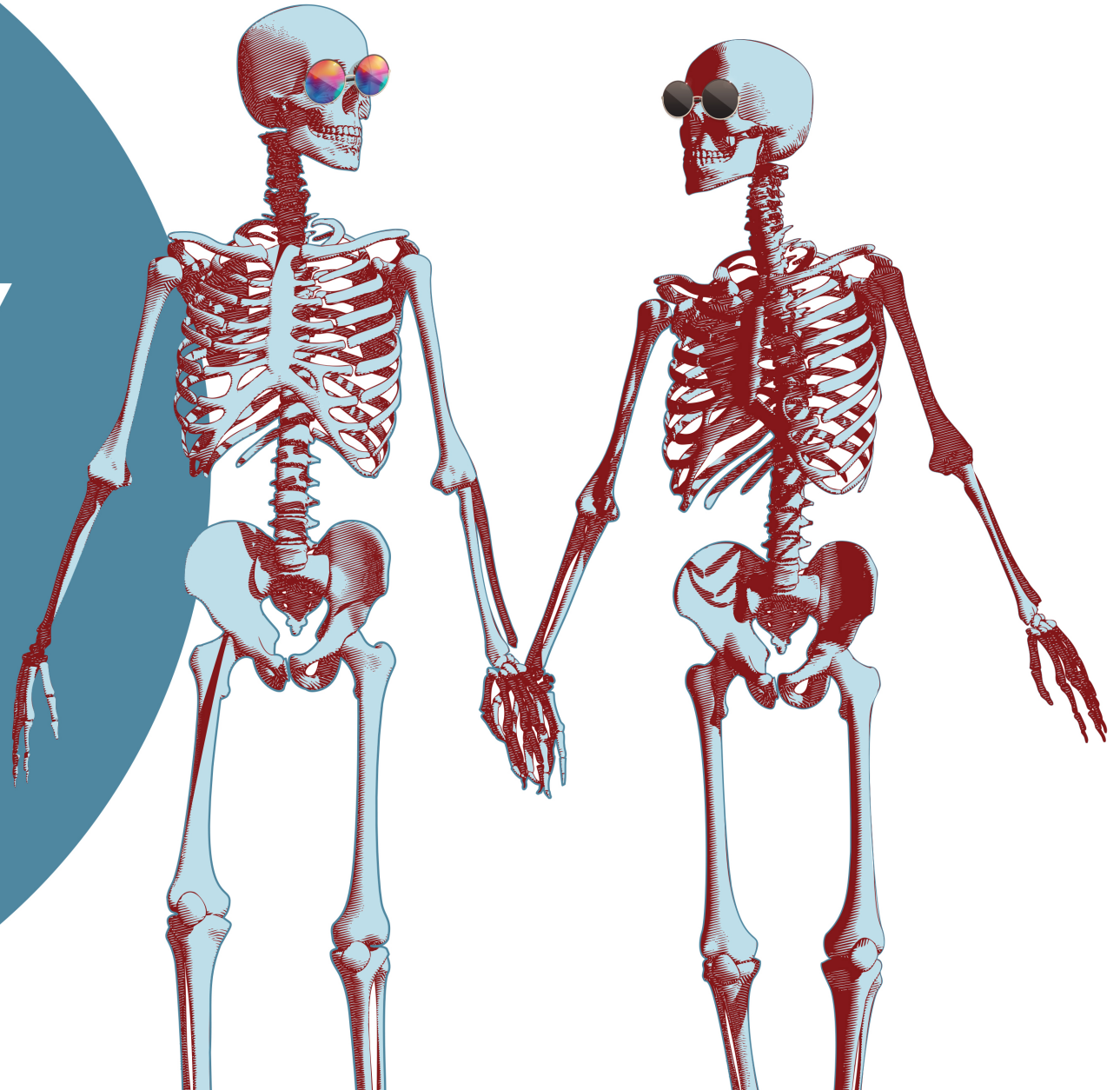




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