



Functional Anatomy of Yoga: A Guide for Practitioners and Teachers

By David Keil

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Functional Anatomy of Yoga is a rare gem.

This book enables both the casual reader and the seasoned practitioner to understand and implement the anatomical structure and function of the body in yoga. Written with a conversational tone, the book delivers the complex subject of human anatomy in a way that is both provocative and clear. The underlying theme of the book is integration.

David Keil outlines how yoga teachers and practitioners can utilize a deeper understanding of their anatomy as they approach the larger scheme of yoga. How do the supposed "parts and pieces" of the body synchronize to support integrated movement? Finally, how do the various yoga postures interrelate from the perspective of functional anatomy?

Not only is David Keil an authority on the subject of anatomy, but he also has the wisdom and first-hand experience of a skilled yoga teacher and practitioner. He has been presenting the subject of anatomy in a way that is interesting, meaningful, and applicable to teachers and students alike since 2000.

Beautifully illustrated throughout with colour images and photographs to clearly explain the concepts and asanas, Functional Anatomy of Yoga will assist you in reaching new heights in your yoga practice using the "laboratory" of the body and the tools of yoga asana.

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Editorial Review

About the Author

David began teaching anatomy as an instructor of kinesiology at Miami's Educating Hands School of Massage from 1999-2003. David developed a fun, informal and informative style of teaching. David brought his unique style and ability to make anatomical concepts simple, to the yoga world in 2008, with the creation of the YogAnatomy DVD series. He is well known for delivering the complex and sometimes difficult topic of anatomy in a way that is very accessible and understandable to yoga practitioners. He emphasizes that fully understanding anatomy within a yoga practice ultimately comes from doing the practice and having the experience of your anatomy.

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Donald Murphy:

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