



# Anatomy and Asana: Preventing Yoga Injuries

*Susi Hatley*

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## **Anatomy and Asana: Preventing Yoga Injuries** Susi Hately

Anatomy and Asana offers an easy and successful method to learn anatomy and its relationship to yoga in a way that helps prevent injuries. It is written by a certified yoga teacher with a diverse background in kinesiology, ergonomics, and physical rehabilitation.

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