

## Yoga Anatomy By Leslie Kaminoff 2007 6 20 Book

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### Yoga Anatomy By Leslie Kaminoff

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### **Amy Matthews and Leslie Kaminoff**

If you're interested in learning more about alignment, I recommend Yoga Anatomy by Leslie Kaminoff. It's one of my go-to resources. Answered by Jessamyn Stanley and The New York Times Jessamyn ...

### **I read that I should first seek to learn about "alignment". What are the important aspects of alignment that beginners should know?**

Learn more about the anatomy of the body to better understand safe and stable physical alignment in yoga poses. Pick up in-depth knowledge to take to the mat to fine-tune and deepen your practice.

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