The background features two anatomical illustrations. On the left, a detailed, light-colored drawing of the human nervous system, showing a complex network of nerves and ganglia. On the right, a detailed, light-colored drawing of the human skeleton, showing the ribcage, spine, and pelvic/leg bones. The text is overlaid on these illustrations.

# **Experiential Anatomy for Yoga Teachers**

An anatomical illustration of the human muscular system, showing the torso, arms, and legs. The drawing is detailed, showing the complex network of muscles, tendons, and nerves. The text is overlaid on the central part of the illustration.

# **How to Build a Human**

**(Perception, Integration, Balance)**



**59 distinct elements** comprise the Human body.

**99.1 percent** of them are very common:

Carbon, Oxygen, Hydrogen, Nitrogen, Calcium and Phosphorus.

A full **61 percent** of our body mass is **Oxygen**.

Lucky for us: this **Oxygen** is bonded to **Hydrogen** to make **Water**, which gives us weight and keeps us from floating away.

In 2013 UK Royal Society of Chemistry calculated the cost of all the elements in the Human form:

**£96,546.79**

£8 for Oxygen, £16 for Hydrogen, £0.27 for Nitrogen

£44,300 for Carbon and £47,000 for Ca, K, P

However, a US television show **Nova** did a similar calculation and arrived at the cost of only **USD168**.

**Where the Human body is involved, science and details can be surprisingly uncertain!!**

# **Our bodies truly are the meeting place of science and magic.**

We literally are a bag of (relatively) inexpensive  
chemicals...

And somehow these chemicals combine in just  
the right way to give us **life, movement,**  
**thoughts** and the ability to **create, love and**  
**learn.**

Current medicine and science cannot explain  
how or why this happens.

# **The human body is amazingly autonomous**

Every second of every day our body performs an incalculable amount of tasks just to keep us alive.

For example: How many times a day do we blink? 500? 1,000? 5,000?

About **14,000** times a day.

So many times that our eyes are actually shut  
for **23 minutes** of every waking day.

Yet we never have to think about it.



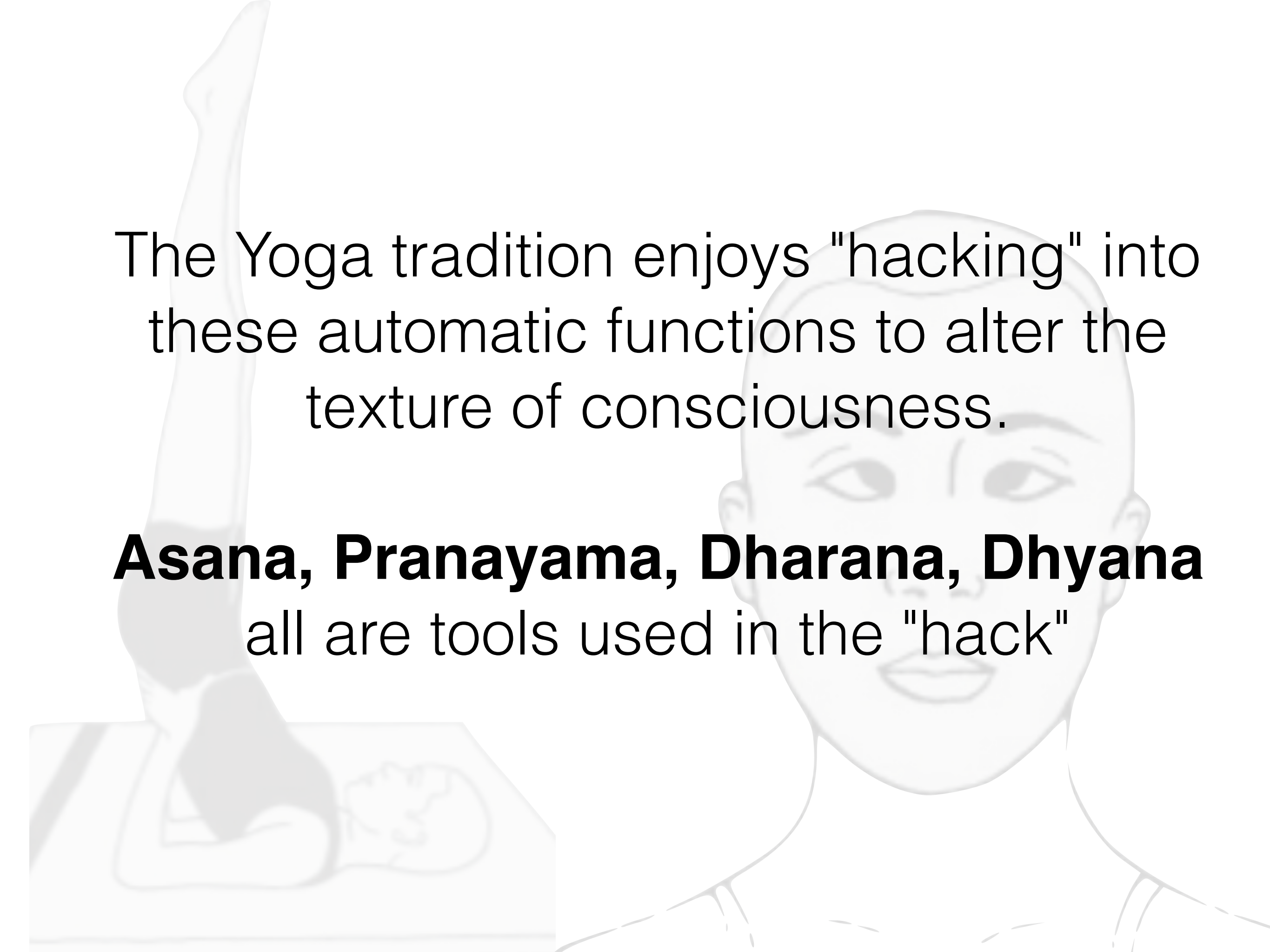
In the time it takes you to read this, your body has produced **1million** red blood cells.

