

ANATOMIA VIVENCIAL



LISTA DO QUE TODO
INSTRUTOR DE YOGA
DEVERIA SABER SOBRE O
CORPO EM MOVIMENTO

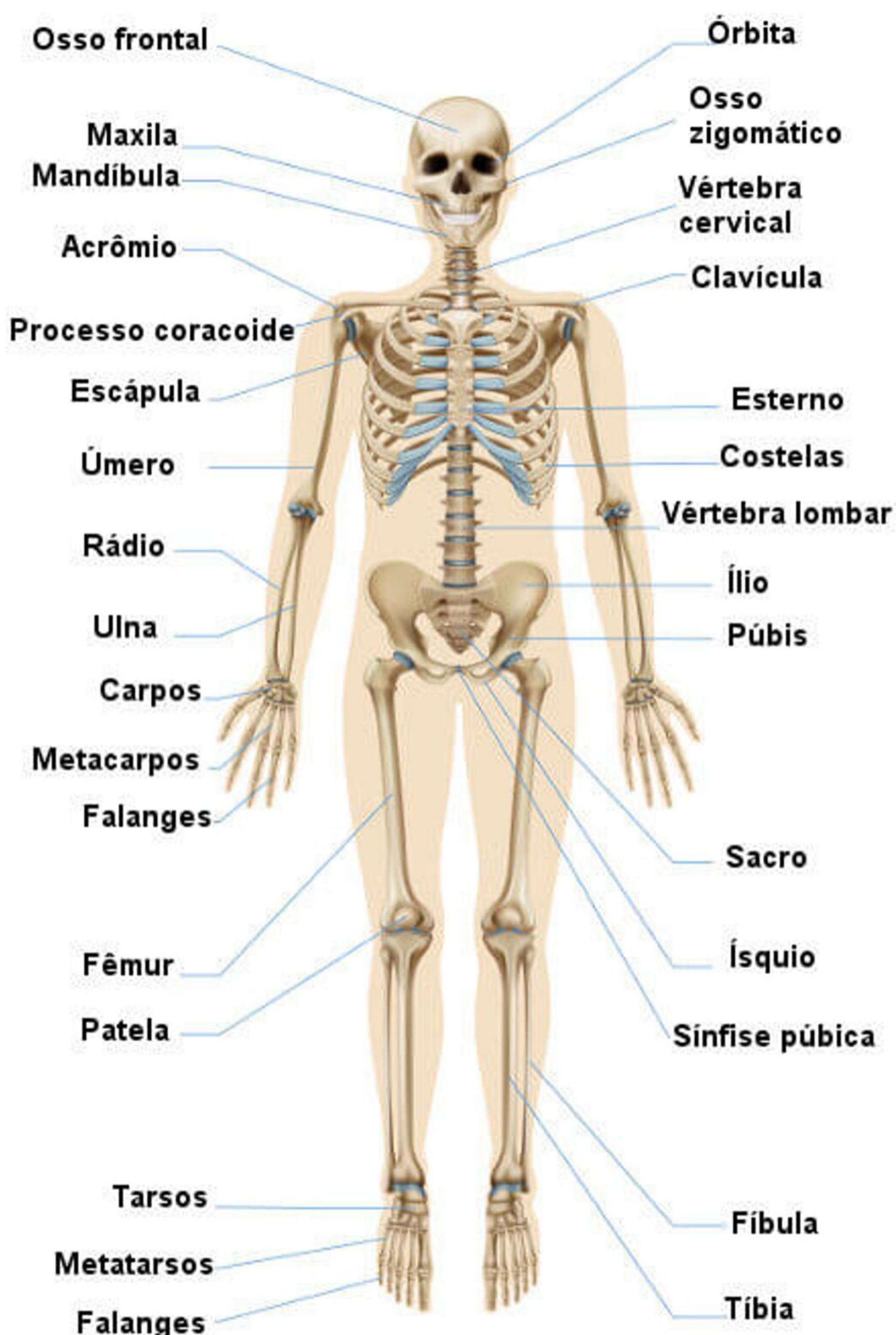
Anatomia
VIVENCIAL



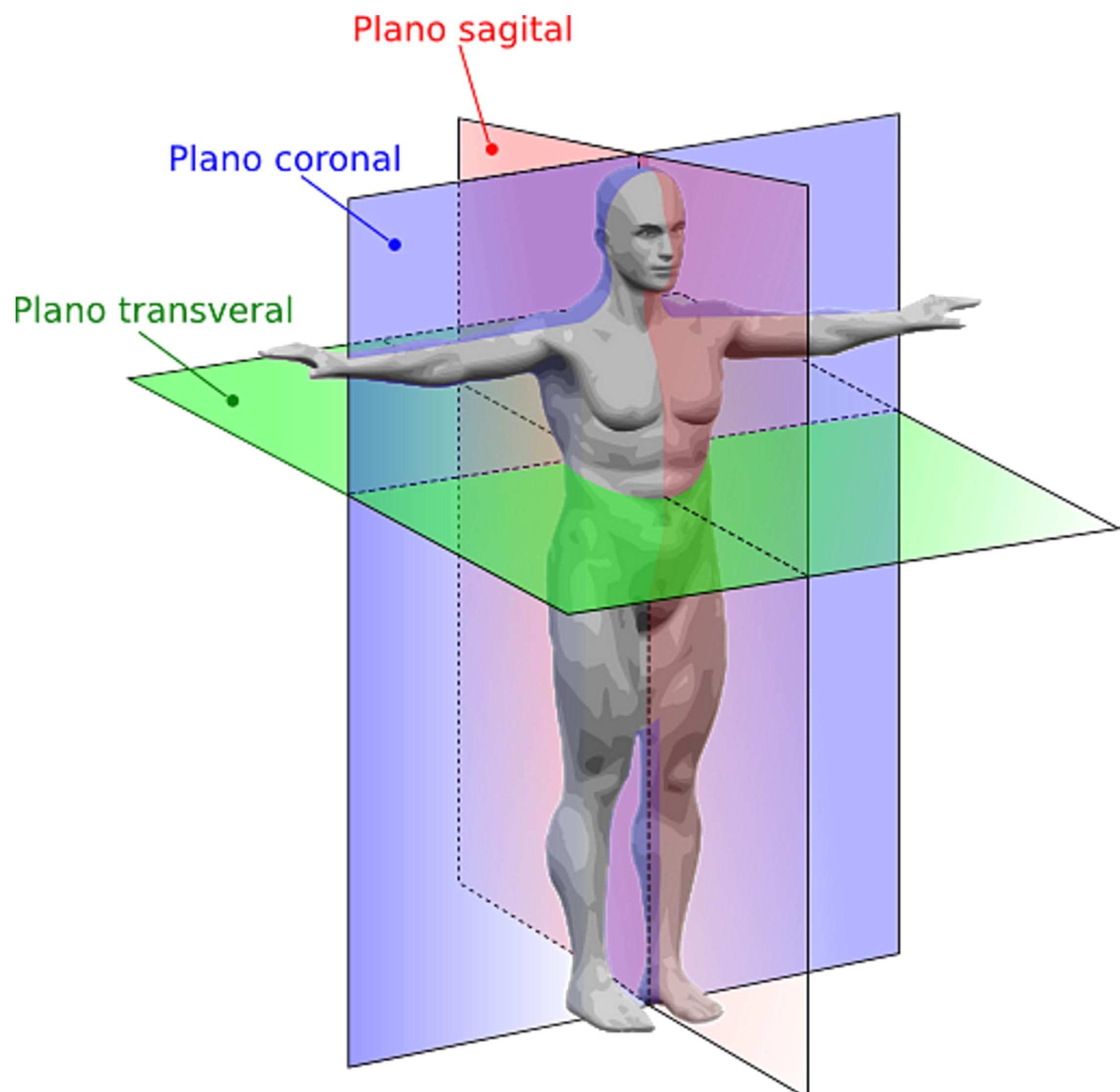
Anatomia
VIVENCIAL

