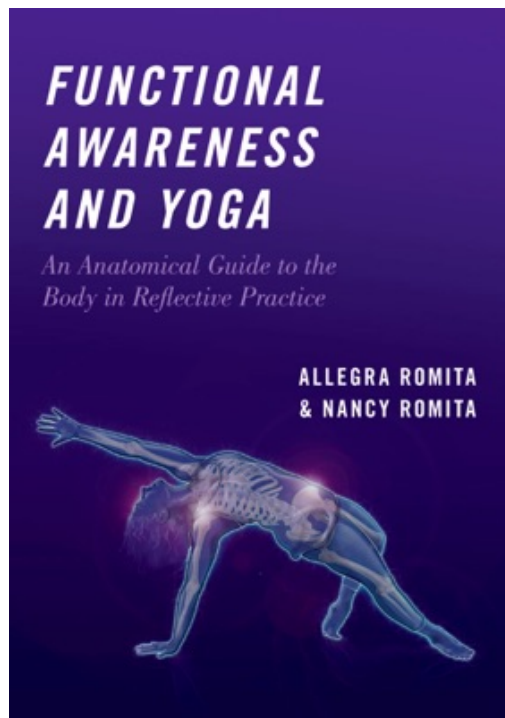


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Functional Awareness and Yoga is an essential book for all who wishes to deepen their yoga practice and discover strategies to reduce strain or discomfort on the mat as well as in daily life. It is also an excellent book of introductory concepts in anatomy as applied to yoga required during a yoga teacher training. Each chapter provides essentials in functional anatomy with over 60 practical illustrations. The chapters also apply specific postures in yoga with cues to support the practice on the mat. Finally, each chapter contains a mindful practice section to help readers integrate anatomical imagery into daily life in order to release unnecessary tension, improve posture, and support ease of movement. The reflective practice of Functional Awareness® changes how one goes through simple daily tasks in living and demonstrates how these small simple shifts can have a profound effect on ease in action and resilience in movement both on and off the yoga mat. Guiding readers through the essentials in body alignment by providing engaging explorations in body/mind awareness, the book offers a

pathway to improve resilience and balance in action.

<b>título</b>	:	Functional Awareness and Yoga
<b>Autor</b>	:	Nancy Romita & Allegra Romita
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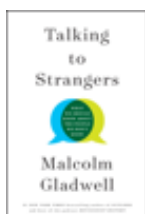


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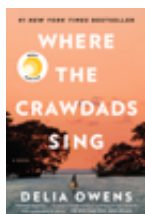


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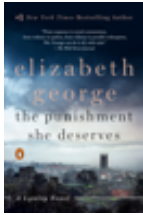


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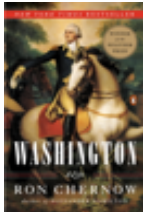


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