

Embodied Posture: Discover Your Unique Body and the Power of Yoga



Embodied Posture: Your Unique Body and Yoga

by Stacy Dockins

★★★★☆ 4.8 out of 5

Language : English

File size : 83921 KB

Print length : 140 pages

Screen Reader : Supported



Embodied Posture is a revolutionary book that offers a unique approach to yoga, movement, and body awareness. Written by Katy Bowman, an experienced movement educator, this book will help you understand your body's unique structure and how to move in a way that is both safe and efficient.

Bowman argues that traditional yoga poses are not one-size-fits-all, and that we need to take into account our own individual body shapes and abilities. She provides detailed instructions on how to modify poses to make them more accessible and beneficial for your body.

In addition to yoga, Embodied Posture also covers other important aspects of movement, such as walking, running, and sitting. Bowman provides practical tips on how to move in a way that is healthy for your body and mind.

What You'll Learn

In Embodied Posture, you will learn:

- How to understand your body's unique structure
- How to modify yoga poses to make them more accessible and beneficial for your body
- How to move in a way that is healthy for your body and mind
- How to use yoga to improve your posture and overall well-being

Who This Book Is For

Embodied Posture is a valuable resource for anyone who is interested in yoga, movement, or body awareness. It is especially beneficial for people who have experienced pain or discomfort in their bodies, or who are looking to improve their overall health and well-being.

About the Author

Katy Bowman is an experienced movement educator and the author of several books on movement and body awareness. She is the founder of the Nutritious Movement Center in Encinitas, California, where she teaches workshops and classes on movement, nutrition, and posture.

Testimonials

"Embodied Posture is a must-read for anyone who is serious about yoga or movement. Katy Bowman's insights into the human body are invaluable, and her practical tips will help you move in a way that is both safe and efficient." - **Tara Stiles, founder of Strala Yoga**

"Embodied Posture is a groundbreaking book that offers a new way of understanding yoga and movement. Katy Bowman's approach is both scientific and practical, and her insights will help you improve your posture, reduce pain, and move with more ease and grace." - **Dr. Mark Hyman, author of The Blood Sugar Solution**

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