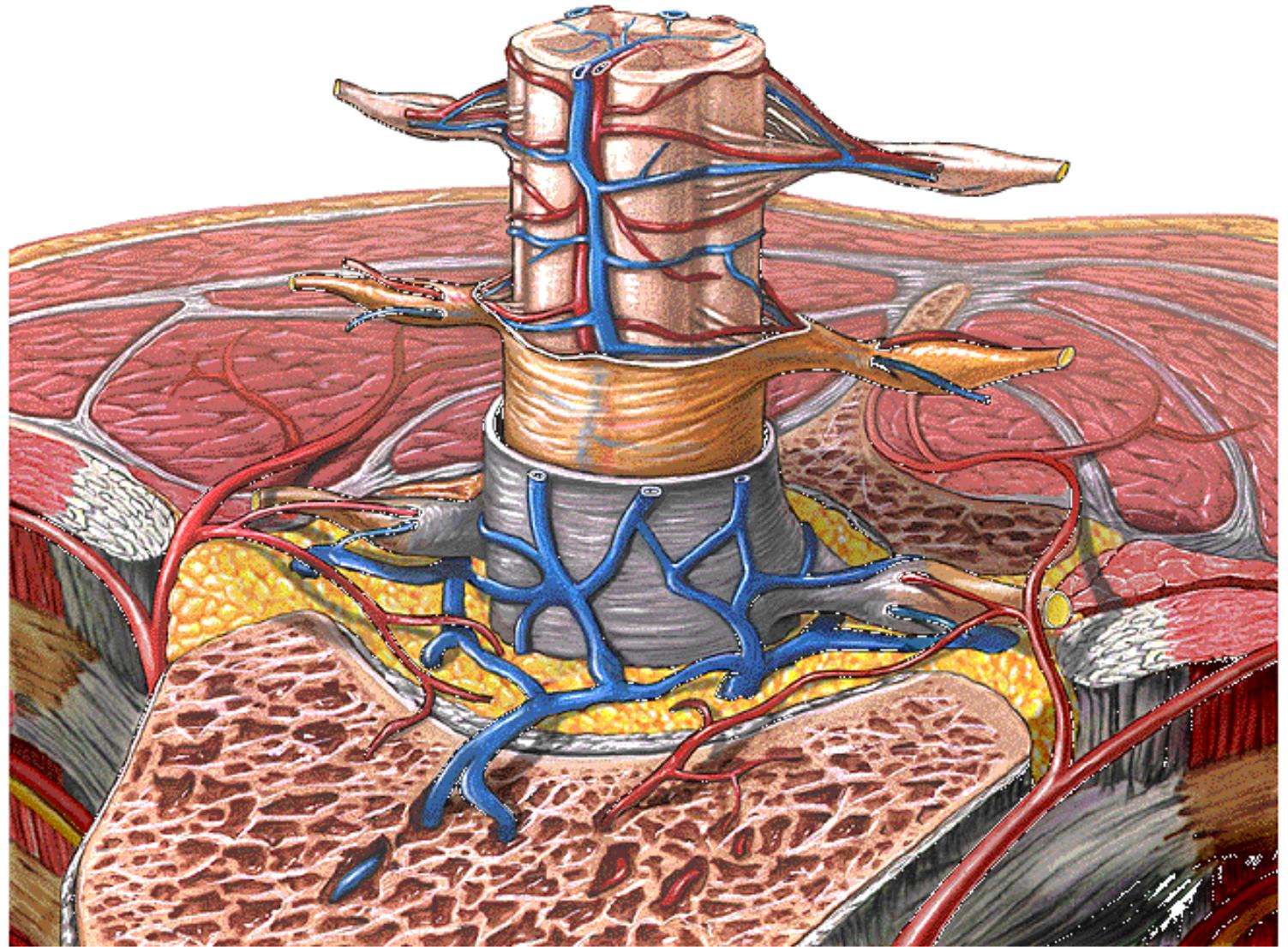


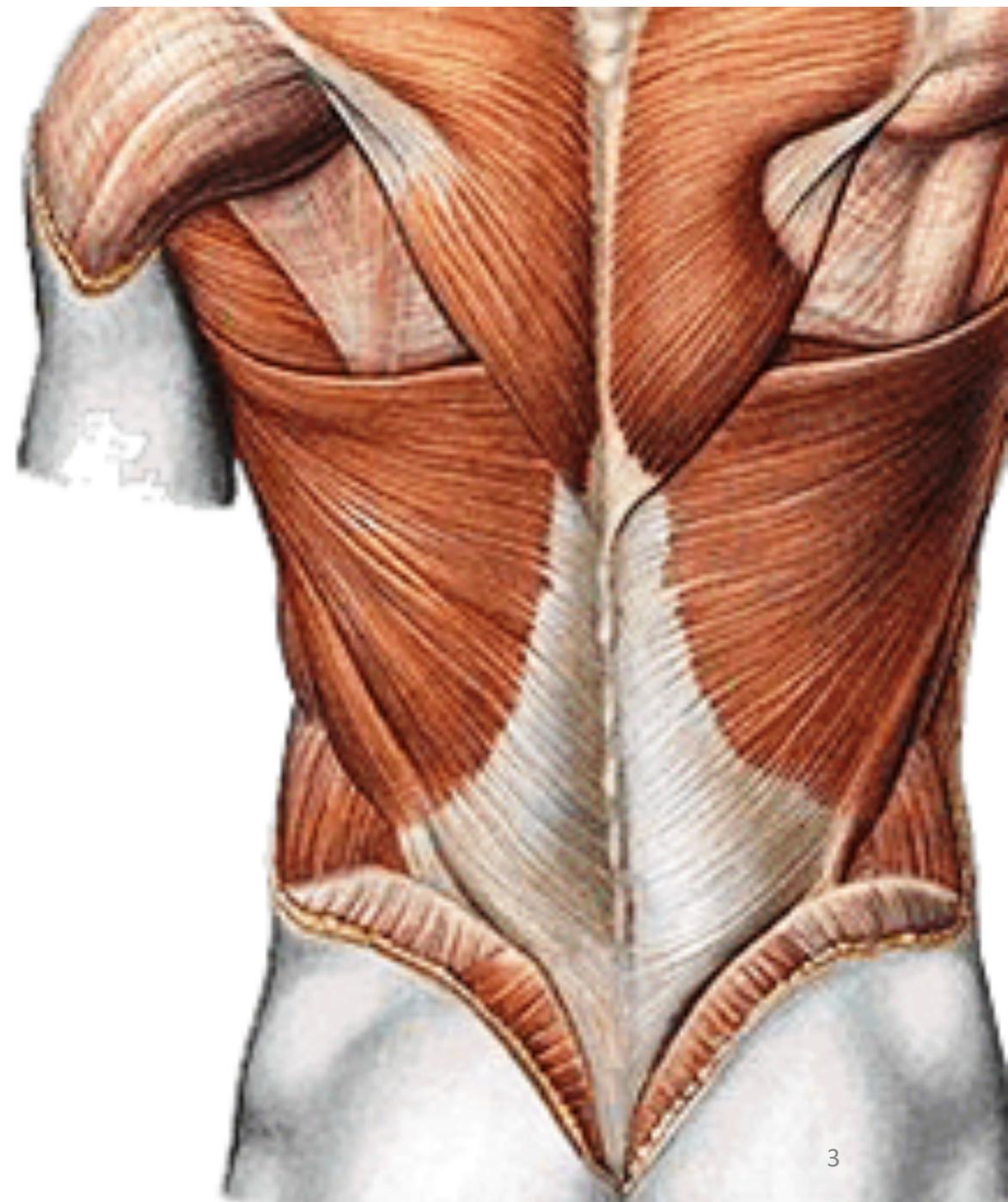
