

3D Anatomy For Yoga Review

Susi Hatley, Kinesiologist and Yoga Teacher since 1999, is the founder, owner and principle instructor at Functional Synergy, Inc. in Calgary, Canada. A certified yoga therapist, Susi has created a yoga teachers institution with books, articles, live teachings in house, distance learning, research and community service. All of her works illuminate Susi's passion and the science behind it.

Partnering with Lorrie Maffey, BMRPT, Mphth, DipManipPT, FCAMT, GunnIMS CPA, and Linda Stavroula Kapetaniou, BA, Susi Hatley brings us [3D Anatomy for Yoga: The Essential Guide](#) presenting an in depth interactive journey through yoga anatomy.

The authors mission-- to integrate vast amounts of technical material into an accessible learning and teaching tool is precisely what Susi has brought us in her previous writings including her book, [Anatomy and Asana, Preventing Yoga Injuries](#), and her internet Ezine writings which heighten and lighten all aspects of teaching yoga including the structural anatomy and mechanics of yoga therapeutics.

To that end, the DVD has three main tracks: Anatomy, Movies and Animation, all interfaced so that you can trace back and forth between them to investigate or validate any anatomic concept.

The Anatomy section, wisely lays the groundwork with directional anatomic terms. Two central headings then come under Anatomy: systems of the body and yoga poses. Within each of the systems, simple clicks allow you to see from the deepest to the most superficial layers of it's anatomic intricacies. These layers are easily stripped away or brought back. Text boxes for the body systems elucidate their yoga contexts nicely. Likewise, the Pose section has all of the most fundamental yoga poses depicted with these same layering capacities as well as text boxes/technical descriptions to match every detail in the Anatomy section.

The Pose text boxes, while convenient are lengthy and there could have been less in each section on technique since many of those suggestions apply to all postures. As a thirty seven year veteran of physical therapy with twelve years as a yoga therapist, I would have liked the authors to include in these boxes, examples of poses in which each muscle was the primary mover/agonist, and some examples of poses in which the same muscles become antagonists/ or are being stretched. I'd also have liked each pose to name it's primary movers/agonists and antagonists. That said, the DVD is stunningly thorough anatomically.

The 'Movies' and Animations are matched by titles so that after learning in 'Animation', you can switch to 'Movies' of the same title and test your knowledge. In Animation, each and every joint movement is separately depicted, labeled and rotates so that you can peer

at the muscles from any angle. Movies are not labeled creating an instant 'quiz'. I also appreciate the thumbnails in every section as shortcuts to each inquiry.

Also in the Animation section, there are highlights, labels and up and down layering and the interface between Animation, Anatomy and Movies is easy. (if you are technically challenged as I am, you must be a little persistent and patient, and it does become easy, even for me) You can trace through all three sections of the DVD beginning with a muscle, a movement title, or a pose using an elaborate index or a simple search button.

Finally, I am utterly grateful for the capacity within each frame to file, print or upload to a powerpoint presentation for my own work. This is very exciting and will be a wonderful self -teacher and tool for teaching others.