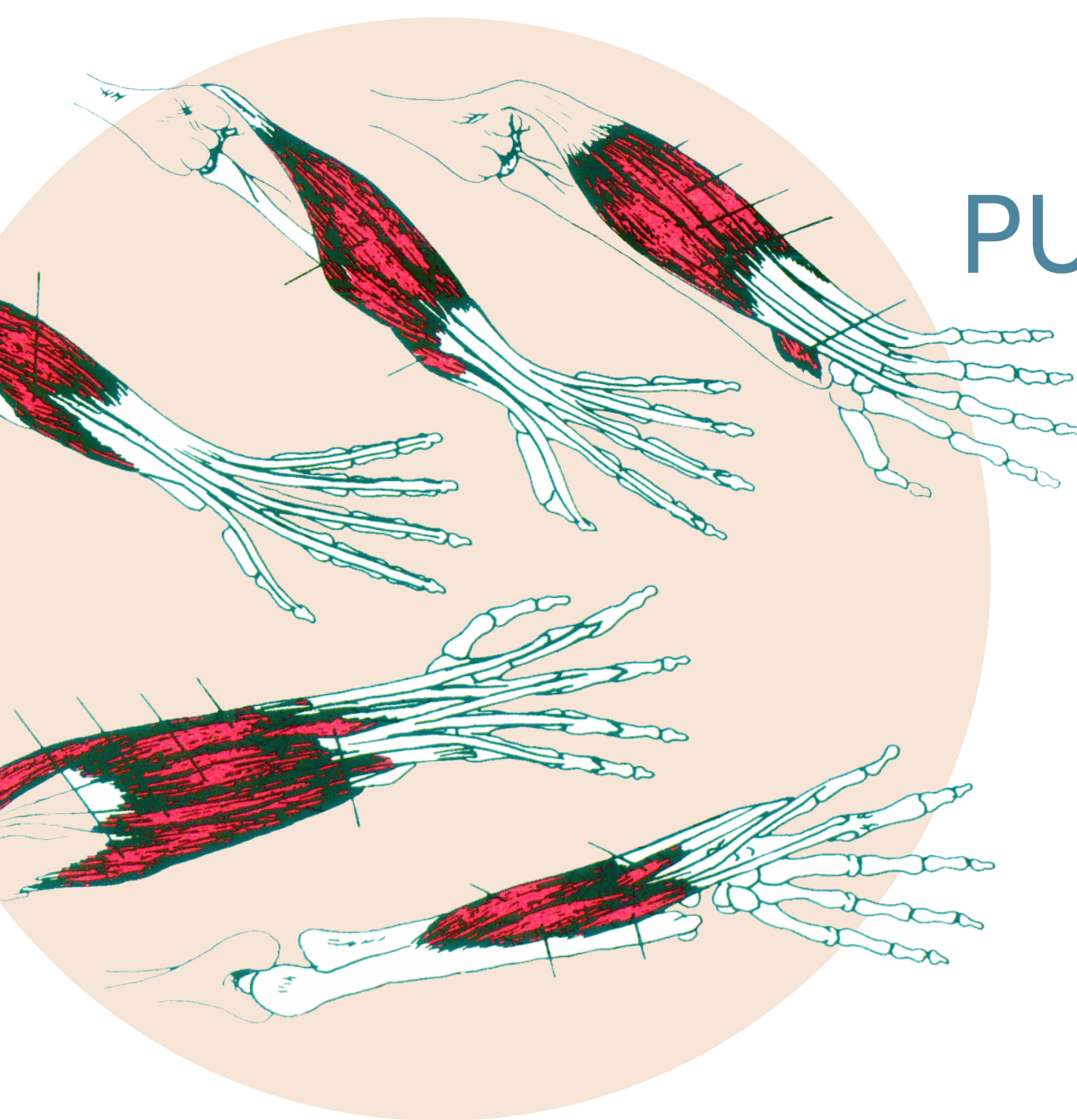
Living Anatomy for
Yoga Teachers