# ANATOMIA DO HATHA YOGA



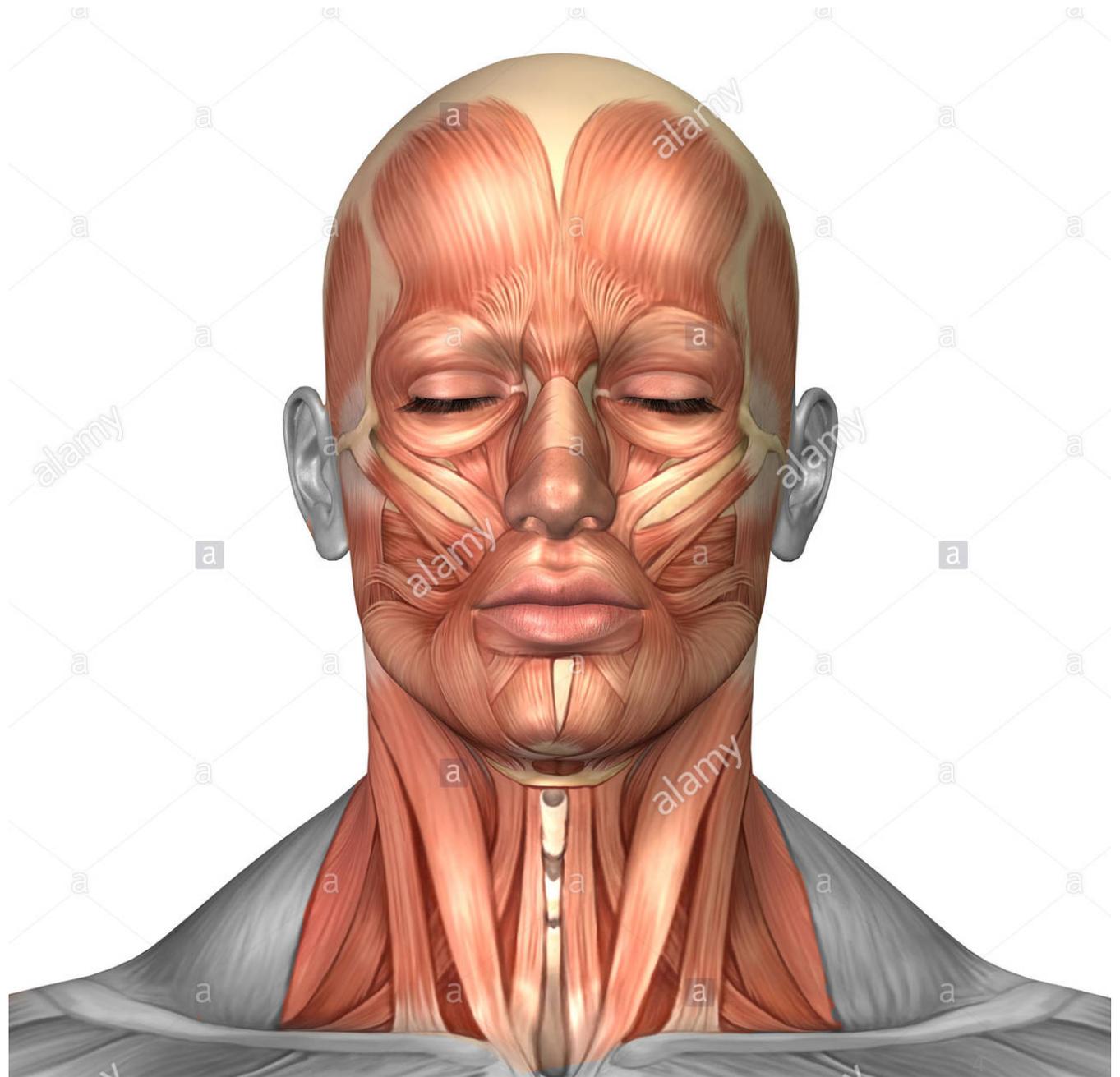
# SISTEMAS DE FÁSCIAS



