



# 3D Anatomy for Yoga: The Essential Guide DVD

*Primal Pictures*

Download now

[Click here](#) if your download doesn't start automatically

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.

## **Download and Read Free Online 3D Anatomy for Yoga: The Essential Guide DVD Primal Pictures**

---

### **From reader reviews:**

#### **Charlotte Kuester:**

Now a day people that Living in the era everywhere everything reachable by connect with the internet and the resources within it can be true or not need people to be aware of each info they get. How individuals to be smart in having any information nowadays? Of course the correct answer is reading a book. Reading through a book can help individuals out of this uncertainty Information especially this 3D Anatomy for Yoga: The Essential Guide DVD book as this book offers you rich facts and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it you know.

#### **Lana Spalding:**

The e-book with title 3D Anatomy for Yoga: The Essential Guide DVD contains a lot of information that you can study it. You can get a lot of benefit after read this book. This particular book exist new know-how the information that exist in this publication represented the condition of the world currently. That is important to yo7u to understand how the improvement of the world. This specific book will bring you in new era of the glowbal growth. You can read the e-book in your smart phone, so you can read the item anywhere you want.

#### **Harrison Colon:**

The actual book 3D Anatomy for Yoga: The Essential Guide DVD has a lot associated with on it. So when you make sure to read this book you can get a lot of advantage. The book was compiled by the very famous author. This articles author makes some research prior to write this book. This book very easy to read you can get the point easily after looking over this book.

#### **Shelly Reder:**

That book can make you to feel relax. That book 3D Anatomy for Yoga: The Essential Guide DVD was bright colored and of course has pictures around. As we know that book 3D Anatomy for Yoga: The Essential Guide DVD has many kinds or type. Start from kids until teenagers. For example Naruto or Detective Conan you can read and feel that you are the character on there. So , not at all of book are generally make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book for you personally and try to like reading that.

## **Download and Read Online 3D Anatomy for Yoga: The Essential Guide DVD Primal Pictures #5YEQ3PVU967**

## **Read 3D Anatomy for Yoga: The Essential Guide DVD by Primal Pictures for online ebook**

3D Anatomy for Yoga: The Essential Guide DVD by Primal Pictures Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 3D Anatomy for Yoga: The Essential Guide DVD by Primal Pictures books to read online.

### **Online 3D Anatomy for Yoga: The Essential Guide DVD by Primal Pictures ebook PDF download**

**3D Anatomy for Yoga: The Essential Guide DVD by Primal Pictures Doc**

**3D Anatomy for Yoga: The Essential Guide DVD by Primal Pictures Mobipocket**

**3D Anatomy for Yoga: The Essential Guide DVD by Primal Pictures EPub**