



Key Aspects of Anatomy for Yoga Teachers

Karen Fabian

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In this book, you will be presented with an overview of some of the key concepts of anatomy as they apply to teaching yoga. One of the hardest things to do is to decide just what these “key” concepts are. When asked, every teacher will select different anatomical concepts on which to focus. We have to begin somewhere, so we’ll start with a discussion of general concepts and then begin to uncover some of the details. Note that you don’t necessarily need an existing in-depth knowledge of anatomy in order to benefit from reading this book!

As we learn more about the application of anatomy to yoga, it becomes more apparent that there is a need for both teachers and practitioners to understand at least some of the basics about the body, its anatomy and how it’s impacted when we practice. Understanding basic anatomy can help us avoid reinforcing unhealthy patterns of movement and help to create new muscle memories that reinforce healthy alignment.

If you enjoy learning anatomy and applying it to your teaching, you already know that it’s a lifelong process—not only to learn anatomy but to stay updated on the different aspects of anatomy as it relates to yoga.

Let's begin.

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