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Titolo	Yoga // Barbara Sheen
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ISBN	1-4205-1230-7
Descrizione fisica	1 online resource (104 pages) : color illustrations
Collana	Science behind sports
Disciplina	613.7/046
Soggetti	Yoga Yoga - Health aspects Sports science
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes glossary.
Nota di bibliografia	Includes bibliographical references (pages 98-99) and index.
Nota di contenuto	An ancient practice -- The practice of yoga -- Functional fitness -- Yoga and physical health -- Yoga and the mind.
Sommario/riassunto	Explores the scientific principles behind some of the most popular team and individual sports. Covers origins, history and changes, the biomechanics and physiology of playing, related health and medical concerns, and the causes and treatment of sports-related injuries. This volume covers yoga.