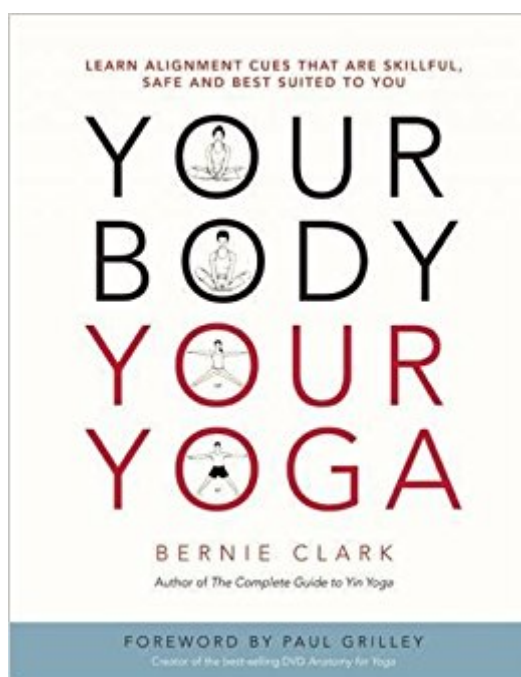


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# Your Body, Your Yoga: Learn Alignment Cues That Are Skillful, Safe, And Best Suited To You



## Synopsis

Your Body, Your Yoga goes beyond any prior yoga anatomy book available. It looks not only at the body's unique anatomical structures and what this means to everyone's individual range of motion, but also examines the physiological sources of restrictions to movement. Two volumes are provided in this book: Volume 1 raises a new mantra to be used in every yoga posture: What Stops Me? The answers presented run through a spectrum, beginning with a variety of tensile resistance to three kinds of compressive resistance. Examined is the nature of muscles, fascia, tendons, ligaments, joint capsules, bones and our extracellular matrix and their contribution to mobility. The shape of these structures also defines our individual, ultimate range of movement, which means that not every body can do every yoga posture. The reader will discover where his or her limits lie, which dictates which alignment cues will work best, and which ones should be abandoned. Volume 2 will take these principles and apply them to the lower body, examining the hip joint, the knee, ankle and foot, and will present how your unique variations in these joints will show up in your yoga practice.

## Book Information

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## Customer Reviews

Compulsory reading for those teaching and studying yoga! The best therapeutic exercise has a defined technique and dosage, but these are different for every person. Bernie Clark masterfully guides readers through an understanding of their unique bodies. Nothing else compares to the value and knowledge gained. With this, readers can create the most rigorous, evidence-based and effective yoga practice, finding what works best for them. #151;Professor Stuart McGill, PhD,

University of Waterloo; Canada. You will not need another book on the mechanics of yoga. Bernie has written many wonderful books on yoga, but the one in your hands is his opus. I will be recommending this one to everyone!&#151;Sarah Powers, co-founder of Insight Yoga Institute and author of Insight Yoga; U.S.A. Finally, a book that dares to combine yoga with state-of-the-art critical thinking and scientific reflection! To my knowledge, the most accurate and anatomically-knowledgeable book in this field. I knew that Bernie Clark would contribute something remarkable. But this book goes way beyond even the highest expectations. A truly groundbreaking contribution to the field of science-inspired yoga.&#151;Professor Robert Schleip, PhD, Ulm University; Germany. Your Body, Your Yoga is a fascinating, provocative, and scientifically-informed look at the inner workings of the body as it affects the practice of asana. Bernie Clark challenges much dogma in the modern postural yoga world, including a few heretofore sacrosanct principles of alignment, to demonstrate that a healthy and effective yoga practice should be adapted to each individual's unique needs, abilities and anatomy. Required reading for yoga teachers and yoga therapists, and highly recommended for avid practitioners.&#151;Timothy McCall, MD, author of Yoga As Medicine; U.S.A. An exceptionally well-informed and interesting way of approaching the human enterprise of doing yoga. Full of beautiful and stimulating pictures and analogies, awakening a deep thirst to know more and think more yet.&#151;Loren M. Fishman, MD, B. Phil.(oxon.), author of Healing Yoga and many other books; U.S.A. If you want to buy only one book on yoga and anatomy, buy this one. It fills a gap that urgently needed filling, and makes our work as yoga teachers and educators immensely easier. This will be a textbook for our future yoga teacher trainings.&#151;Anat Geiger, co-owner of YogaGarden; Netherlands. This book will revolutionize the practicing and teaching of yoga. It is going to be the next yoga bible! It is an incredible treasure, and it will help everybody to truly understand the essence of physical yoga practice. &#151;Stefanie Arend, author of Yin Yoga, Detox Yoga, and Fascia Massage; Germany Your Body, Your Yoga is an essential book for all serious yoga practitioners. Through skillful marshaling of evidence, Bernie Clark decisively illustrates the importance of individuality in yoga practice.&#151;Norman Blair, Yoga teacher, author and trainer; United Kingdom. A must-read for yoga teachers and practitioners. This book will reframe the way you think about body movements. &#151;Jo Phee, senior yoga teacher trainer; Singapore. I am so amazed: Your Body, Your Yoga is more than a great book&#151;it is like participating in a training at home. I could not stop myself from finishing it.&#151;Devrim Akkaya, senior yoga teacher trainer; Turkey. This is an instant classic. Your Body, Your Yoga demystifies and reveals the limitations in one's yoga practice in a very clear and in-depth manner.&#151;Sebastian & Murielle, senior yoga teacher trainers; Indonesia. Teachers