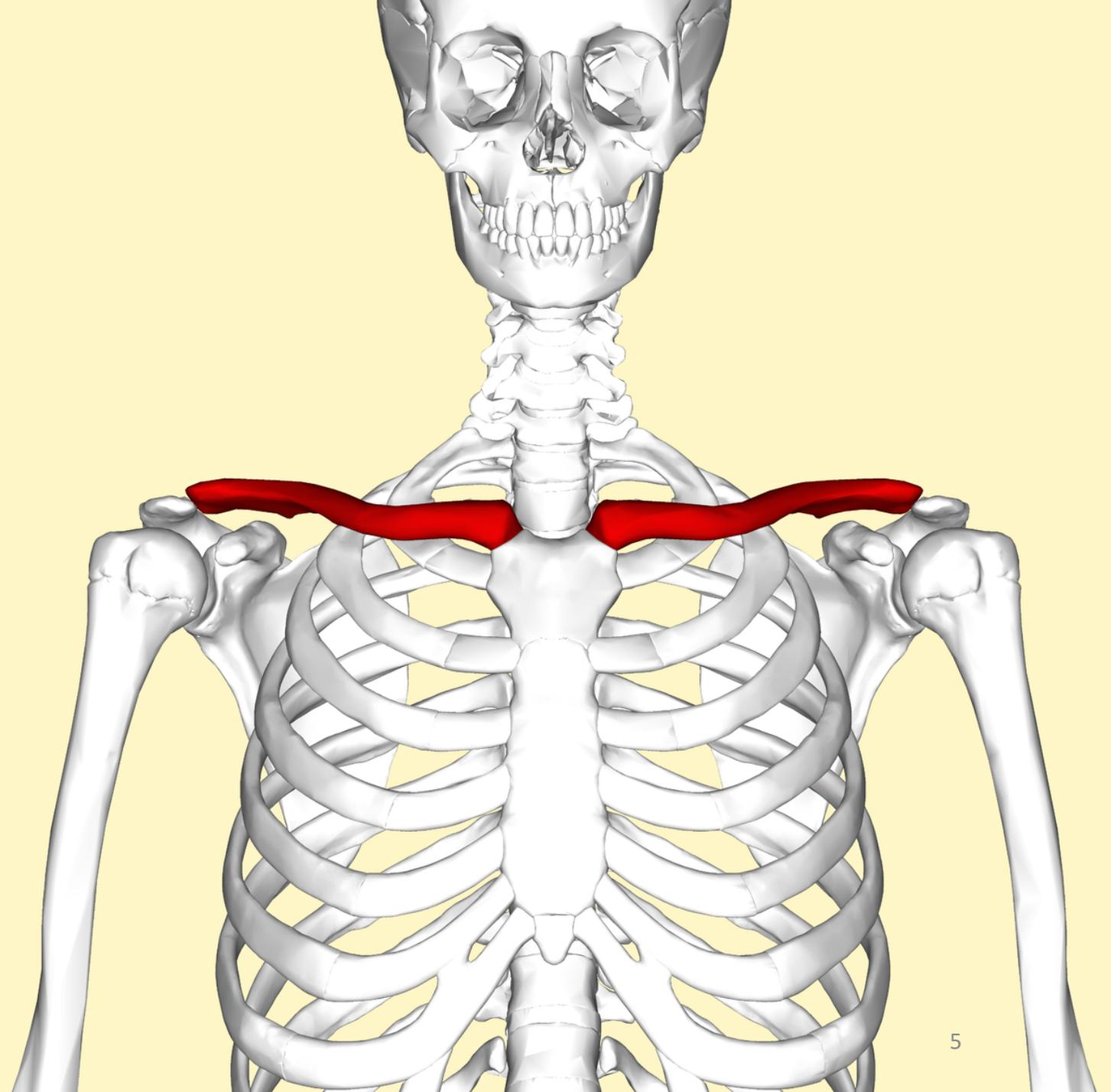
VAMOS CONHECER  
O NOSSO CORPO?  
(anatomia palpatória)