COM GERMANA LUCENA

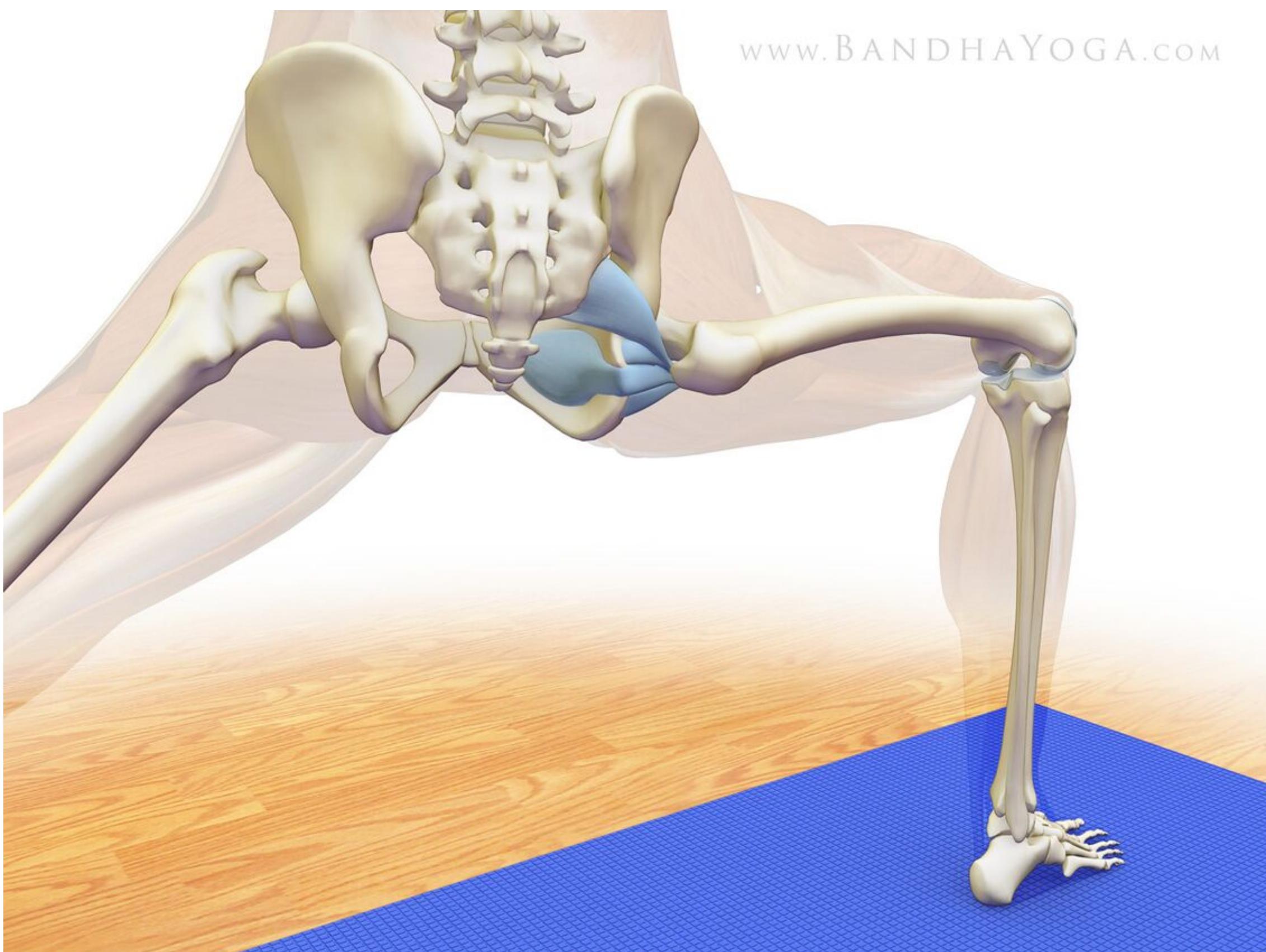
Estrutura Básica do nosso Esqueleto



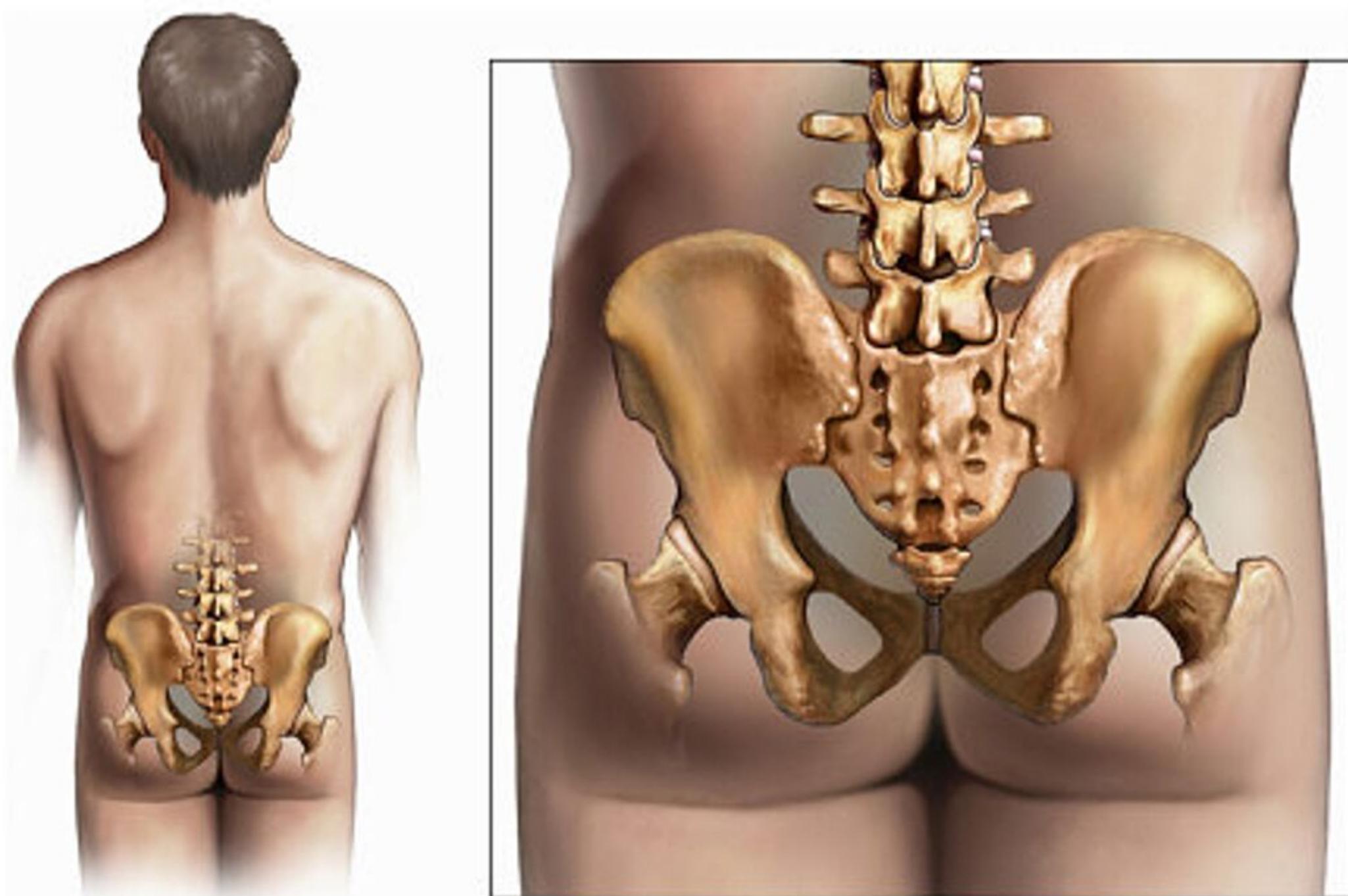
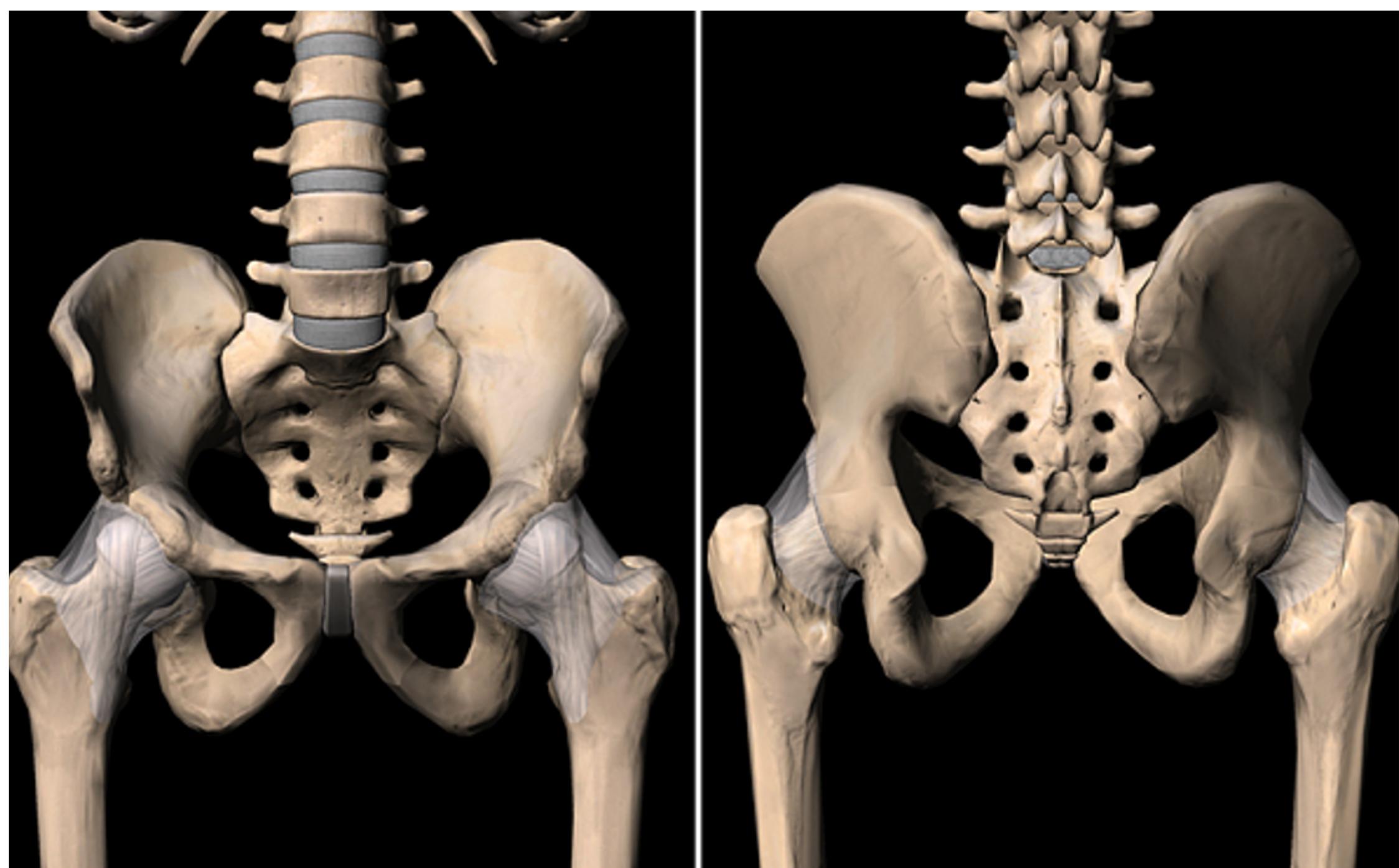
O nosso corpo se move em planos de movimento



