



# MetaAnatomy: Anatomy of a Yogi

*Kristin Leal*

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# MetaAnatomy: Anatomy of a Yogi

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## **MetaAnatomy: Anatomy of a Yogi** Kristin Leal

Meta, like in the words metaphysical or metacarpals, means beyond, and MetaAnatomy is the attempt to go beyond our often limited concepts of our own bodies. In Anatomy of a Yogi Volume One we introduce you to... You! With chapter titles like "I've got your back, Jack" on the glorious spine and "Oh the nerve" on the magnificent nervous system we try to disseminate what can be dense information into fun accessible bite size pieces (so to speak!). Wrapped inside the teachings of yoga philosophy this makes an excellent companion to yoga teacher training programs or for those yoga students interested in learning about their own amazing body. This book covers all the major muscles, bones and joints along with the anatomy of breath and the nervous system forming a comprehensive and lighthearted study for yoga students, yoga teachers or anyone with a body.

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