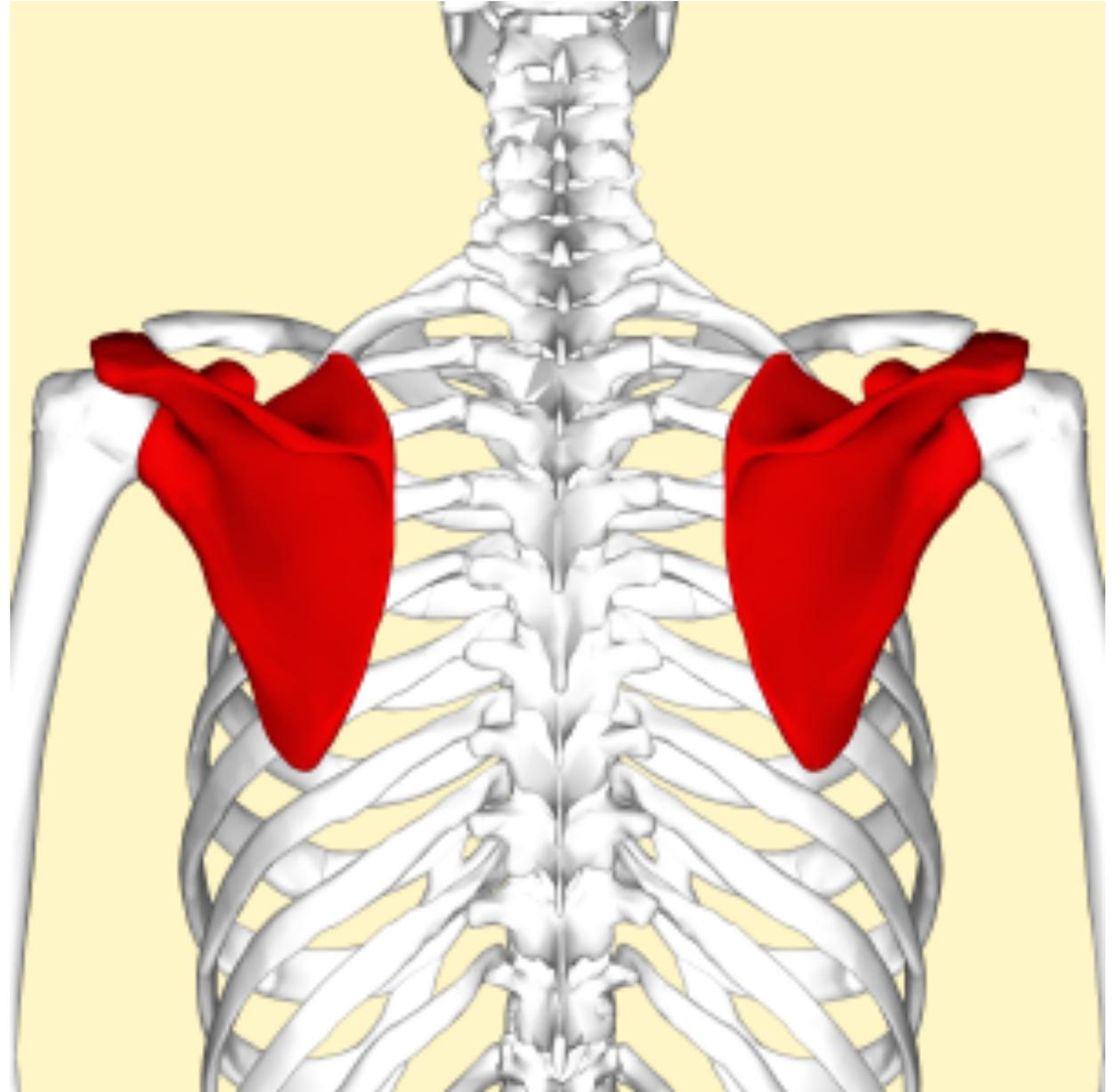
FACE  
PESCOÇO



# CLAVÍCULAS



ESCÁPULAS



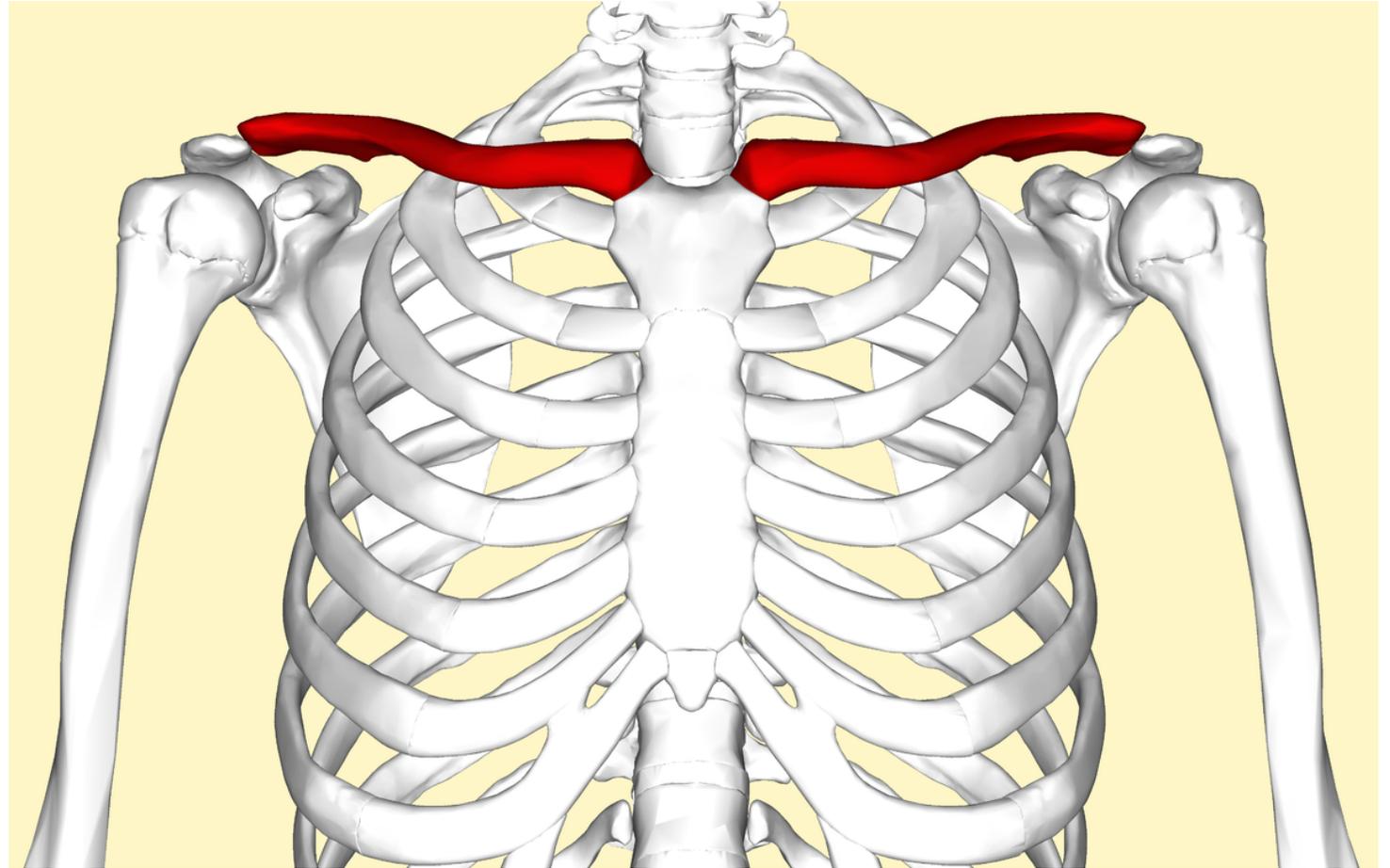