Nos movemos graças aos diferentes tipos de articulações no corpo

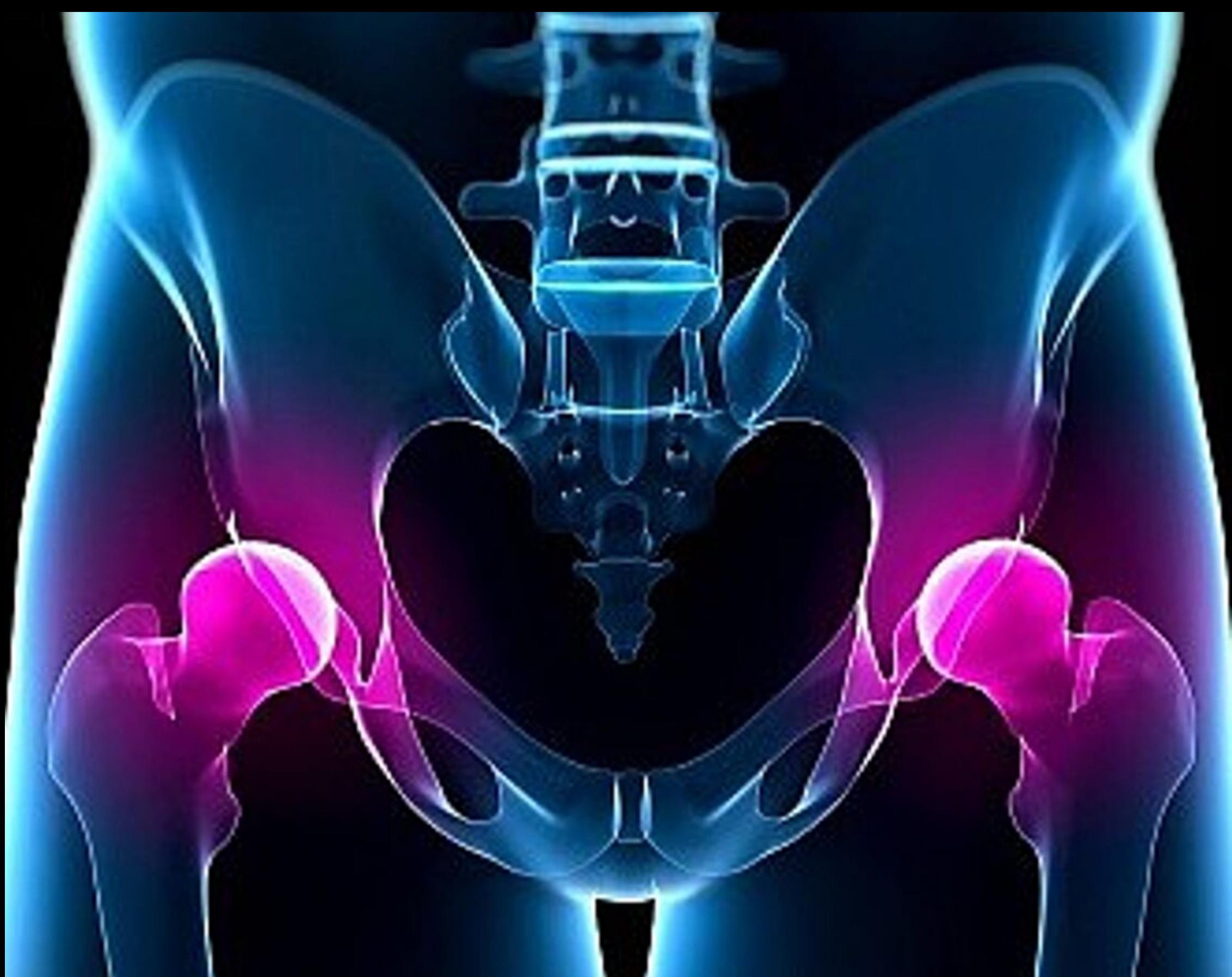


Por onde começamos? Pela região da Bacia

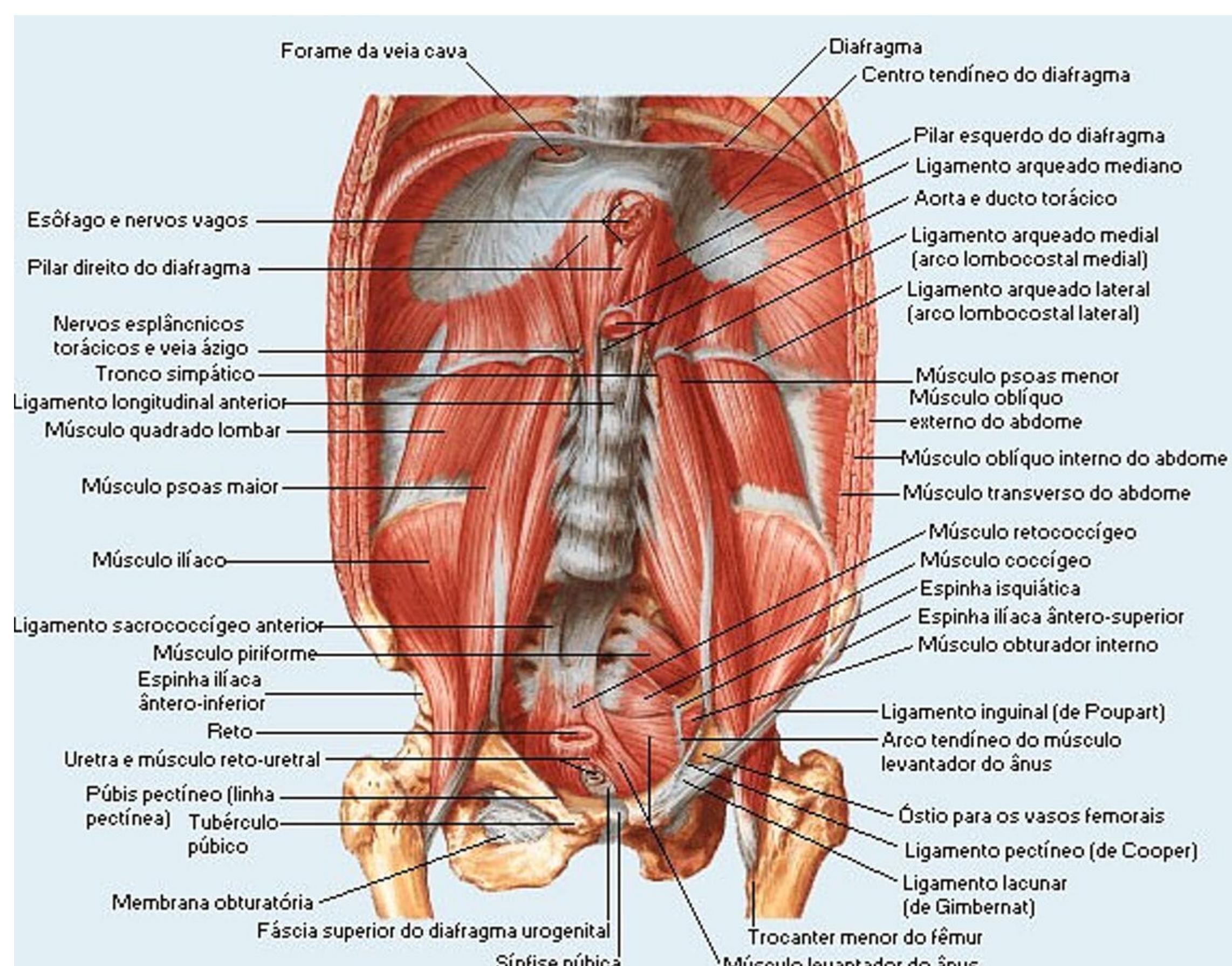
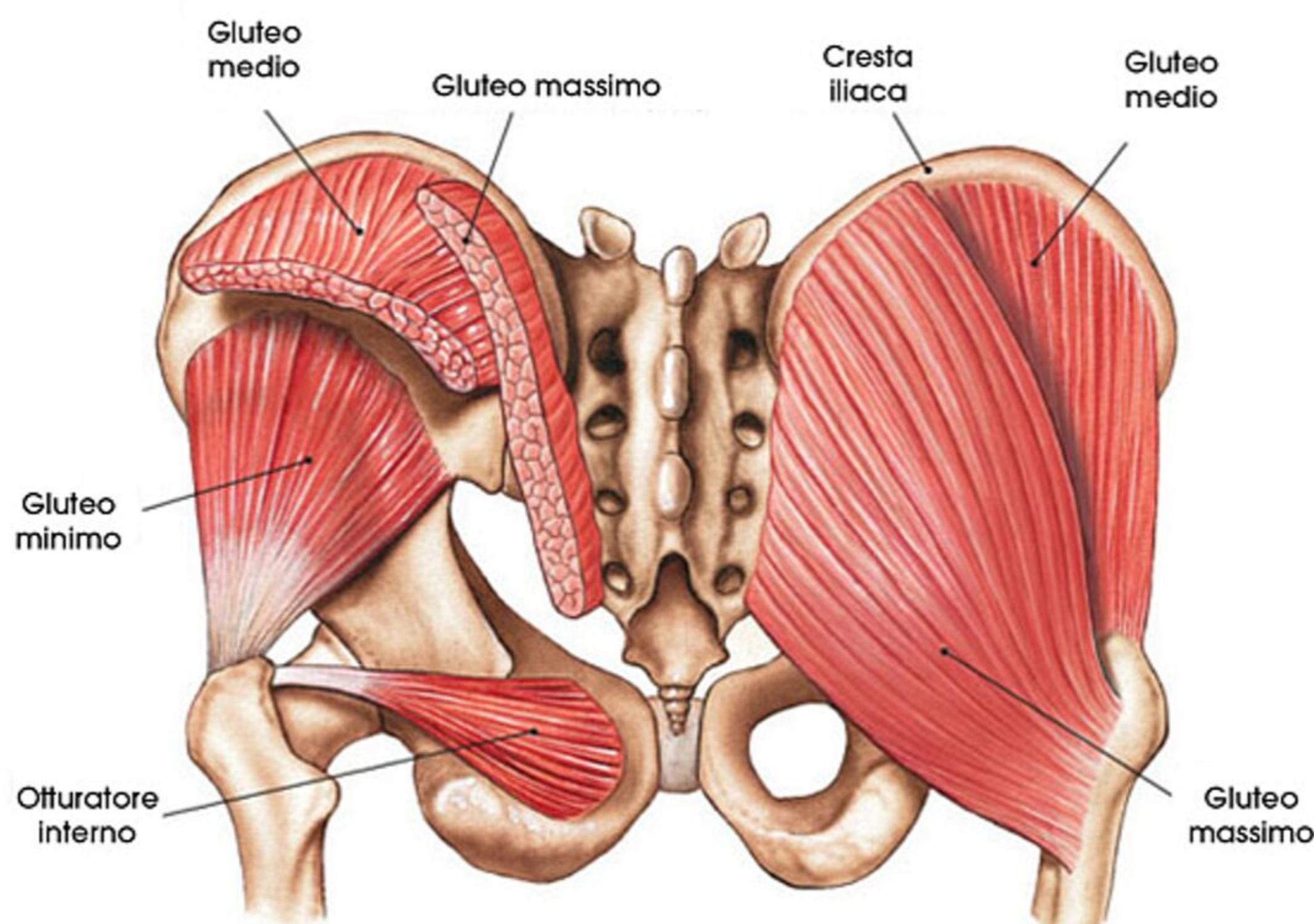


