



# 3D Anatomy for Yoga: The Essential Guide DVD

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Developed using Primal Pictures' award-winning 3D anatomy models and the expertise of a team of experienced yoga instructors, *3D Anatomy for Yoga: The Essential Guide* is a valuable reference and teaching tool for anyone involved in yoga, from practitioners to instructors. The DVD-ROM has a simple and intuitive functionality that allows users to interact with the content and gain a deeper understanding of human anatomy as it relates specifically to yoga.

In *3D Anatomy for Yoga: The Essential Guide*, 26 yoga poses (asanas) are covered, each demonstrated by a 3D anatomical model. Bones and muscles are easily viewed and labeled, and the entire model can be rotated. Muscles can be added or removed from the posed skeleton, and a simple click on any visual structure will provide detailed text that clearly explains the structure and its significance for yoga. In addition, users will find links to supplemental articles that provide a better understanding of each pose and how to perform it correctly, as well as links to relevant images in the 3D anatomy section and animated sequences of specific joint movements and the muscle actions involved.

The 26 asanas covered consist of a mixture of seated and standing poses, many of which are shown in both beginner and classical forms. The 3D anatomy section provides additional information relevant for yoga for each area of anatomy. Users will be able to further explore the skeletal, muscular, cardiovascular, respiratory, nervous, and reproductive systems.

With the aim of helping both yoga instructors and practitioners gain a new and deeper understanding of human anatomy in the context of yoga asanas, this innovative resource is an essential guide that takes yoga anatomy to a new level.

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