



# Applied Anatomy & Physiology of Yoga

*Simon Borg-Olivier and Bianca Machliss*

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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**Bianca Machliss BSc BAppSc (Physiotherapy)**, 'Applied Anatomy & Physiology of Yoga' includes recent and previously unpublished research into **the science of hatha yoga and yoga therapy**.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.



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