AllPosters

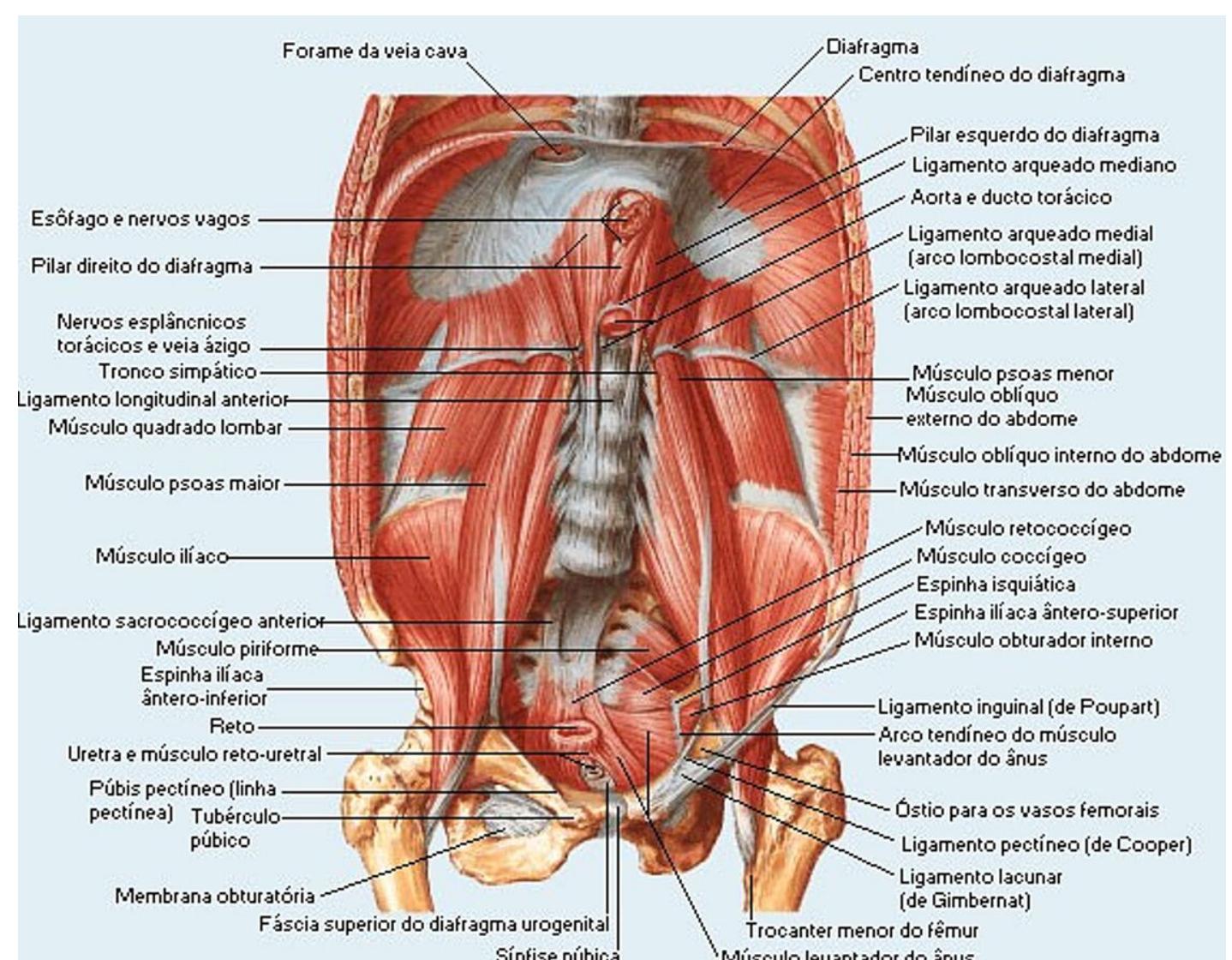
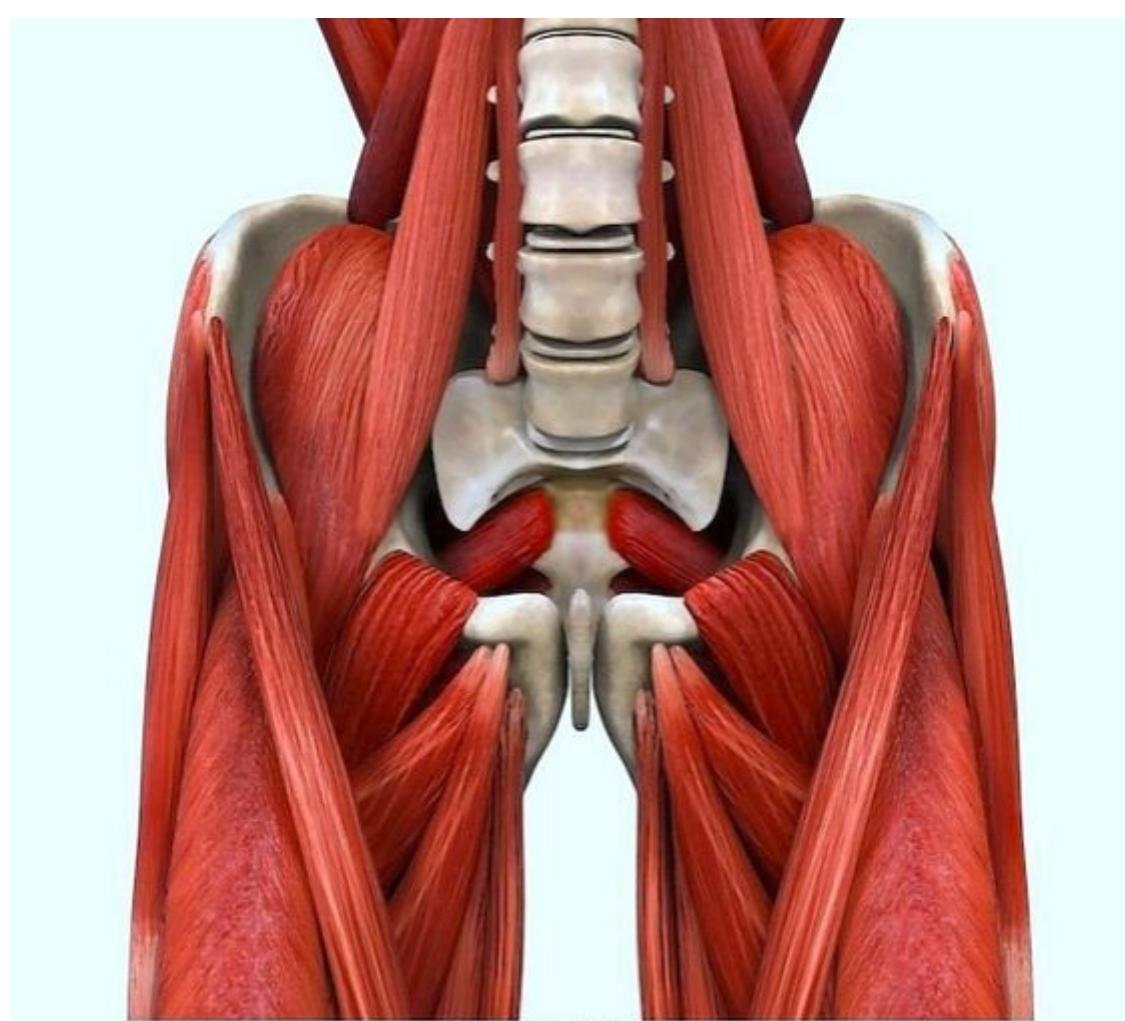
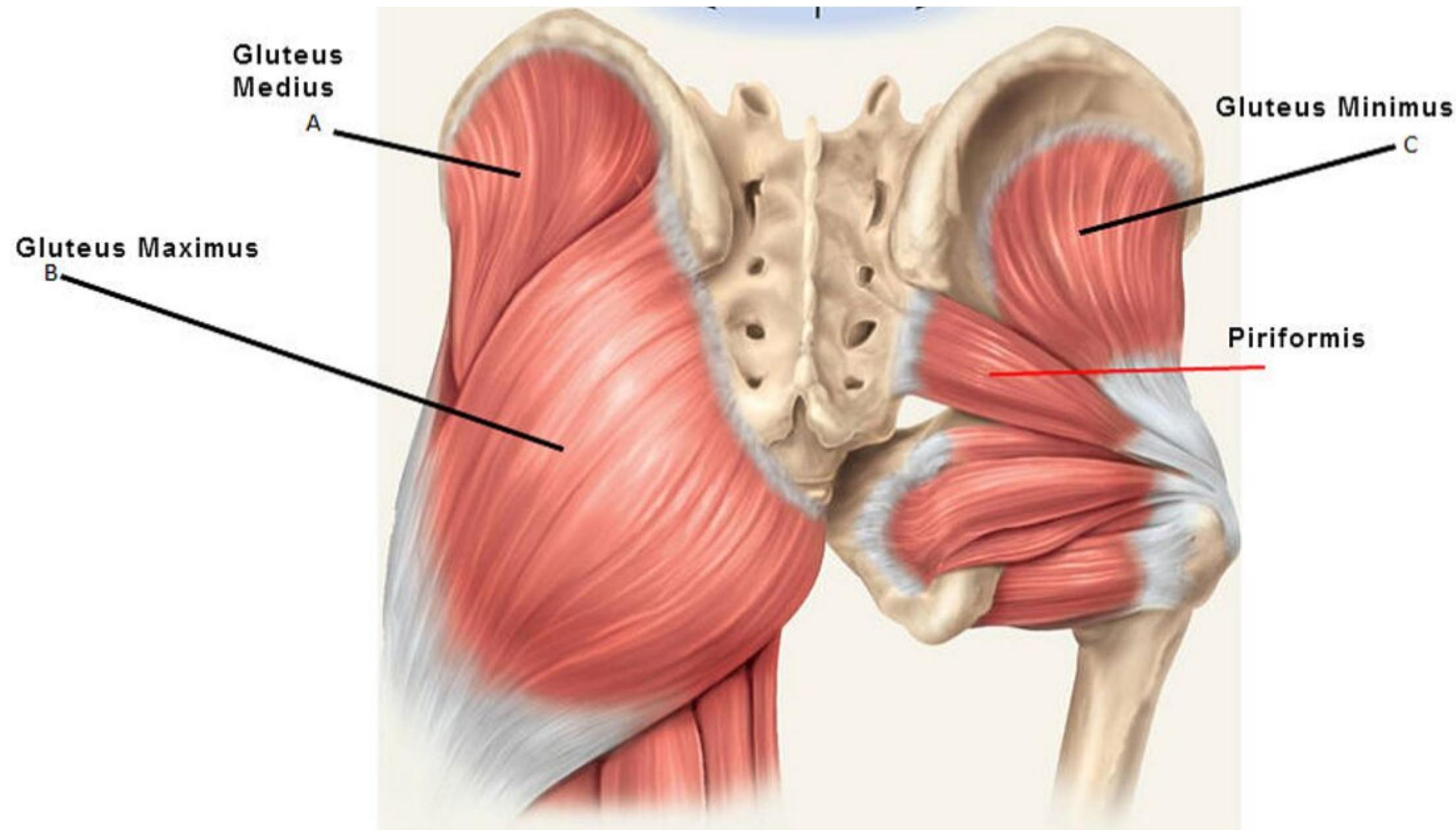
Articulações Essenciais: Articulação Coxofemoral e Articulação Lombossacra



