

## **Anatomy Awareness in Asana Suggested Readings**

**Anatomy of Movement**, Blandine Calais-Germain, Eastland Press, Seattle WA.

**The Anatomy Coloring Book**, Wynn Kapit/Lawrence M. Elson, Addison-Wesley Educational Publishers.

**Muscles Testing and Function, 4<sup>th</sup> or 5<sup>th</sup> Edition with Posture & Pain**, Florence Kendall, Elizabeth McCreary, Patricia Provance, Williams & Wilkins.