MODULE 3

PUT SOME MUSCLE INTO IT

ARM MUSCLES





live your yoga flow™



live your yoga flow™



live your yoga flow™



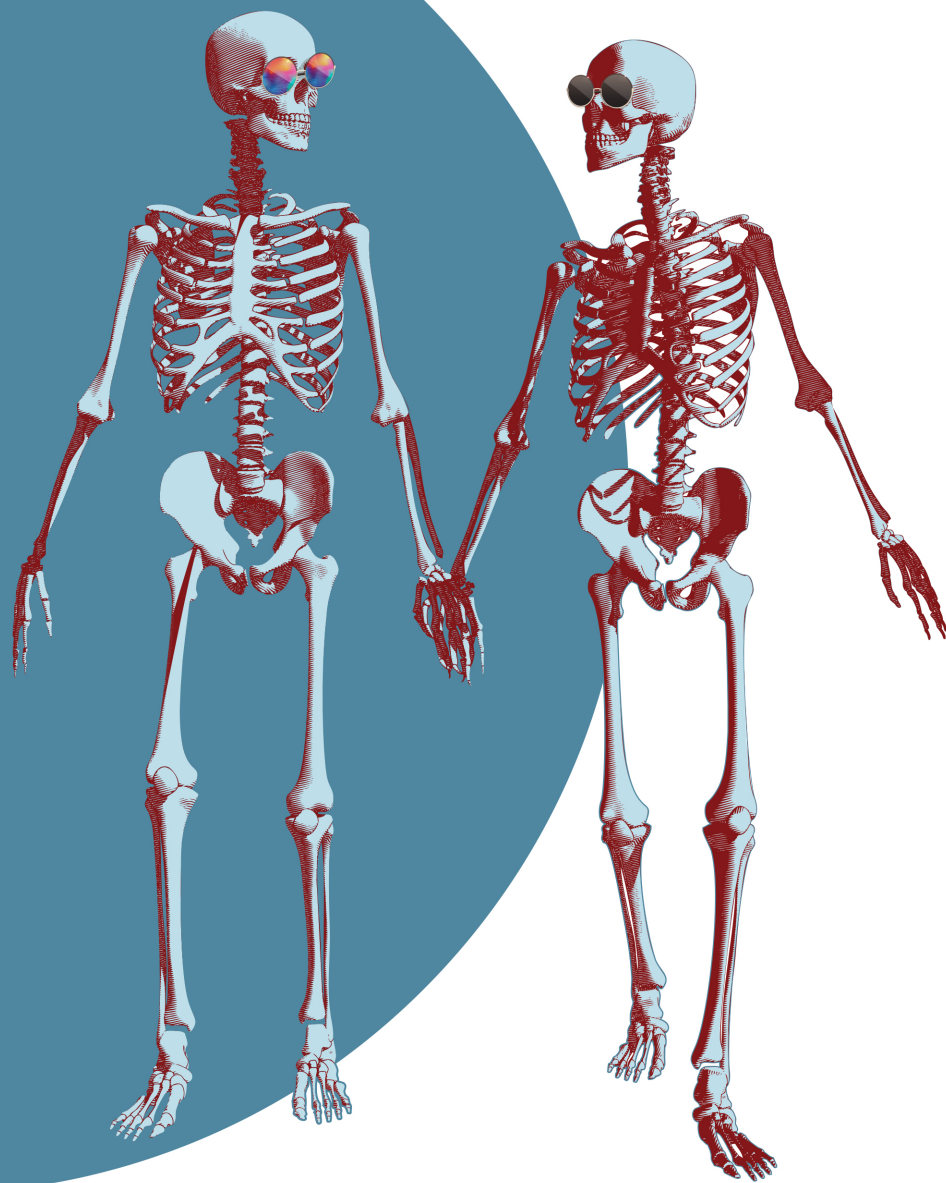
live your yoga flow™



live your yoga flow™



live your yoga flow™

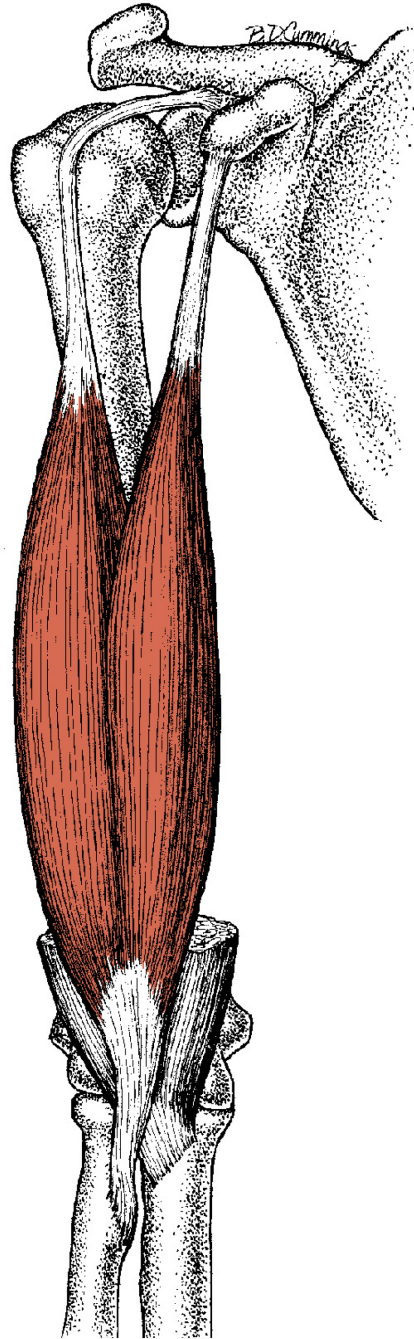


