

NWHSU Faculty Scholarship Archive

Venue:	Doody's Book Review Service
Title:	Book Review: Identifying postural imbalances through yoga: an innovative guide to yoga asana observation and adjustment for your postural type, Vayu Jung Doohwa
Date:	2024
Type:	Book Review
Author(s)/ Presenter(s):	Tom Braem
Abstract (or Book Review):	<p>Description: The book describes distinct types of postural imbalances and how yoga may correct them.</p> <p>Purpose: The purpose of the book is to describe diverse types of postural imbalances, how to observe them, and how to try to correct them through yoga. This is an interesting idea and may be a worthy objective for some healthy individuals with no significant underlying problems. The book does meet this objective but fails to emphasize caution for individuals with contraindicating health concerns.</p> <p>Audience: The audience of this book is practitioners of yoga at all levels of expertise. The book encourages readers to observe and correct postural imbalances in themselves and others. The book does meet the needs of its intended audience. The author does seem to be a credible authority on yoga, however their credibility as far as anatomy and postural imbalances seems less clear.</p> <p>Features: The book describes how to observe postural imbalances, defines four postural types, and describes strategies for using yoga to correct observed postural imbalances. The writing is clear, though some aspects of the illustrations are poorly defined. The author organizes sections and chapters in an orderly and progressive manner. There is little in the book that presents any caution in trying to use yoga to correct postural imbalances. Individuals may have serious underlying health concerns including osteoporosis, disc herniations, and joint replacements. These may be a cause or contributing factor to any postural problems. To assume that readers are in a place to try to prescribe yoga poses to correct any imbalances without considering such conditions is dangerous. Many of the</p>

illustrations show yoga poses that would not be achievable for novices or someone not well-versed in the discipline.

Assessment: This book is presented in an interesting manner. It may be useful for the intended audience, but also has limitations. There seems to be no concern for underlying health conditions that may preclude safely prescribing yoga to correct postural imbalances. Many of the illustrated poses are difficult and could only be practiced by an expert in yoga. Numerous individuals would have great difficulty attempting these poses and could risk injury.