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Lasater emphasizes how an
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essential for understanding the
dynamic movement of asana. Drawing

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In *Yogabody*, author Judith Hanson Lasater emphasizes how an understanding of the human body is essential for understanding the dynamic movement of asana. Drawing on almost forty years of experience as a yoga teacher and physical therapist, she focuses here on macroanatomy

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muscles. Packed with colour anatomical drawings, black-and-white diagrammatic asana illustrations, and helpful charts, this valuable guide builds on what yoga teachers already know and enables them to quickly decide what might help their students move with more enjoyment and less

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