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Knees in Yoga

The Anatomy of Yoga

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This highly informative guide to yoga will enable readers to take better care of their knees while doing yoga poses.

Many yoga poses are beneficial and actively help our knees align. Yet sometimes, the knees can, oddly enough, suffer from constant forcing, tightness, and overloading. Through the lens of yoga, this book explains how certain elements must work together in order to achieve the correct balance for this large and complex joint. Numerous postures are analyzed, with suggestions on how to warm up, adapt them, and take precautionary measures to limit overuse and thus prevent injury. This highly informative guide to yoga will enable readers to take better care of their knees while doing yoga poses.

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