will benefit greatly from understanding all that this book has to offer, and advancing students will enjoy and benefit all the more because of it. Bernie Clark's book is a terrific contribution to the field of yoga, which until recently has been overly posture-centric. Bernie gives a readable, clear account of individual differences; how to recognize them, their consequences for asana practice, and how to sense when you are going too far. There is a wealth of information on the deeper mechanics of muscles and fascia, and an extensive treatment of the specifics of the joints. Doug Keller, author of *Yoga As Therapy* and associate professor in the Maryland University of Integrative Health Master's Degree Program in Yoga Therapy; USA This is a brilliant book. It is an absolutely essential research resource for anyone who teaches, hopes to teach, or wants to practice the asana component of yoga in a safe, therapeutic, and effective way. Bernie Clark's thesis that we are not all the same and therefore there are no universal alignment principles that work for everyone is a huge contribution to today's yoga literature. I couldn't agree more. It is hard to believe that anyone would say this about a book on anatomy, physiology and human movement, but once I started reading, I was so excited I couldn't put it down! Beryl Bender Birch, author of 4 books on yoga and the founder/director of The Hard & The Soft Yoga Institute and The Give Back Yoga Foundation; USA

"More important than knowing what kind of pose the student is doing is knowing what kind of student is doing the pose." There is a revolution occurring in yoga today around the alignment paradigm. The concept of one and only one ideal alignment for each yoga posture, taught through an aesthetic focus on how the student looks in the pose, is being replaced by a functional approach that acknowledges not only the intention of the posture but each student's unique biology and biography. In parallel, the paradigm of focusing on the muscles as the limiters and causal agents of movement is being replaced by a broader understanding. The role of fascia is being recognized and incorporated into yoga classes and trainings. Beyond muscles and fascia, there is a wide spectrum of causes for and resistance to motion, ranging from various sources of tension to the qualities of compression. *Your Body, Your Yoga* is the first book in a series describing the many contributors to limitations in our yoga practice. This book looks at the lower body, and the variety of shapes, movements and potential restrictions to movement in the hips, knees, ankles and feet. Introduced are the causes of resistance to movement, the frequency, extent and consequences of human variation, and their implications for our yoga practice. While short, tight muscles can restrict movement, there are many reasons for a lack of mobility. The causes can be cast into a gradient, called the "What Stops Me? Spectrum": fascia, ligaments and joint capsules can be

tight and tense, while compression arising from the body contacting other parts of the body will also impede movement. How these tissues develop their tension may be due to actions of our nervous or immune systems, or it may be due to our inherently unique body structure. Compression is the ultimate limiter of movement and is variable, depending upon a student's individual skeletal structure. All students are unique to varying degrees, and this individuality determines their ability and progress in their yoga practice and its benefit for them.

Bernie's book "Your Body, Your Yoga" is essential to have for anyone who is interested in learning about their body -- from yoga practitioners, yoga teachers, fitness instructors, movement lovers.... this must be on the top of your must read list. This book will deepen the relationship you have with your body and help you revisit your "goal-fixations" in your practice and relax your own attitude about your own practice. This will take you to a new level of understanding about the mechanics of YOUR OWN body and what works the BEST for YOU. The book is easy to read -- with wonderful illustrations and easy-to-understand examples. Thank you Bernie for your contributions to the yoga/body movement field. Lisa Jang, Yin Yoga Practitioner and Teacher Faculty at The Yoga Company, San Ramon, CA and Just Breathe Rivermark, Santa Clara, CA

I just love the book, and I have liked all Bernie's book so far! Bernie just knows how to break down complicated information of Yoga & Anatomy into digestible chunks. He makes it very doable, even for Yoga students, to understand all the things we need to know about our Body and about Yoga. He teaches us that we need to look for a style of Yoga that suits our own body so that it actually heals us! Bernie, thank you for taking the effort of putting your knowledge down on paper, so we can ALL have the privilege of using it in our Yoga practice and classes! A BIG thank you from a Dutch Yoga teacher; Marianne de Kuyper.

Terrific guide for students and teachers alike with great examples, clear explanation and tons of support for those of us who have never felt like we had the "yoga body." It's true - every body is a yoga body, we just need to adapt yoga to the body. Great book!

Finally, a book that clearly and very entertainingly explains the difference between tension and compression and the beautiful differences of our bodies. If you practice Yoga it is a must read and if you teach Yoga it is a MUST MUST read.

Like other reviews suggest this is an encyclopedia of information. It is a tremendous resource for teachers and students that want to visualize the best procedures and methodology to proper yoga practice and any other physical sport or exercise.

A clearly written guide to "my" body and "yours." The illustrations, charts, sidebars are quite helpful; I especially appreciate the "Notes to Teachers" and the optional-to-read anatomical information in the "It's Complicated" sidebars. It's great to have a yoga guide that recognizes and speaks to the countless variations in the human anatomy. Am eager for the following volumes to become available!

I've only had this book a few days but already LOVE it, good reading especially if you are a teacher. I find myself keeping a highlighter close at hand to highlight things that really speak to me or that I want to divulge further into. I've often found that so many books regurgitate the same info , just a million different ways, not this book. It's fresh, good info, love that he is speaking to the importance of fascia and challenging some of the "traditional" cues we hear repeated over and over again, that could and should be broken apart and understood better and conveyed better. This will stay in my yoga library for sure!

This book is really wonderful. I'm currently in a yoga teaching program and it has been immensely helpful for my understanding of different human bone structures. Bernie Clark is a very engaging author. :)

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