



The Original Body: Primal Movement for Yoga Teachers

By John Stirk

Handspring Publishing Limited. Paperback. Book Condition: new. BRAND NEW, The Original Body: Primal Movement for Yoga Teachers, John Stirk, The Original Body addresses the physiological experience of yoga. The soft tissue, skeletal, fluid and spatial sensations experienced in practice are considered in sequence and collectively as the reader becomes drawn into a depth of feeling and understanding that lies beyond practice. Yoga teachers are shown how to use a deeper 'feeling' to unveil an innate powerful physical wisdom. This includes bringing together anatomical visualisation and imagination, the development of awareness as a movement, and the management of sensation. This book focuses on honing and harnessing the practitioner's essential experience in order reveal a more profound style of teaching from within. Teachers are invited to consider the impediments to a deeper practice and will be taken through the common factors inhibiting sensory pathways. These include conditioning, habit, trauma, anxiety, non-essential thought and the effect of technique and methodology in teaching. Teachers will learn about the principles of mechanical freedom in postures and movement and they will find out about the parallels and differences between yoga practice and the osteopathic approach to bio mechanics. The Original Body invites the reader to put aside...



READ ONLINE
[8.33 MB]

Reviews

The publication is easy in read through safer to comprehend. It is actually loaded with wisdom and knowledge Its been printed in an extremely simple way and is particularly simply right after i finished reading through this pdf where actually modified me, affect the way i believe.

-- **Ms. Clementina Cole V**

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

-- **Rosario Durgan**