REVIEW & REFLECT

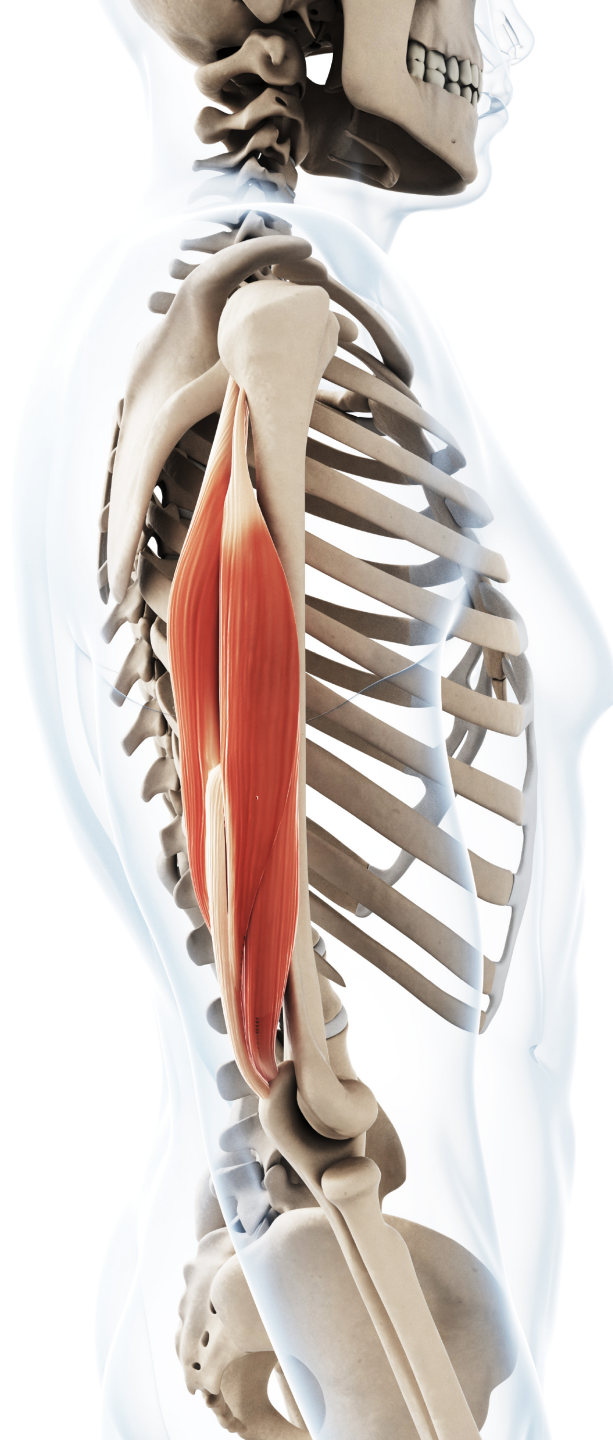
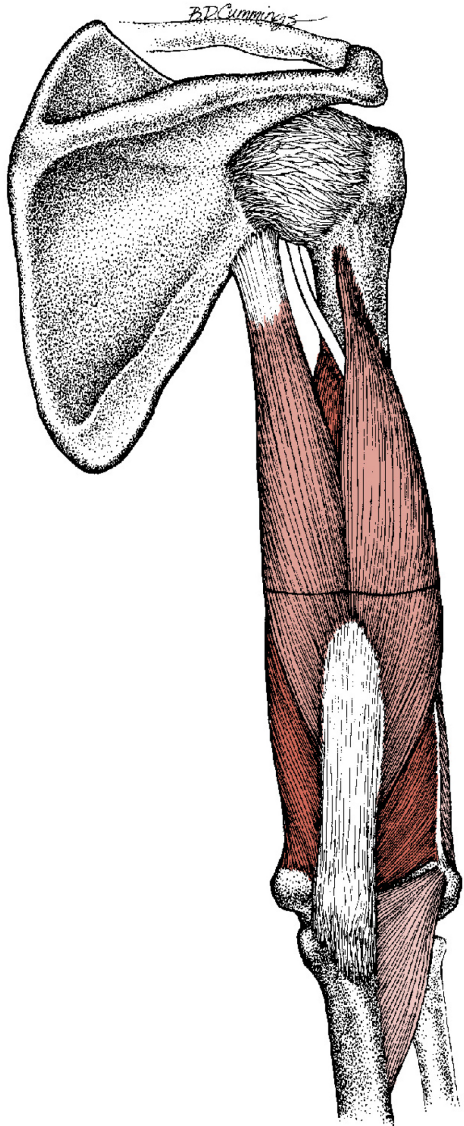
Brachialis



