

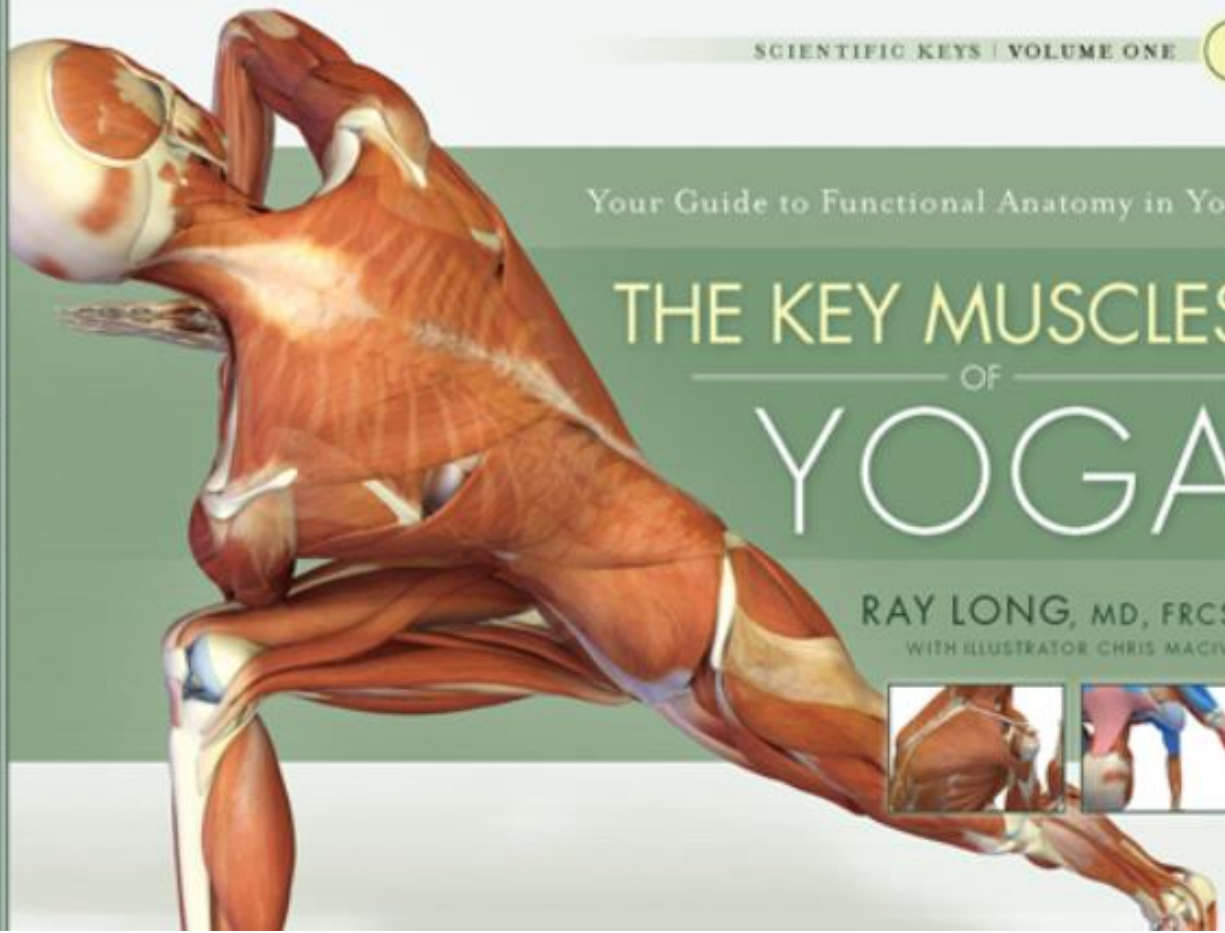
SCIENTIFIC KEYS | VOLUME ONE

1

Your Guide to Functional Anatomy in Yoga

# THE KEY MUSCLES OF YOGA

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WITH ILLUSTRATOR CHRIS MACIVOR



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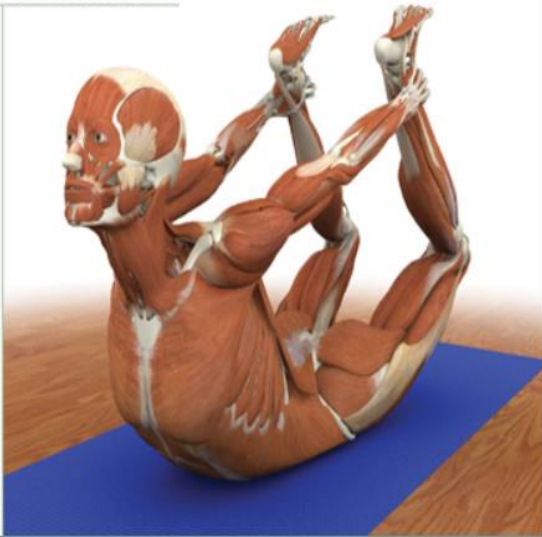
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# Scientific Keys

## How To Use This Book

The images in this book are the keys. We present each muscle in the context of its function as an agonist, antagonist, or synergist. Note the interrelated views of the muscle in each of its various representations.

Relax and study one muscle at a time. Actively apply what you have learned by visualizing the muscles as you perform the Asanas. Consciously contract and relax the muscles, as detailed in the images. This will consolidate your knowledge. Review each studied muscle, first at 24 hours and then again at 1 week. In this way, you will master the muscles and integrate them into your Yoga practice.



# Introduction

Human anatomy and physiology is a vast subject, as is the art of Hatha Yoga. Nevertheless, combining knowledge from both fields is extremely beneficial to the Yoga practitioner. Athletes can improve their performance and experience fewer injuries through a basic understanding of their musculoskeletal system. Similarly, Yoga practitioners can benefit from the application of Western science to their practice development.

It is not necessary to memorize hundreds of muscles and bones to experience the benefits of applying science to Yoga. What is necessary is the functional understanding of a manageable number of key anatomic structures, in their settings, as they relate to Hatha Yoga. Knowledge of these structures can be applied immediately to optimize your practice, break through blockages, and avoid injuries.

This first volume presents key muscles in the context of Hatha Yoga. For practitioners unfamiliar with the Western scientific terminology of the body, the following section, "Fundamentals," is recommended.

