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The context that yoga provides for the study of anatomy is rooted in the exploration of how the life force expresses itself through the movements of the body, breath, and mind. The ancient and exquisite metaphorical language of yoga has arisen from the very real ana-

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Anatomy & Physiology Manual for Yoga Teacher Trainers This manual was originally developed for the students whom I teach Anatomy and Physiology to as part of their yoga teacher training courses.

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Yoga is a practice of mind and body; of yoking mind to body through attention, effort, and kind acceptance of ourselves. The benefits are to support a more joyful, healthy, compassionate, and effective life which we achieve through several simultaneous practices.

### **Beginner 101 Class #1 Exploring Core - yogacirclestudio.com**

Yogic & Functional Western Anatomy ... Please note that in this Western Anatomy section the suggestions of yoga sets and exercises specific to each area are only examples. Keep in mind that the comments accompanying the Kundalini Yoga kriyas are ones

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