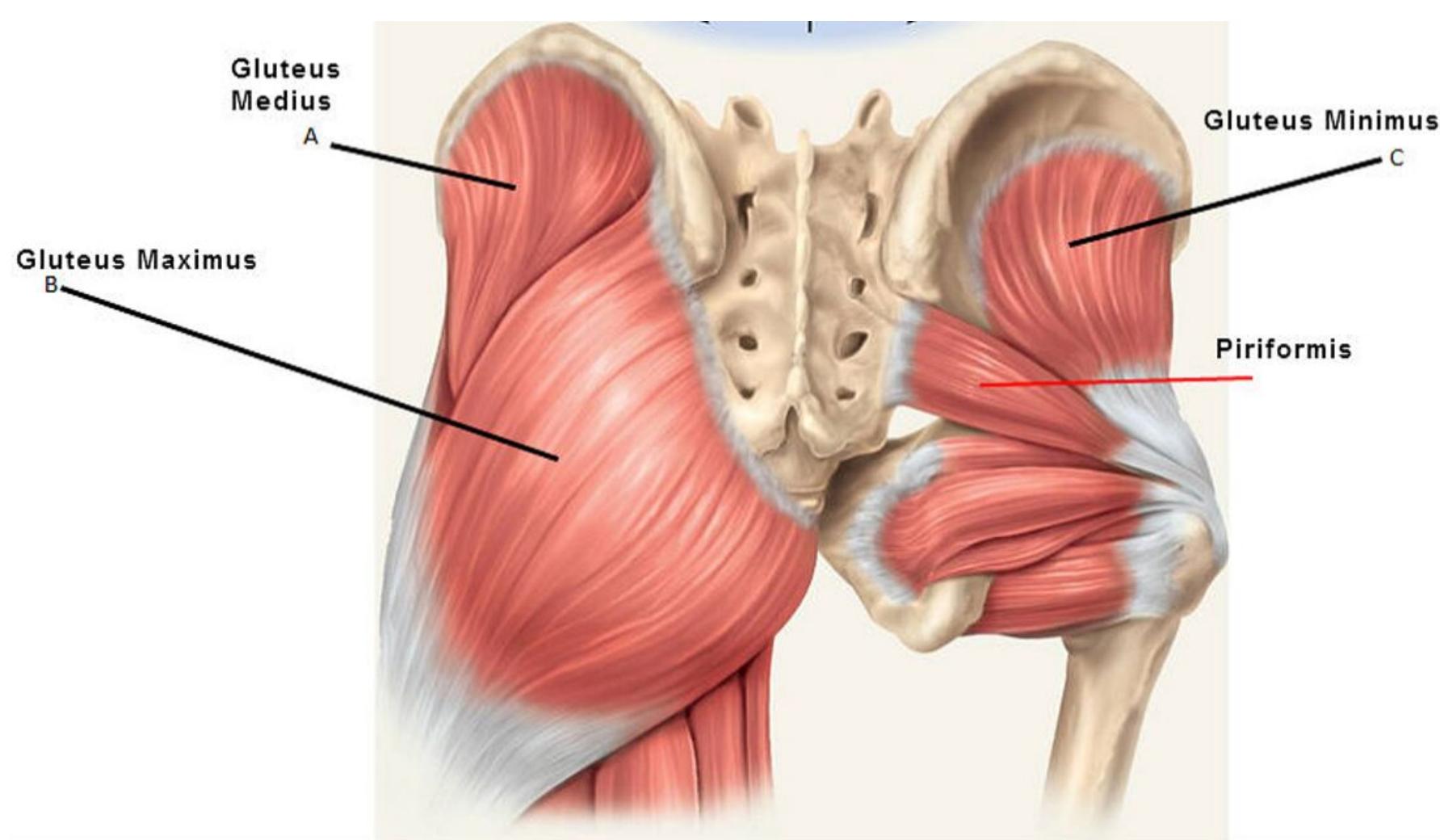
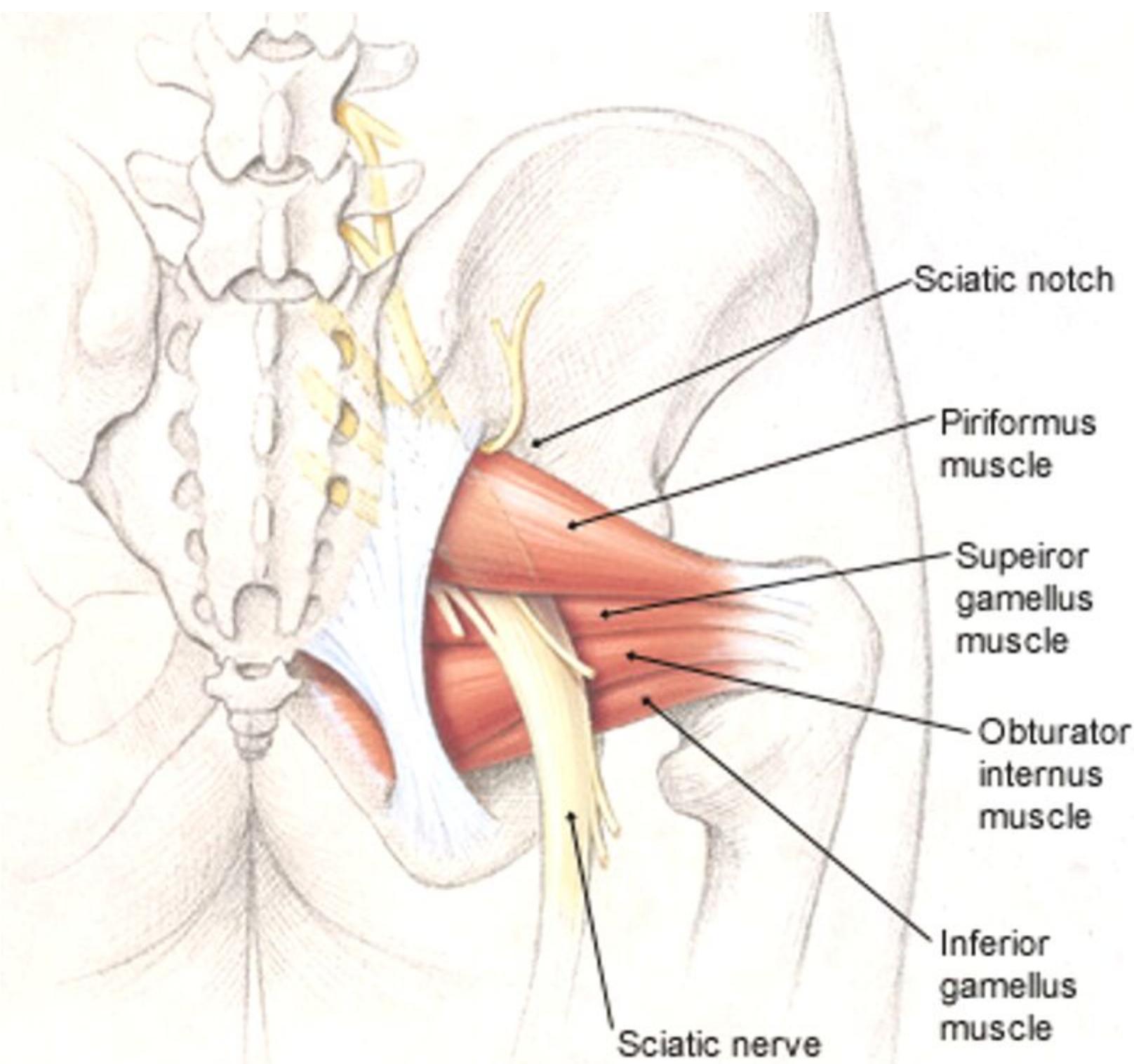
Músculos relacionados à região da Bacia