OMBROS  
BRAÇOS  
ANTEBRAÇOS  
PUNHOS



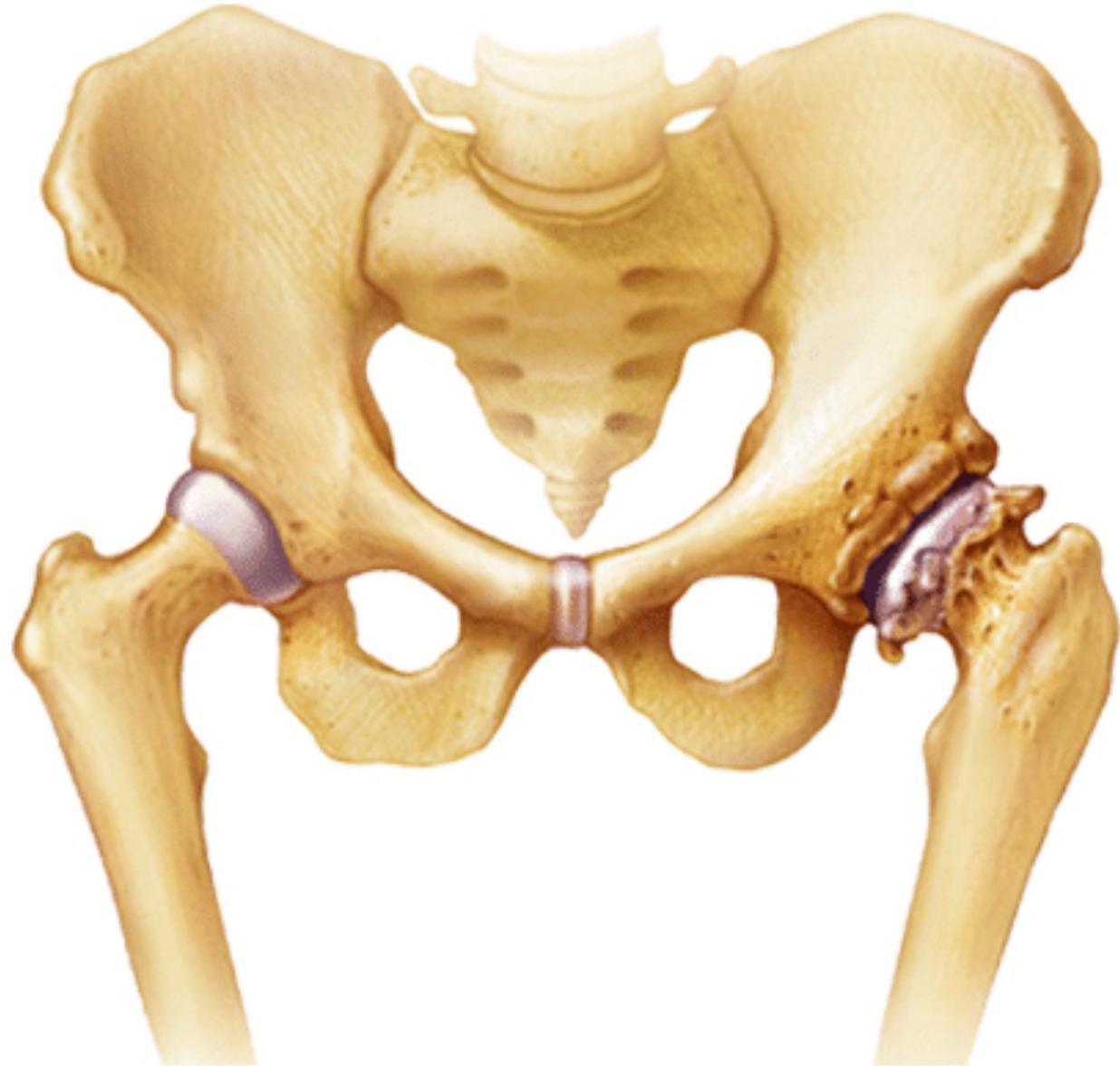
OMBROS  
BRAÇOS  
ANTEBRAÇOS  
PUNHOS  
MÃOS



