

I AM Yoga® Anatomy Pre-assignment for Full Certification Students

To provide the best understanding of anatomy as it applies to yoga it is essential that you have a basic knowledge and understanding of the following **before coming to the training**. Doing this work ahead of time will make the anatomy sessions we do in the training easier to understand, more readily applicable to Amrit Yoga, and will result in less classroom time spent on the basics and more time on how we can use the principles of anatomy to deliver a better yoga experience to all levels of students.

Anatomy Coloring Book, Kapit & Elson (3rd edition, 2002 copyright) You may use an earlier edition of the Anatomy Coloring Book, but be sure to reference the page titles rather than page numbers for your assignments.

All material listed below must be read and colored prior to arrival at teacher training. Bring the Anatomy Coloring Book with you to the training; we will be using it extensively.

Coloring serves as a great aid to the assimilation of the material and is mandatory. Prior to coloring each page, read the coloring notes (CN).

Color and read the following pages:

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