They are already moving thru your body, delivering **Oxygen** and keeping you alive.

These new cells move thru your body about **150,000 times** before they reach the end of their lifespan and are devoured by other cells.

This cycle repeats endlessly... automatically...





The Yoga tradition enjoys "hacking" into these automatic functions to alter the texture of consciousness.

**Asana, Pranayama, Dharana, Dhyana**  
all are tools used in the "hack"

**It takes 7 billion billion billion atoms to  
make you.**

7,000,000,000,000,000,000,000,000,000,000,000,000

But atoms are just building blocks and not  
considered "alive".

Biologists consider the **Cell** as the smallest structural and functional unit of a "living" organism.

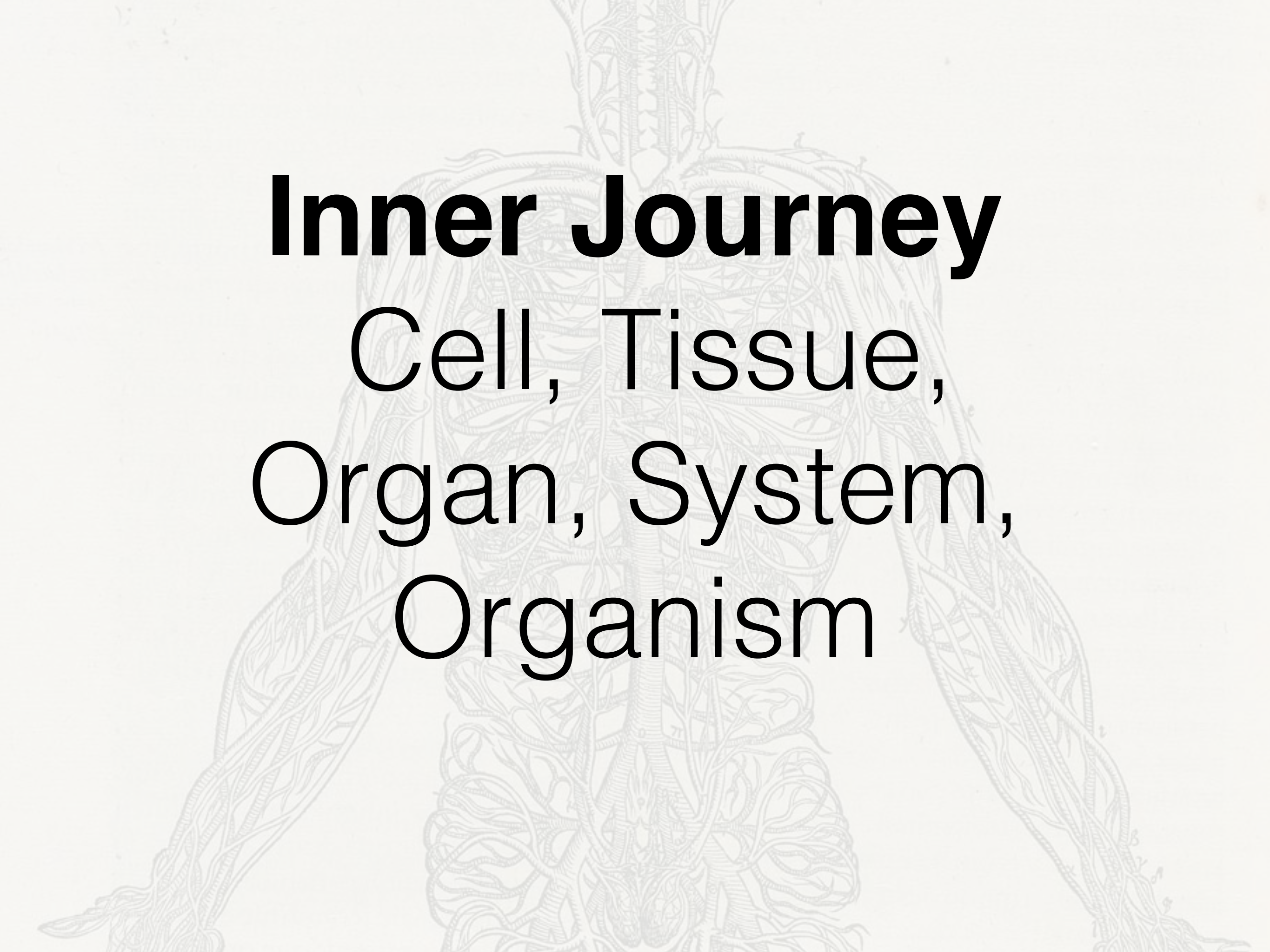
Cells work together to make **Tissues**.

Tissues come together to make **Organs**.

Organs work together in **Systems**.

Systems come together to make **Organisms**.

**Aka: You.**

An anatomical illustration of a human torso, showing the skeletal structure, muscles, and internal organs. The illustration is rendered in a light gray color and serves as a background for the text. The text is centered and reads: 

# Inner Journey

Cell, Tissue,  
Organ, System,  
Organism