

Venue:	Doody's Book Review Service
Title:	Book Review: Yoga, fascia, anatomy and movement, 2 nd edition, Joanne Sarah Avison
Date:	2021
Type:	Book Review
Author(s)/ Presenter(s):	Tom Braem
Abstract (or Book Review):	<p>Description</p> <p>The book attempts to connect anatomy, notably that of fascia, to practicing and teaching yoga. The book is divided into three parts: part A focuses on the anatomy of fascia, part B on biomechanics, and part C on connecting the information in the previous two sections to the teaching and practice of yoga. Numerous figures, drawings, and photographs illustrate the ideas presented in the text. The effectiveness of these images varies from quite useful to somewhat unnecessary and even confusing (figure 7.3). The previous edition was published in 2015.</p> <p>Purpose</p> <p>The purpose is to connect fascia to the practice and teaching of yoga. It is an interesting goal, but it may be of interest to a relatively small audience. The author states that this book should be read "no matter what form of yoga you practice or teach - in fact read this book if you happen to have a body." The presentation on fascia may be fascinating to individuals with a background in anatomy, or even anatomy instructors, but it may be excessive and even confusing for many readers, including those who practice yoga as more of an art than a scientific exercise. The book meets its objectives, but not for as broad an audience as the author intends.</p> <p>Audience</p> <p>As noted, the book is written for "anyone with a body," but seems to have a smaller audience of those with a background or interest in anatomy. For those readers, the book does meet the needs for those interested in the topic and yoga.</p> <p>Features</p> <p>The book does a nice job of exploring fascia from early concepts to modern research. This part of the book may be more than readers with little anatomical background need. Some areas are explored well, while connections such as the development of the study of anatomy to women being executed for witchcraft in Europe at the same time seem</p>

confusing and unnecessary. Although these areas may be interesting for some of the audience, more emphasis on yoga and on the third part of the book may have made it more useful to the broader audience for whom it was intended.

Assessment

This is a quality book, but for a smaller audience than that for which it is intended. Authors who have also explored this area include Katherina Brinkmann (*Fascial Fitness Through Yoga*, Cardinal Publishers Group, 2018), Britt Dienes (*Your Fascia on Yoga*, independently published, 2017), and Kirstie Bender Segarra (*Myofascial Yoga*, CreateSpace Publishing, 2013). This book seems to be more useful to readers with an interest in the scientific nature of fascia.