COSTELAS



# PELVE



# QUADRIS



# COXA (fêmur)



Membro inferior



# JOELHO E PATELA



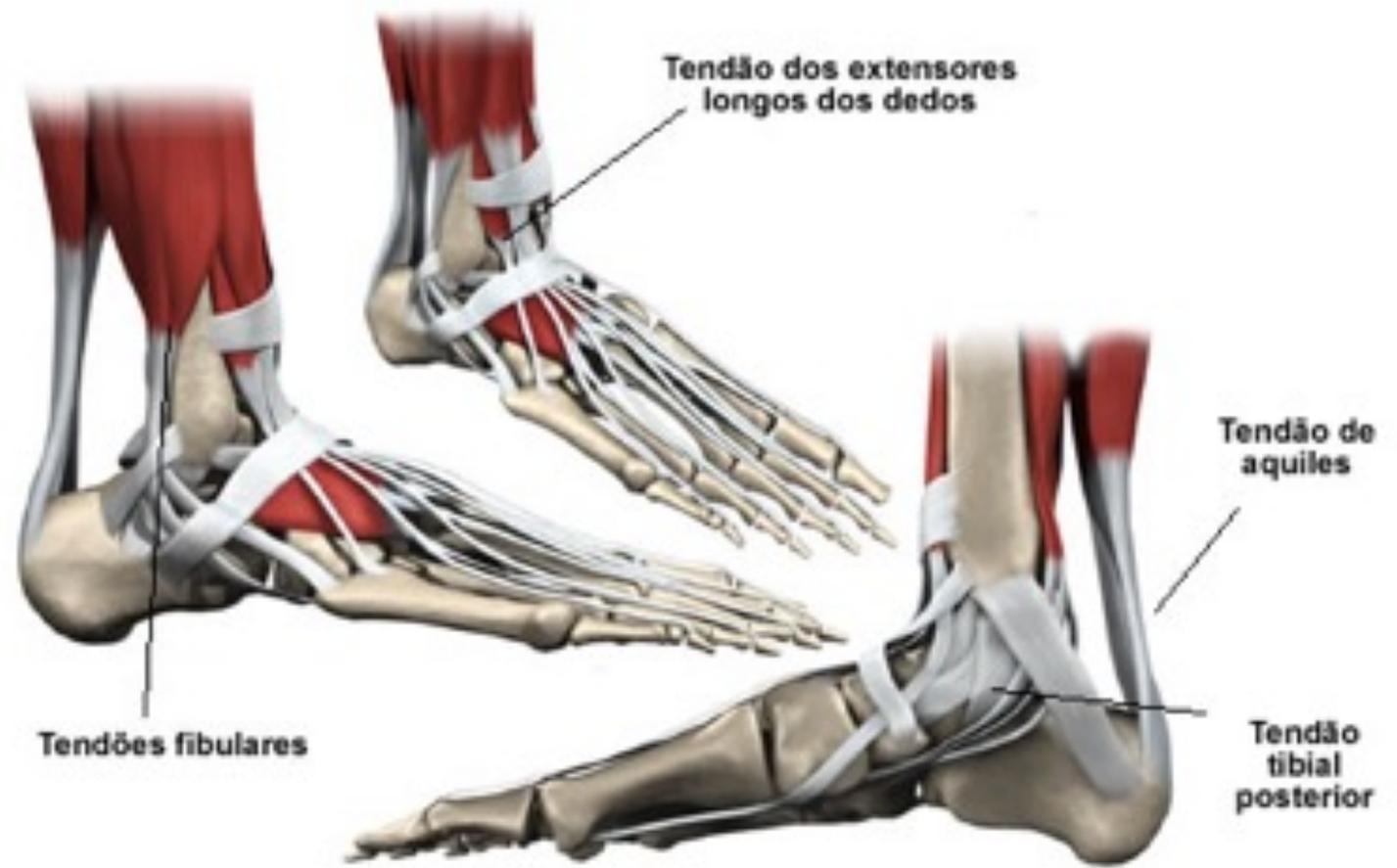
# PERNA



Membro inferior

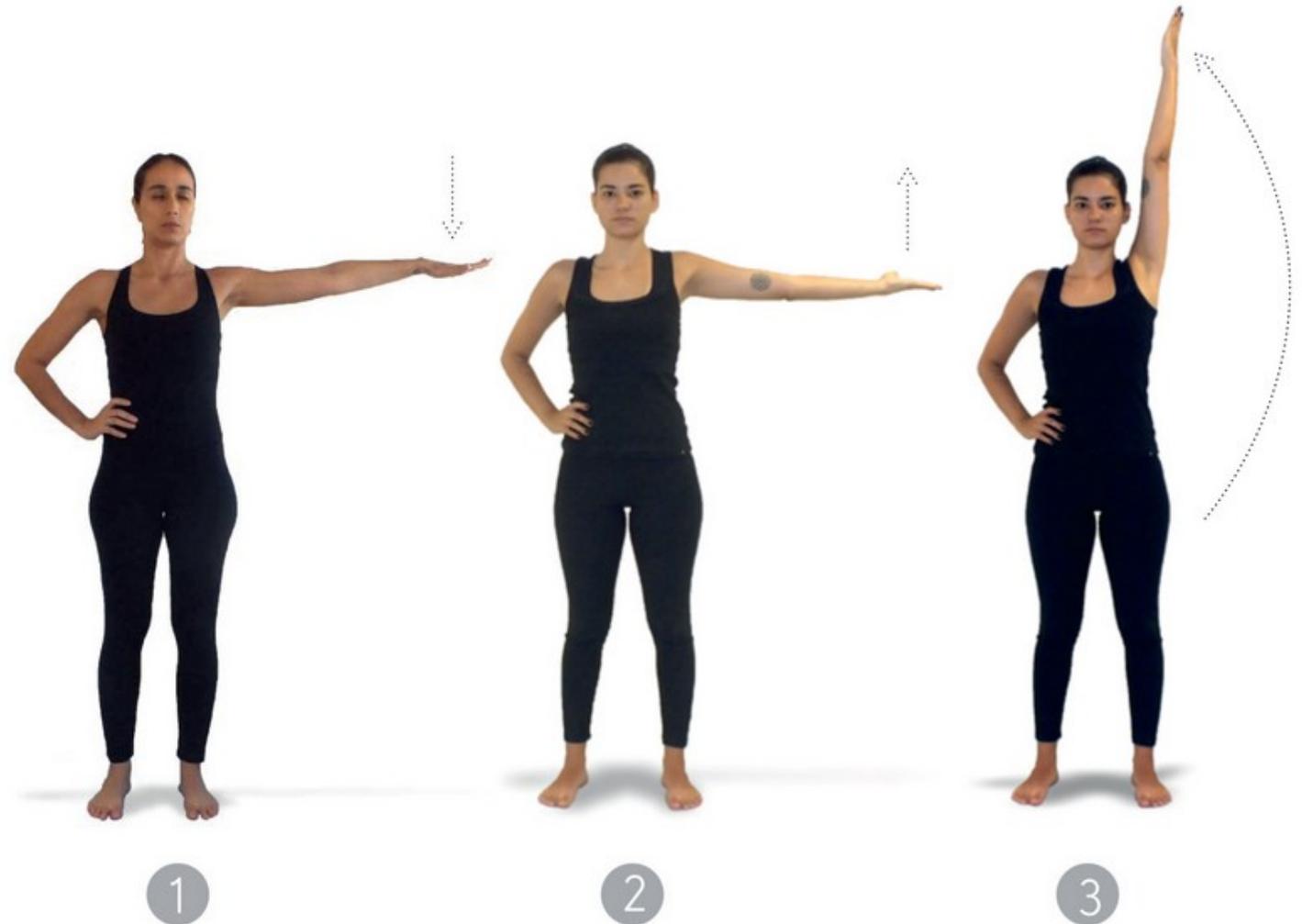


