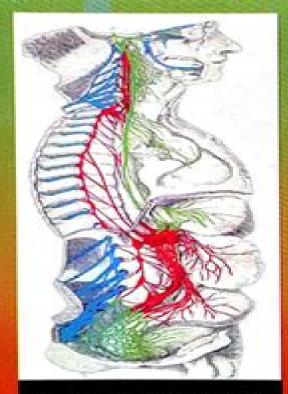
ANIATONY OF HATHA YOGA

A Manual for Students, Teachers, and Practitioners



H. David Coulter

Anatomy Of Hatha Yoga

Ying-Ying Zheng

Anatomy Of Hatha Yoga:

Anatomy of Hatha Yoga David Coulter,2004-01-01 his book combines the perspectives of a dedicated yogi with that of a former anatomy professor and research associate at two major American medicine schools He has set himself the ambitious goal of combining the modern scientific under standing of anatomy and physiology with the ancient practice of hatha yoga The result of an obvious labour of love the book explains hatha yoga in demystified scientific terms while at the same time honouring its traditions It should go a long way in helping yoga achieve the scientific recognition it deserves Useful as both a textbook and a reference work this is a book that all serious yoga teachers and practitioners will want on their shelves

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