



# Yoga: Fascia, Anatomy and Movement

*By Joanne Avison*

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The presentation of fascial anatomy in this book provides a new context for applying knowledge of the anatomical body in a practical and relevant way to movement. Applying fascial anatomy to yoga, this book offers a way to the yoga teacher of experiencing and seeing in three dimensions - the way we really move. This enables the yoga teacher to work more creatively in the real life class.

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## **Editorial Review**

### **About the Author**

Joanne Avison is co-founder and director of the Art of Contemporary Yoga Teacher Training School, (AOCY) accredited worldwide by Yoga Alliance (USA), Yoga Federation of India, European Yoga Alliance and IPTI. She holds E-RYT500 status, ("E" denotes Experience) with many thousands of registered teaching hours over the last two decades, accumulated all over the world since she started yoga teacher training in 1995. Joanne is also a Professional Structural Integrator (IASI) and as an early graduate of Tom Myer's KMI school (1999-2001), became a Certified Teacher of Kinesis, before designing the yoga teacher training programme. Her considerable experience in both movement and manual therapy inspired the school's unique approach to yoga and anatomy. Joanne is also a CMED Graduate (2004) and has studied extensively in human development as well as specialising in soft tissue and the links between archetypal behaviour and physiology. Her intensive studies include Human Dissection and movement research in Fascial Fitness with Robert Schleip. She is a certified Craniosacral Practitioner and her early background in art & design always informs her lively approach to teaching and learning. Her workshops and webinars are extremely informative, down-to-earth and practical. She devotes a lot of her time to the Diploma Course in The Art of Contemporary Yoga & the Science of Body Architecture. The 1 - 2 year certification is renowned in the UK and Europe for the highest qualification of Intermediate and Advanced Yoga Teachers. The course includes Applied Anatomy, Ancient Far Eastern Psychology, Restorative and Dynamic Yoga. Joanne currently teaches regular workshops and Webinars around the world on Structural Anatomy and Fascial Fitness.

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