TORNOZELO  
PÉ (dorso e planta)  
CALCANHAR



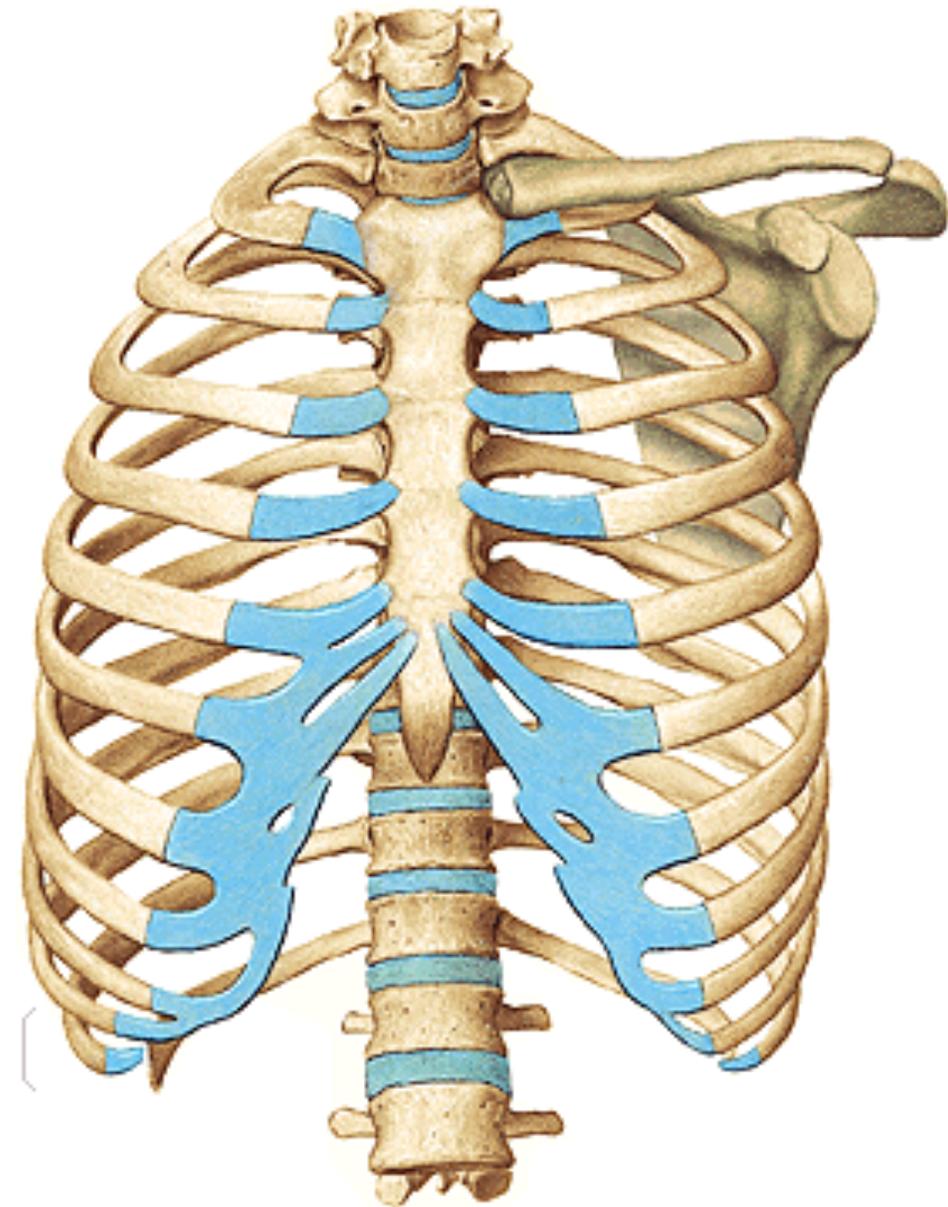
# EVITANDO O CONTATO ÓSSEO

- O limite articular
- A sabedoria do corpo



# RESPIRAÇÃO – COSTELAS - DIAFRAGMA

- Costelas
- O diafragma



O diafragma



# POSTURAS SENTADAS/ PELVE

- A importância de sentar bem
- Efeitos sobre o cóccix
- Efeitos sobre a lombar
- Efeitos sobre o aquietamento
- Experiências

