

Venue:	Doody's Book Review Service
Title:	Book Review: Dynamic embodiment of the sun salutation: pathways to balancing the chakras and the neuroendocrine system, Martha Eddy, et al.
Date:	2021
Type:	Book Review
Author(s)/ Presenter(s):	Vibhuti Jansari
Abstract (or Book Review):	<p>Description: This book describes how anyone can follow the yogic practice of Surya Namaskar with ease and gain optimum function of their glands and bodily systems. The material is easy to absorb because of the simple language, delineated graphics, well-structured bullet tables, and content boxes. It has a simple table of contents and an index that makes it easy to reference.</p> <p>Purpose: This book aims to assist readers in achieving their body and mind health goals by practicing sun salutation regularly, joyfully, and efficiently. It is a precious contribution by the authors. In today's society, where over-diagnosis runs rampant and individuals have little knowledge to look elsewhere in times of sickness, this book serves as a guide to achieve the best physical and mental health state.</p> <p>Audience: This book is for teachers and students who want to understand the sun salutation and its role in balancing the energies of the chakras, the glands, and the nervous system. The authors are credible due to their earned credentials, years of training in BMC, and experience from personal and professional practice.</p> <p>Features: This book presents a holistic picture by combining research and biomedical science with the knowledge of the chakras and bodily energy. There are stories of individuals who discovered parts of the practice and mentioned the cultural influence on the development of the practice. The pictures and colorful graphics are very relevant. It walks the readers step by step through how the somatic self generates sensory cues that can lead to a balanced neuroendocrine system.</p> <p>Assessment: This well-written book is an excellent resource for anyone who wants to learn about the usefulness of the Surya Namaskar. It is unique because of its holistic nature of</p>

	combining research, anatomy, histology, and physiology with bodily movements of the sun salutation.
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