoskeletal injuries. If detail and knowledge is your thing, you will not be able to go past this text. Rarely has the use of bandhas integrated with the asanas been so well explained and with such detail and clarity. Highly recommended. -- International Yoga Teachers Association Journal: International Light, October December 2005 About the Author Simon Borg-Olivier was first introduced to yoga at age 17, when he was introduced to the philosophy of yoga by a Tibetan Lama. Then, in his early 20 s, Simon started the physical practice of Hatha Yoga, along with aerobics and weight training. In 1983, he stopped weight training and aerobics and began a rigorous daily practice of Iyengar yoga with Eve Grysowski and Peter Thompson. By end of 1985, Simon had completed a Bachelor of Science in Biology and Mathematics and his Masters of Science in Molecular Biology at the University of Sydney, where he was also employed as a teacher of Biology. Over the next few years, Simon continued to work at the University, whilst teaching yoga at the Yoga Synergy Newtown School, The Australian School of Yoga, The Sydney Yoga Centre and at Shandor's Hatha Yoga Shala, which became Yoga Synergy at Bondi in 1997. Between 1986 and 1997, Simon made 14 trips to India and studied 7 times with the Iyengar family in Pune, and with many other teachers. In 1988, Simon met co-author, Bianca Machliss, who began teaching with him and organising retreats and workshops in 1990. They travelled to India together and taught in Europe and throughout Australia. From 1993 to 1996 Simon and Bianca did full time study in Physiotherapy at the University, which profoundly affected their yoga practice, enabling them to teach and practice in a way which gives the maximum benefit to the body with the minimal effort and risk of injury. Since 1995 Simon has been teaching courses in the Applied Anatomy and Physiology of Hatha Yoga for teachers and students in Sydney, Adelaide, Byron Bay, Noosa, and New Zealand, and regularly throughout Australasia. Simon has also been a guest teacher for the International Yoga Teachers Association (IYTA) annual conference in 1990, 1997, 2001, and 2002. Bianca Machliss first began yoga in 1989, whilst studying for a Bachelor of Science (majors in Human Psychology and Biology) at the University of Sydney. After her first eye-opening trip to India in 1990, there has never been a moment's doubt or faltering in her commitment to the practice of yoga. Bianca has trained with Simon Borg-Olivier (Sydney), Shandor Remete (Sydney), BKS Iyengar (Pune, Rishikesh and Sydney), Sri K Pattabhi Jois (Sydney), Clive Sheridan (Sydney, India, France). After completing her BSc, Bianca worked at the University of Sydney as a research assistant in Microbiology and at Sydney Water as an algal taxonomist, while co-directing the

then Newtown School of Hatha Yoga (now Yoga Synergy Newtown). In 1993, Bianca qualified as an ACHPER-certified physical instructor and a certified masseuse. During this time many trips to India to study Yoga, inspired Bianca to return to university in 1994 to study Physiotherapy. Bianca studied Physiotherapy (University of Sydney) to further her knowledge of the human body and western medicine in order to enhance her yoga teaching. In 1998, Bianca and Simon took over the Hatha Yoga Shala from Shandor Remete in Bondi Junction and opened Yoga Synergy Bondi. Together, with Simon, she has organized and taught in workshops on Yoga, Anatomy Physiology and Nutrition throughout Australia and also in Europe and India since 1990.