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Anatomy of Hatha Yoga is the only modern authoritative source that correlates the study of hatha yoga with anatomy and physiology. Hatha yoga is comprised of stretching, strengthening and breathing exercises in upright, lying down and inverted postures.

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(Indeed, the only comparable book that comes to mind is Mukunda Stiles' Structural Yoga Therapy: Adapting to the Individual, published earlier this year by Samuel Weiser, Inc.; it is arguably more accessible as a yoga manual than Coulter's book but not as authoritative or exhaustive on anatomy.) Advanced students and yoga teachers will want Anatomy of Hatha Yoga as a desk reference and will find themselves consulting it repeatedly in the years ahead.

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his book combines the perspectives of a dedicated yogi with that of a former anatomy professor and research associate at two major American medicine schools.

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