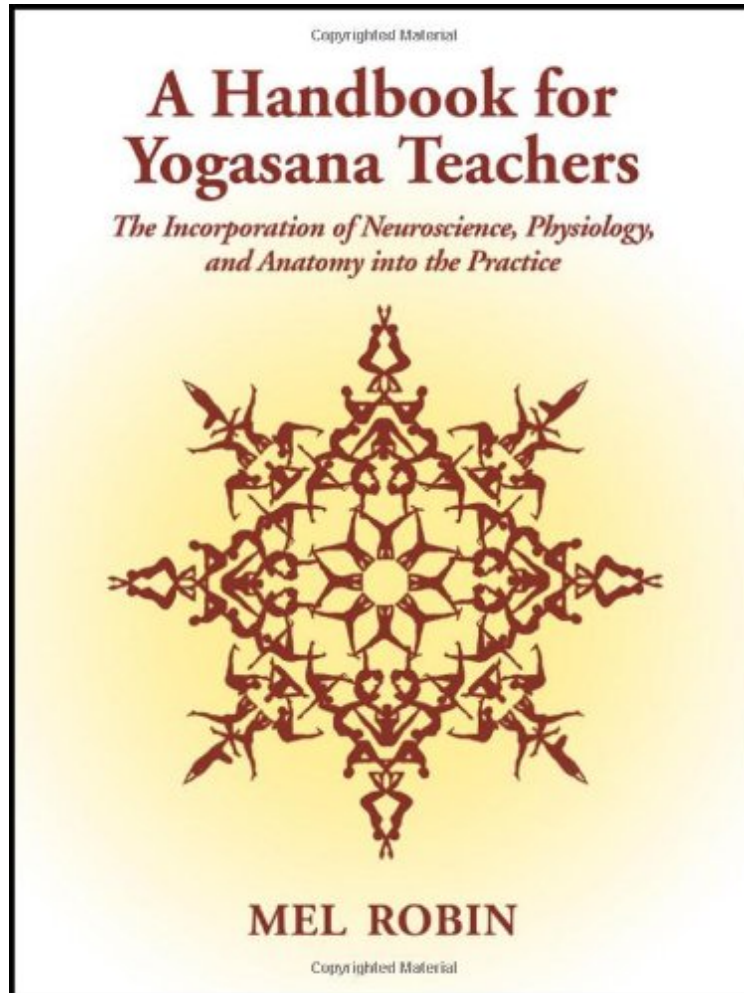


A Handbook for Yogasana Teachers

Mel Robin

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Mel Robin : A Handbook for Yogasana Teachers before purchasing it in order to gauge whether or not it would be worth my time, and all praised A Handbook for Yogasana Teachers:

4 of 4 people found the following review helpful. A great investment for students and teachers of yoga By Yogaprasad This is the kind of text that you come back to time and again. It is a large book and I cannot claim to have read it from cover to cover .. yet. However it is written in a very comprehensible style and manages to explain scientific material in a very approachable manner. I have a number of anatomy books, including some written for yoga. I have found Coulter's Anatomy of Hatha Yoga interesting but at times hard work. Kaminoff's Yoga Anatomy is a little gem, however it is limited in its aims and scope. In his prologue Robin indicates that if he had known that Coulter's book was on the horizon he may not have continued his, however we can be very glad that he did not know, as Robin's approach is broader and gives factual insight into all aspects of human anatomy and physiology, and then

relates it to yoga. Robin comes from an Iyengar tradition, however the book is easily to relate to any other tradition of yoga. It has a fabulous section on neuroscience, an aspect that is so important in how yoga works as a somatic practice to bring the practitioner into a balanced state of mind, body and spirit. This is an excellent text for use in the training of yoga teachers and now I have discovered it, I will be incorporating it into my teacher training course as a set text instead of requiring students to invest in a general anatomy book. 7 of 7 people found the following review helpful. A gem for serious yoga teachers By Yonnie If you are a yoga teacher that is interested in really knowing your subject from a medical and a scientific perspective, this is a must have. The book is in a league of its own, with second place being a long way behind. Robin takes hard science and writes about it engagingly so an intelligent 16 year old could understand it. Which is not to say it's easy. The material is challenging, and not necessarily easily digestible right away. You might need to read again and again to grasp the concepts. But this book equips you to better understand how the body works, to be better able to teach your students, and be better able to answer more technical questions. Ultimately, it gives you tools to becoming a more knowledgeable teacher. I'm a teacher that is interested in the intersection between medicine and yoga. I am wary of being too vague and airy fairy in my classes. This book gives me lots of information on the therapeutic aspects of yoga, and is by far one of the most intelligent books on the subject by a long shot. 0 of 0 people found the following review helpful. amazing. This will take me years to get through By rufiaclimbs amazing. This will take me years to get through. But it's already a good reference. I teach yoga teachers so this is quite helpful.

An excellent resource for teachers and students of yogasana, medical professionals, and bodywork practitioners, A Handbook for Yogasana Teachers presents novel aspects of physiology and neuroscience as they apply to the practice of yoga. If you have ever wondered why we do yogasana as we do, you will likely find the answers within these pages.

A Handbook for Yogasana Teachers is useful for yoga teachers and serious yoga students who wish to bridge their understanding of Western and Eastern concepts. It may help practitioners of other Eastern methods of healing find ways to explain what they are doing to Western students or clients. Western doctors who want to understand Eastern healing methods will find the book extremely beneficial. --Jessie Thompson, director, the Yoga Loft of Bethlehem, Pennsylvania There is a paucity of books such as this handbook ... I liked the colorful descriptions and stories interspersed throughout. --Lois Steinberg, teacher and therapist, Iyengar Yoga Institute of Champaign-Urbana The book is unique in its mixture of scientific explanation and practical application... As a practicing Iyengar teacher with no medical background, I have had little choice but to accept the words of B. K. S. and Geeta Iyengar in their description of the effects and benefits of poses... I have had no reason to doubt them, but when teaching students with a Western mind, it helps to present them with a scientific reason 'why'. --Renata Cardinal, certified Iyengar yoga teacher, Watchung Yoga Arts Center, New Jersey About the Author A former molecular spectroscopy researcher and award-winning science teacher, Dr. Mel Robin currently devotes his time to the practice and teaching of Iyengar yoga.