

# POUŽITÁ LITERATURA

## Literatura:

Jedná se o odkazy použité v kapitolách 2–4 a v analýze ásan:

Adler, S.S., D. Beckers, and M. Buck. 2003. *PNF in Practice*. 2nd ed. New York: Springer.

Clemente, C.D. 1997. *Anatomy: A Regional Atlas of the Human Body*. 4th ed. Philadelphia, PA: Lippincott Williams & Wilkins.

Gorman, D. 1995. *The Body Moveable*. 4th ed. Guelph, Ontario: Ampersand Press.

Gray, H., S. Standring, H. Ellis, and B.K.B Berkovitz. 2008. *Gray's Anatomy: The Anatomical Basis of Clinical Practice*. 40th ed. Edinburgh; New York: Elsevier Churchill Livingstone.

Kapit, W., and L.M. Elson. 1993. *The Anatomy Coloring Book*. 2nd ed. New York: HarperCollins College Publishers.

Kendall, F.P., E.K. McCreary, and P.G. Provance. 1993. *Muscles, Testing and Function*. 4th ed. Philadelphia, PA: Lippincott Williams & Wilkins.

Keynes, R, D. Aidley, C. L.-H. Huang. 2011. *Nerve and Muscle*. 4th ed. New York: Cambridge University Press

Myers, T. 2001. *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*. Philadelphia, PA: Churchill Livingstone.

Netter, F.H. 1997. *Atlas of Human Anatomy*. 2nd ed. East Hanover, NJ: Novartis.

Platzer, W. 2004. *Color Atlas and Textbook of Human Anatomy, Volume 1: Locomotor System*. 5th ed. New York: Thieme.

## Zdroje:

Leslie Kaminoff's Yoga Anatomy website—The author's website, containing biographical and contact information, international teaching schedule, booking information, online training information, and his eSutra blog and other writing projects: [www.yogaanatomy.org](http://www.yogaanatomy.org).

Amy Matthews' Movement Practices website—The author's website, containing biographical and contact information, online and in-person teaching schedule, and online training information: [www.movementpractices.com](http://www.movementpractices.com).

The Breathing Project, Inc.—Educational nonprofit organization founded by Leslie Kaminoff, providing advanced studies for movement educators and therapeutic classes to the public, New York, NY: [www.breathingproject.org](http://www.breathingproject.org).

Krishnamacharya Yoga Mandiram—The yoga of T. Krishnamacharya and his teachings, founded by T.K.V. Desikachar, Chennai, India: [www.kym.org](http://www.kym.org).

Bonnie Bainbridge Cohen's School for Body-Mind Centering—Embodied anatomy and developmentally based movement reeducation and hands-on repatterning, El Sobrante, CA: [www.bodymindcentering.com](http://www.bodymindcentering.com).

Gil Hedley's Somanautics Human Dissection Intensives and DVD series—Workshops taught internationally: [www.gilhedley.com](http://www.gilhedley.com).

*Yoga Journal's* online resource for conventional spellings of Sanskrit pronunciation: [www.yogajournal.com/poses](http://www.yogajournal.com/poses).

Cologne digital Sanskrit dictionaries for scholarly translations of Sanskrit terms: [www.sanskrit-lexicon.uni-koeln.de](http://www.sanskrit-lexicon.uni-koeln.de).