



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

By Bernie Clark

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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.

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Editorial Review

Review

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.—*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!—*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.—*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.**—*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.—*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.—*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.—*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.—*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.—*Jo Phee, senior yoga teacher trainer; Singapore.*

I am so amazed: Your Body, Your Yoga is more than a great book—it is like participating in a training at home. I could not stop myself from finishing it.—*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.—*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*

From the Inside Flap

"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.

From the Back Cover

"More important than knowing what kind of pose the student is doing is knowing what kind of student is doing the pose."

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Users Review

From reader reviews:

Joseph Fulkerson:

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Bernard Kovach:

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