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Titolo	Your upper body, your yoga // Bernie Clark
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ISBN	9781777687311
Descrizione fisica	1 online resource (761 pages)
Disciplina	611
Soggetti	Human anatomy - Variation Yoga
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Intro -- Gratitude -- How to read this book -- Preface -- Foreword -- Summary of key concepts -- VOLUME 4: The Upper Body -- Chapter 1: Overview of the upper body -- Bones of the upper body -- Muscles of the upper body -- Fascia of the upper body -- Nerves and neurodynamics -- Movements of the upper body -- Overview summary -- Chapter 2: The shoulder complex -- Form -- Landmarks of the shoulder complex -- The architecture of the shoulder complex -- Bones and cartilage -- The clavicle -- Joints and ligaments -- Muscles of the shoulder complex -- A biotensegrity view of the shoulder complex -- Function: Application in yoga postures -- Movements within the shoulder complex -- Normal ranges of motion of the whole shoulder complex -- Skeletal variations' effect on poses and postures -- The shoulder complex in yoga postures -- Shoulder pain and pathologies -- The shoulder complex summary -- Chapter 3: The elbow and forearm -- Form -- The architecture of the elbow and forearm -- Bones and cartilage -- Joints and ligaments -- Muscles of the elbow and forearm -- Function: Application in yoga postures -- Normal ranges of motion -- The elbow and forearm in yoga postures -- Elbow pain and pathologies -- The elbow and forearm summary -- Chapter 4: The wrist and hand -- Form -- The architecture of the wrist and hand -- The bones of the wrist and hand -- Joints and ligaments -- Muscles and tendons -- Function: Application in yoga postures --

Normal ranges of motion -- The wrist and hand in yoga postures --
Wrist and hand pain and pathologies -- The wrist and hand summary
-- Volume 4: Summary -- Appendix: Myofascial meridians of the upper
body -- Endnotes -- Volume 5: Asymmetries and Proportions -- The
power of symmetry -- The allure of perfect proportions -- Aesthetics
versus function -- Chapter 1: Asymmetries -- Categorizing the types
of asymmetries.

Asymmetry of the legs -- Asymmetry of the pelvis -- Asymmetry of the
spine -- Asymmetry of the shoulders -- Asymmetry of the arms --
Summary: The myths and misunderstandings about symmetry --
Chapter 2: Proportions -- Torso to legs proportions (the Cormic index)
-- Intra-limb ratio for the leg -- Arm-to-torso proportions --
Humerus-to-head/neck proportions -- Intra-limb ratio for the arm --
Arm span to height proportions -- Summary: The importance of
proportions -- Volume 5: Summary -- Endnotes -- Index.