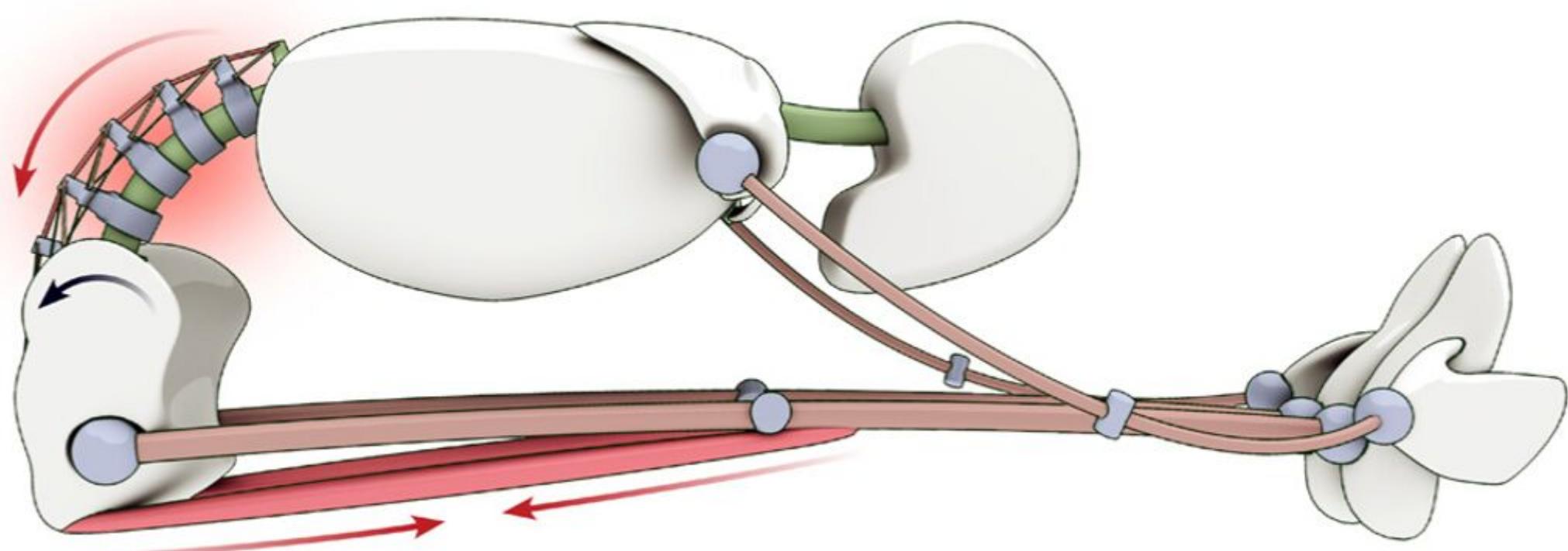
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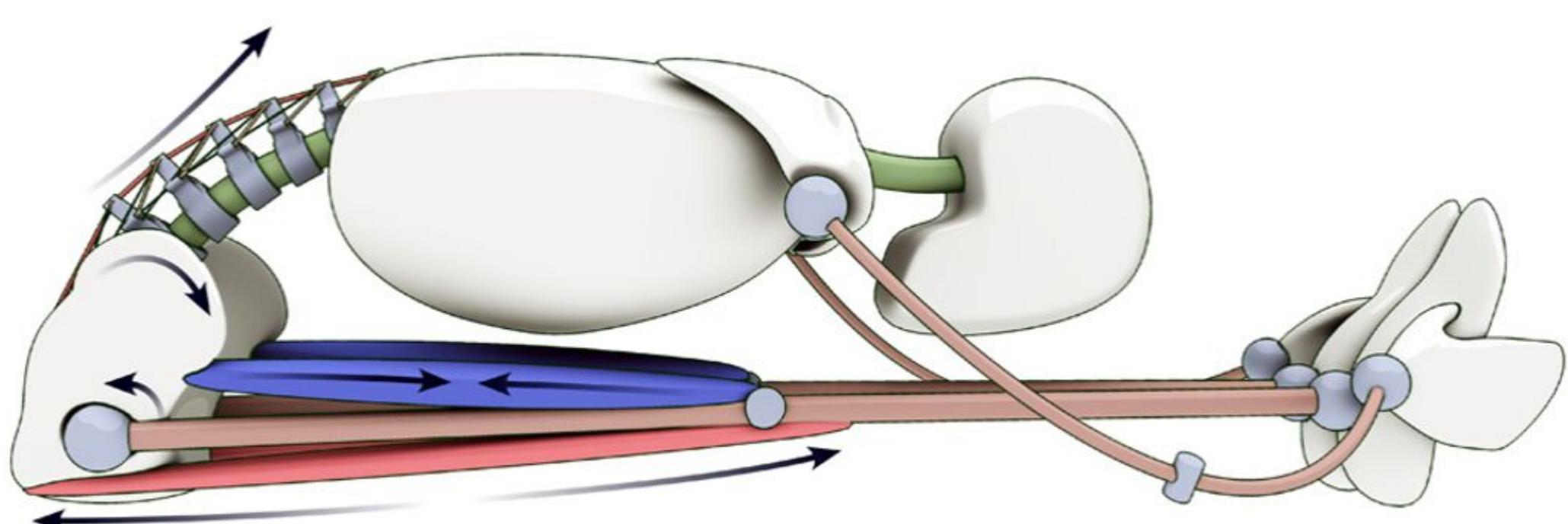
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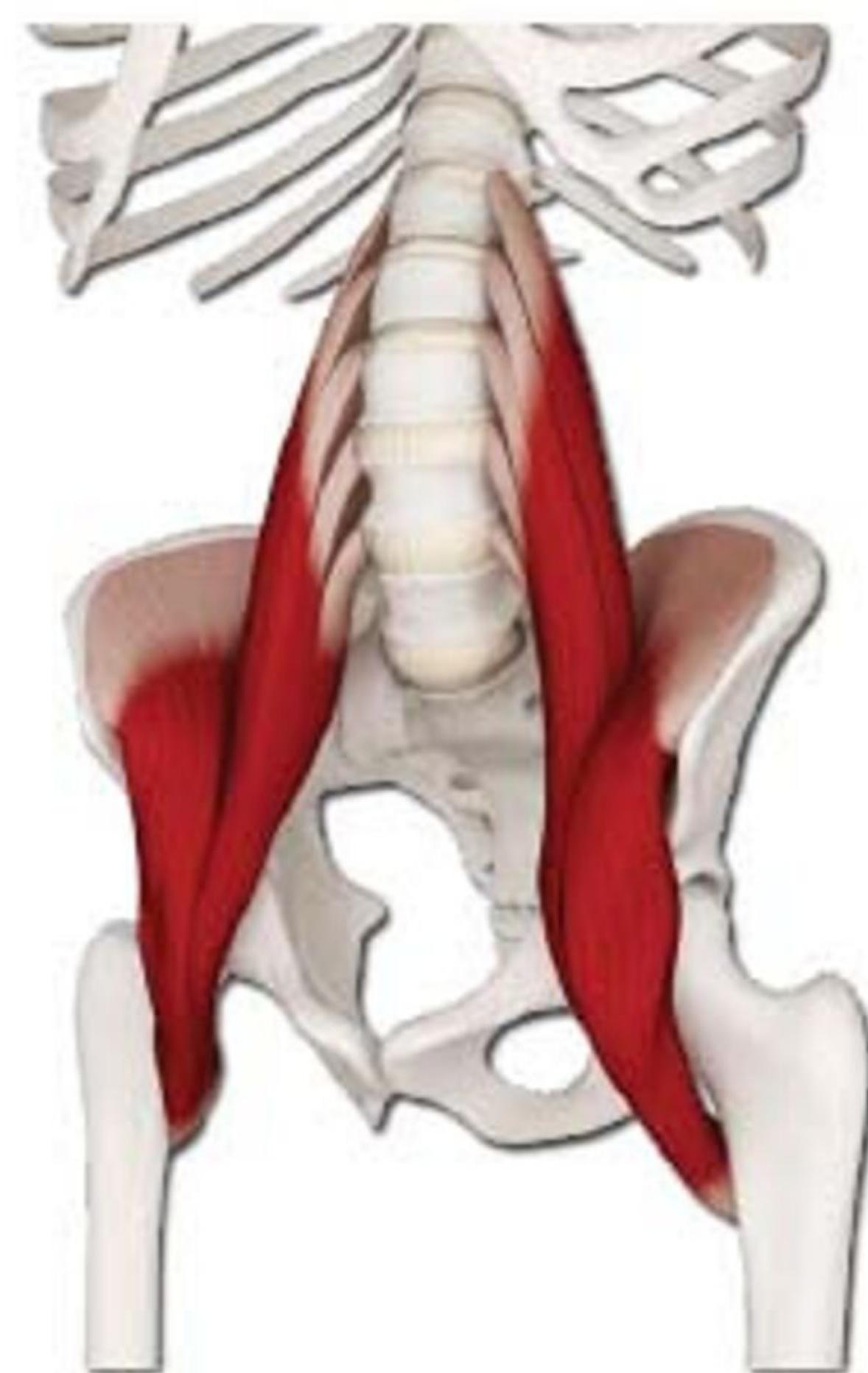


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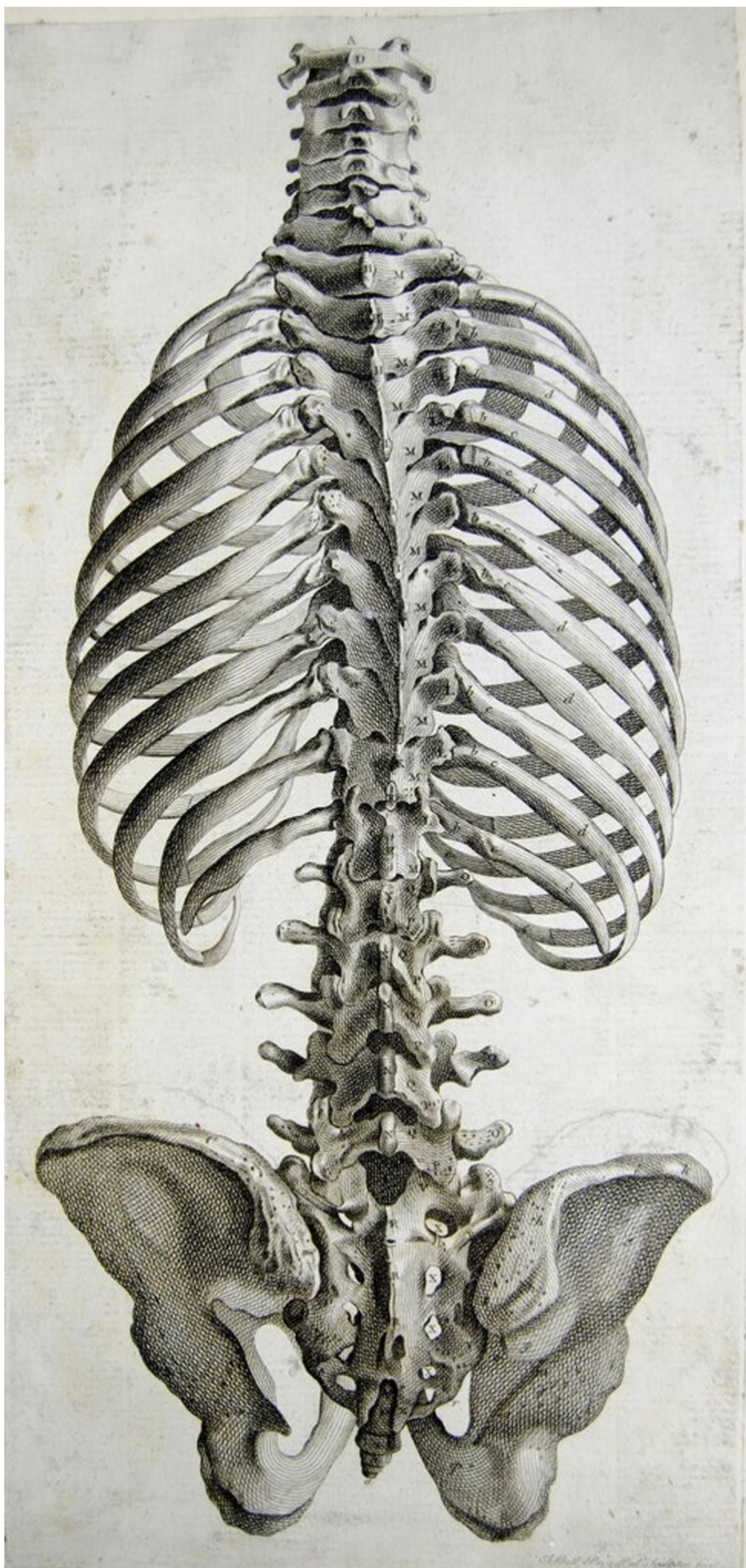