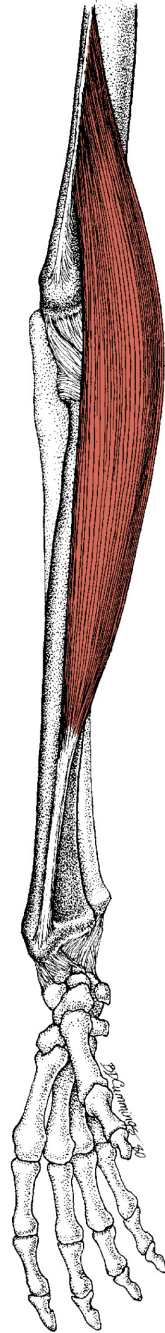
Biceps Brachii



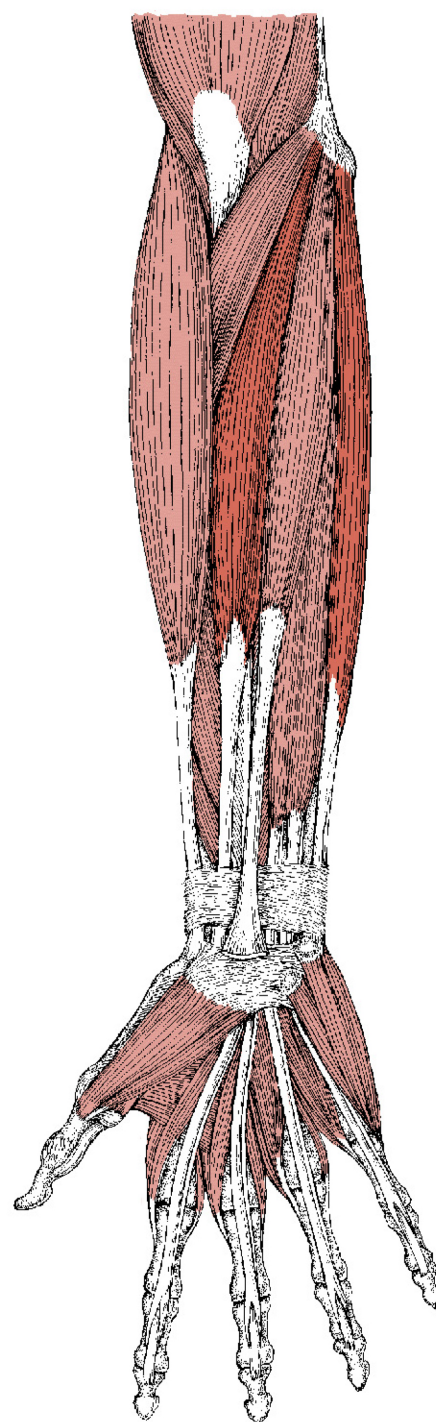
Triceps Brachii



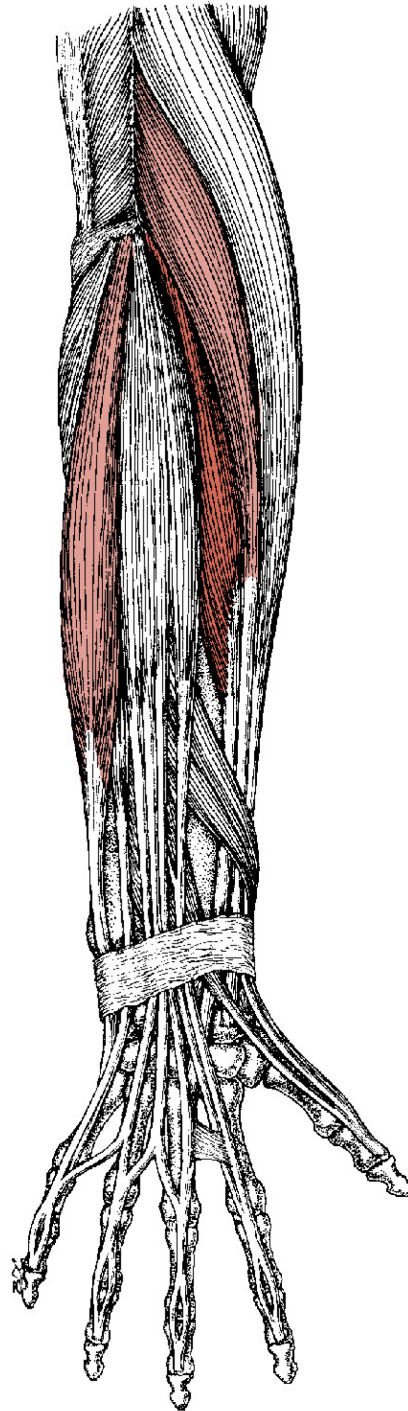
Brachioradialis

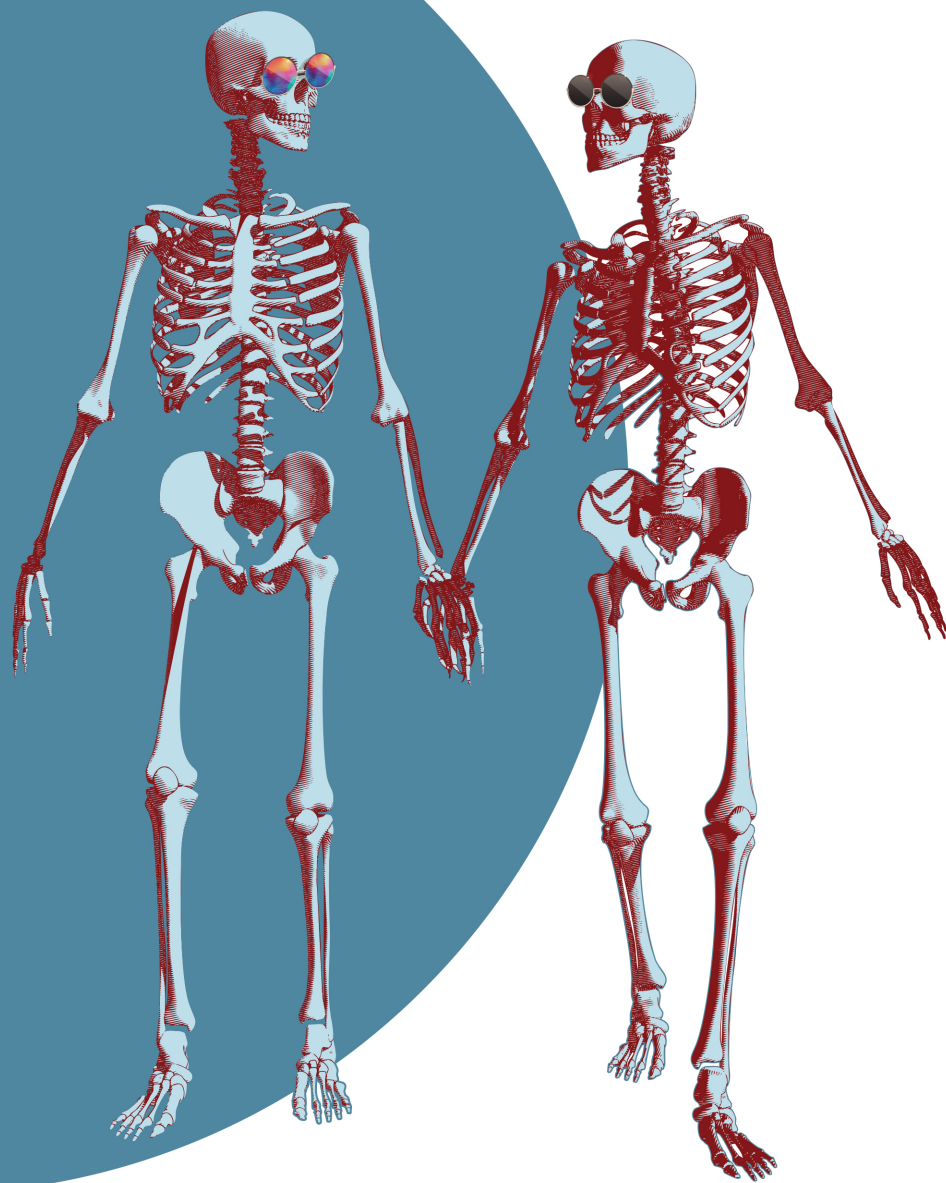


Wrist flexors



Wrist extensors





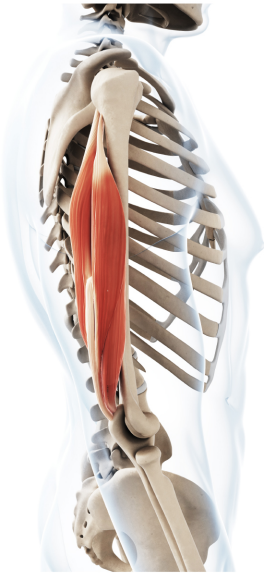
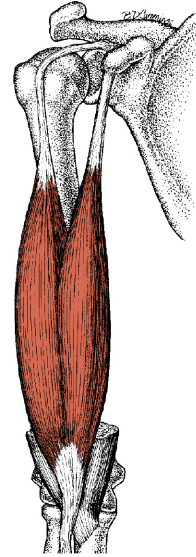
REVIEW & REFLECT



**FEELING
INQUIZITIVE?**









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