

For yoga teachers, movement and exercise educators and physical therapists of all stripes, this is a wonderful introduction to the world of biomechanics and its importance in safely guiding students and clients. The breadth ranges from the microscopic, down to the cellular make-up of our tissues and how they react to loads, to the macroscopic, the effects on the whole body of stress and stretching.

The field of biomechanics includes many time-honored truths as well as cutting edge research that are changing our views and understanding of load, stress and tissue adaptation. Jules Mitchell, through her meticulous research and up-to-date sources, questions long held, standardized yogic cuing dogma and offers more realistic and much safer ways to achieve optimal health. Tissue adapt to loads: too much can be a problem, but so too can too little. Often out of fear of doing too much, well-meaning teachers go overboard in warning students against stressing their tissues and joints. It is okay, sometimes and for some students, to hyperextend their knees, or hold passive poses for a long time, or to have their knee extend past their ankle in Warrior II pose. These are just a few of the commonly offered instructions yoga teachers offer that Jules forces us to re-evaluate.

The differences between dynamic loads and static stretching is investigated in detail, as are so many topics ranging from creep to hysteresis, from elasticity to compliance, from traditional yoga asana instruction to sports science and emerging perspectives. The appendix alone will help yoga teachers broaden their vocabulary and learn to teach several well-known postures in new, and more effective ways. This book should be on the shelf of every yoga teacher and student who is interested in anatomy and the therapeutic benefits of yoga practice and exercise in general.

- Bernie Clark, author of the *Complete Guide to Yin Yoga and Your Body, Your Yoga*.