iliopsoas

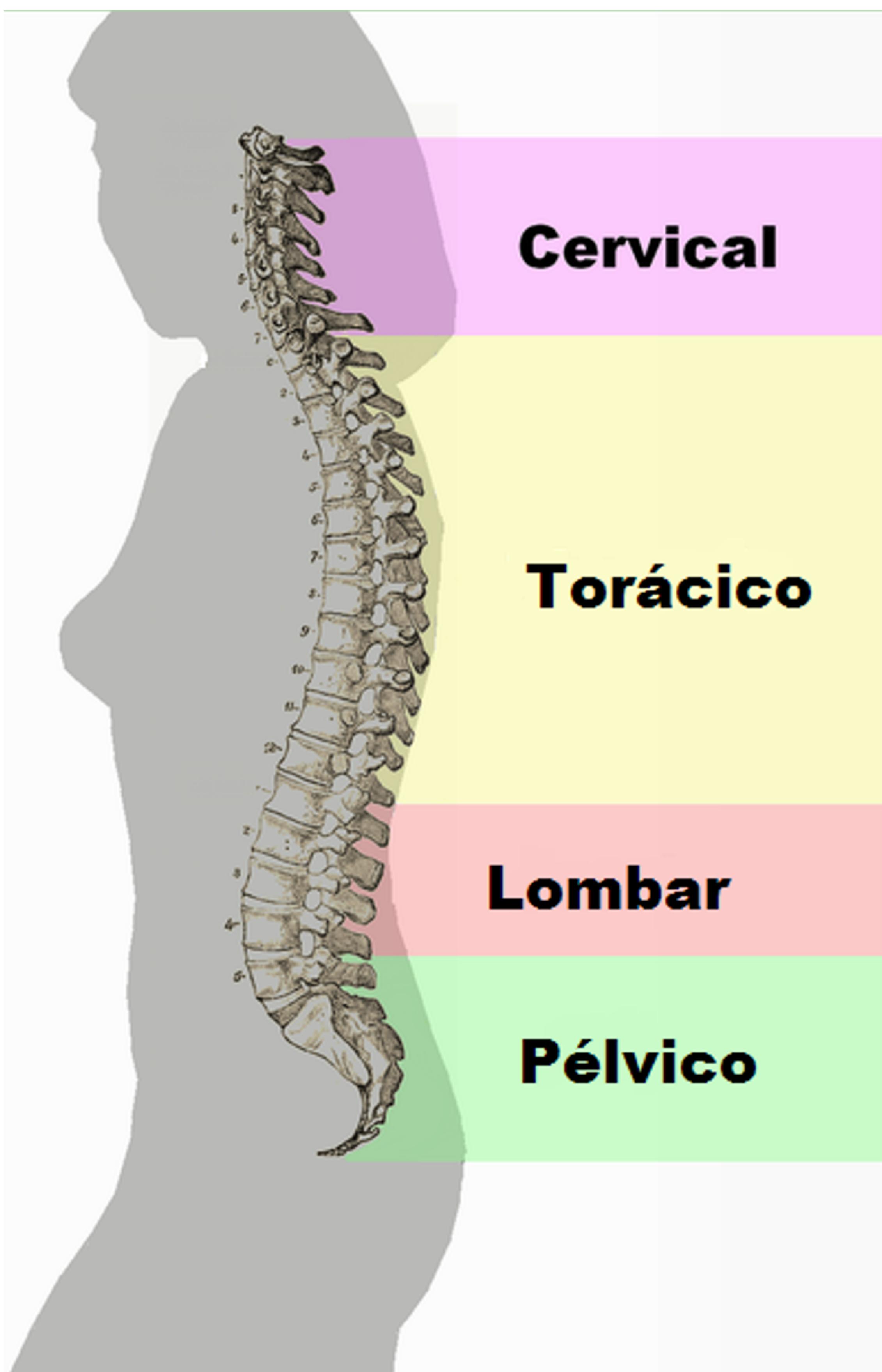


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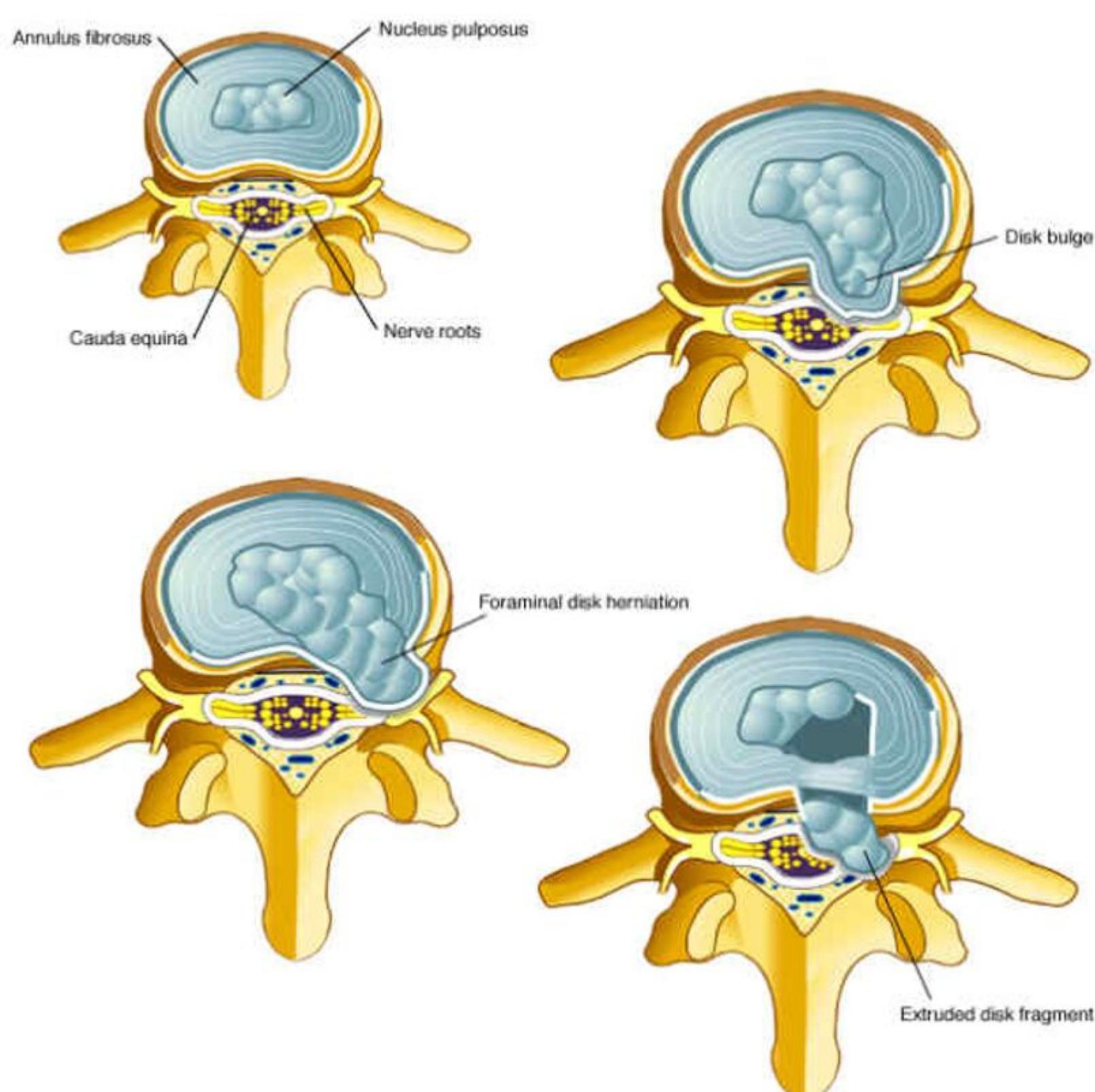
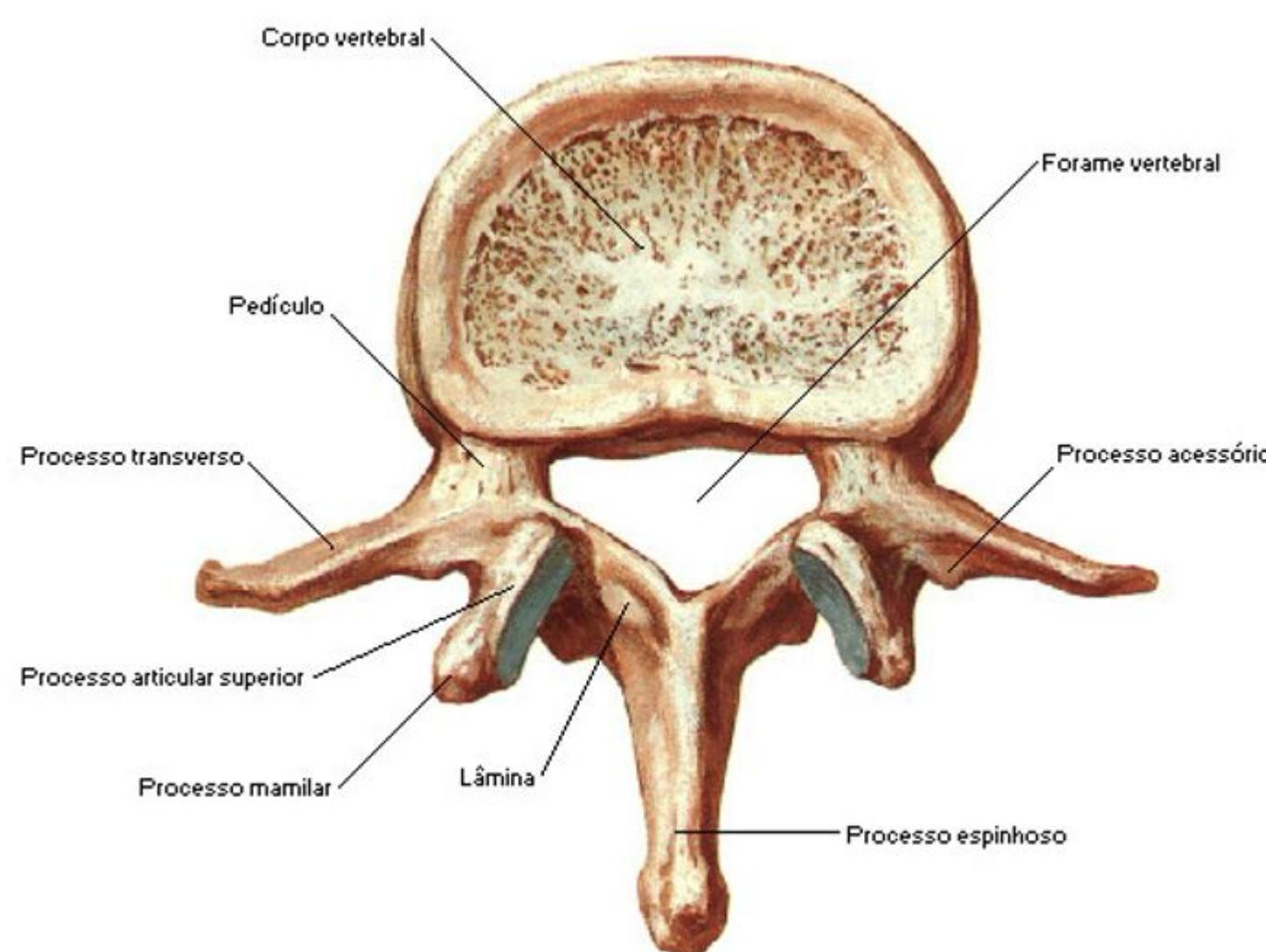
Relação entre as estruturas centrais: coluna, bacia e costelas



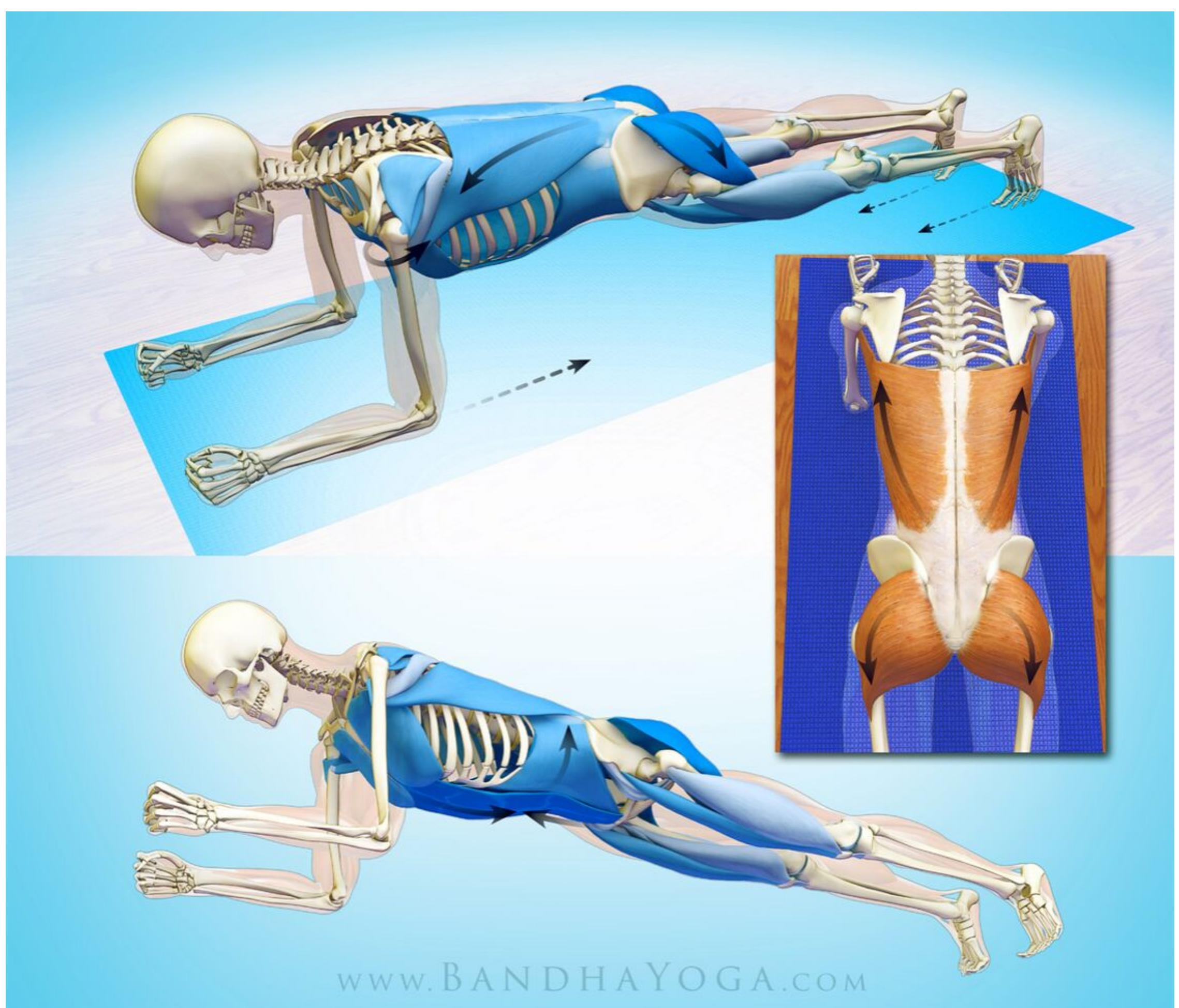
Regiões da Coluna Vertebral



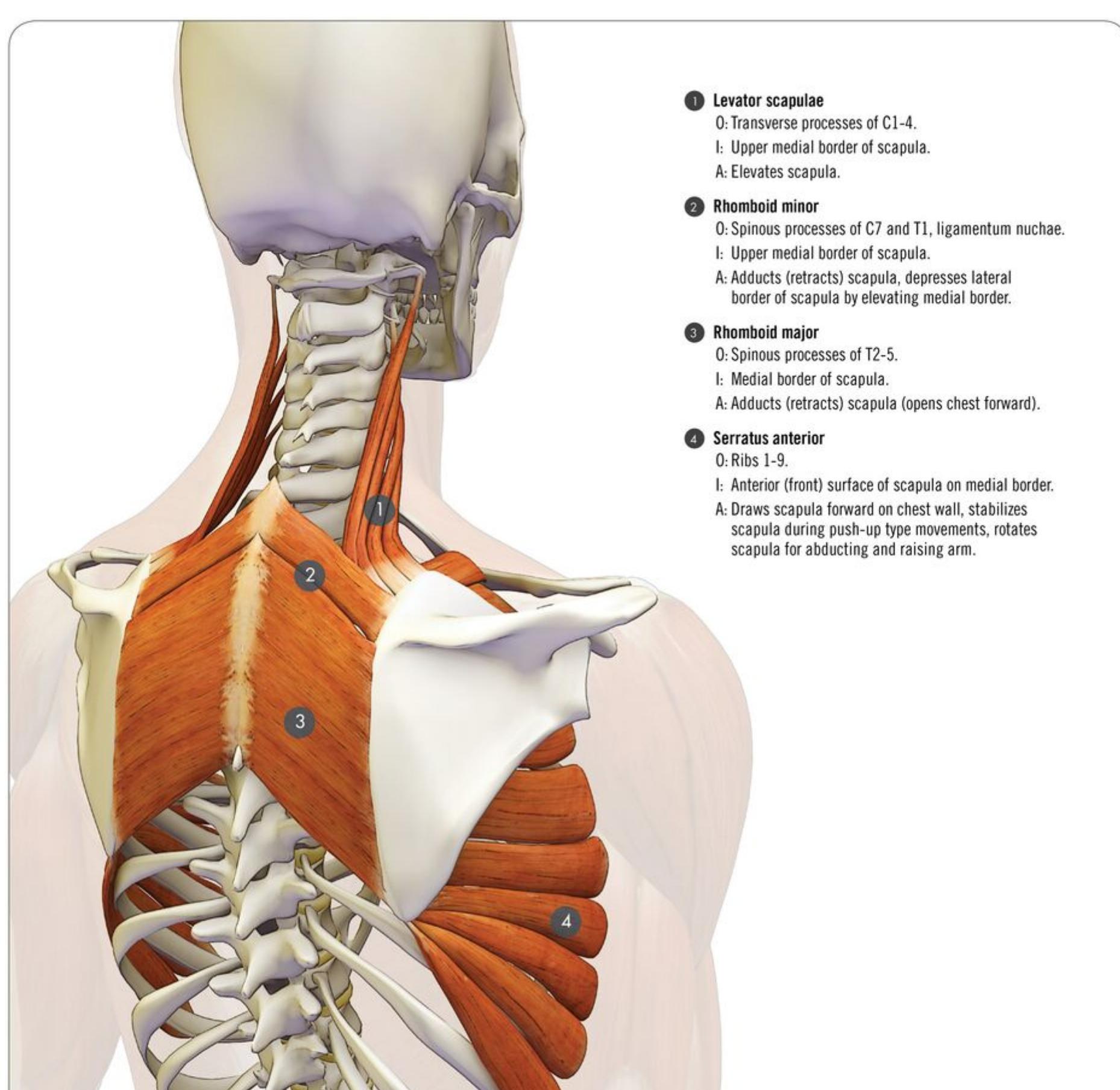
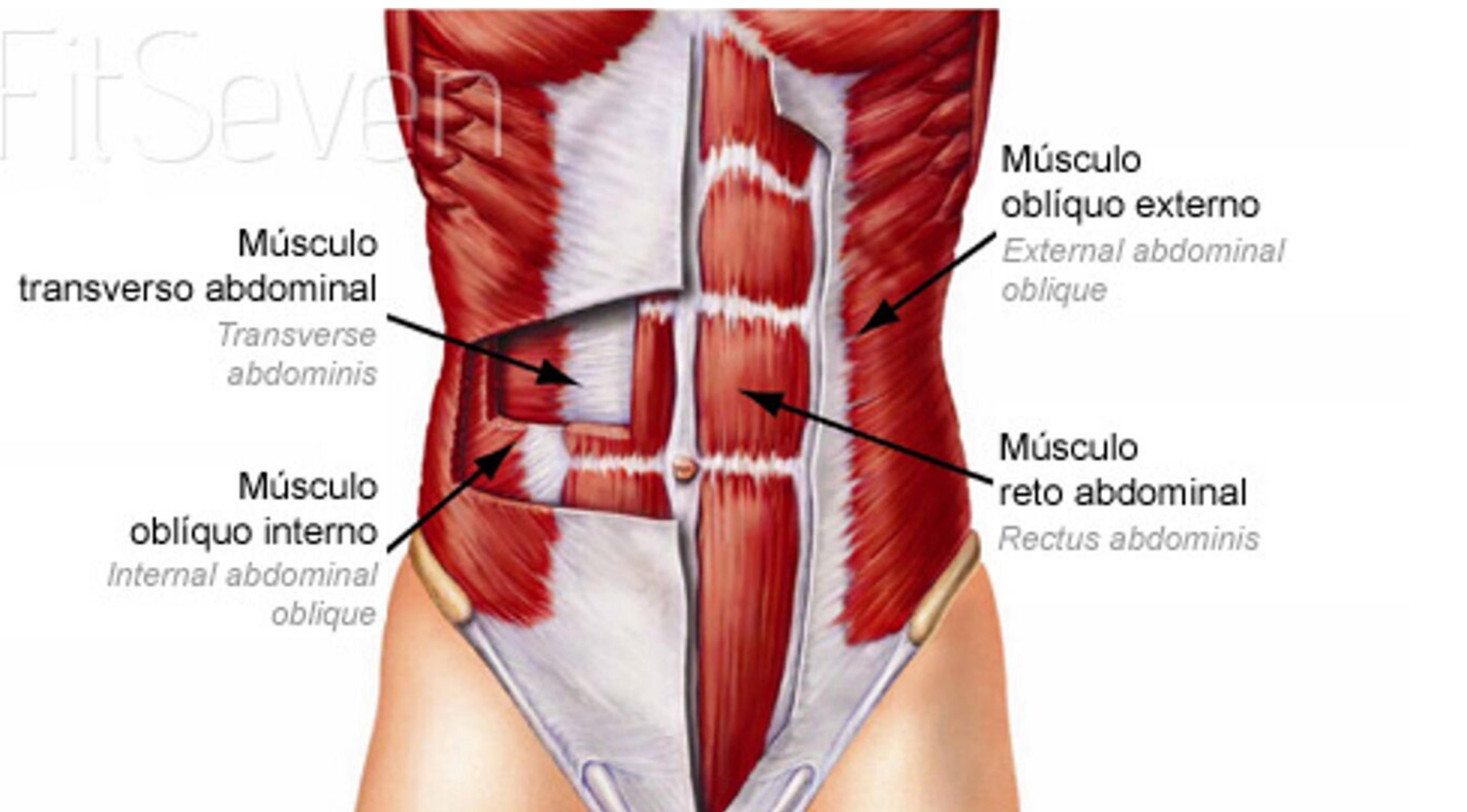
Partes da vértebra: unidade que compõe a coluna vertebral e principais lesões nessa região



Músculos que passam pelo tronco



Músculos Abdominais e Músculos que mobilizam as escápulas



Músculos que passam pelo Tronco

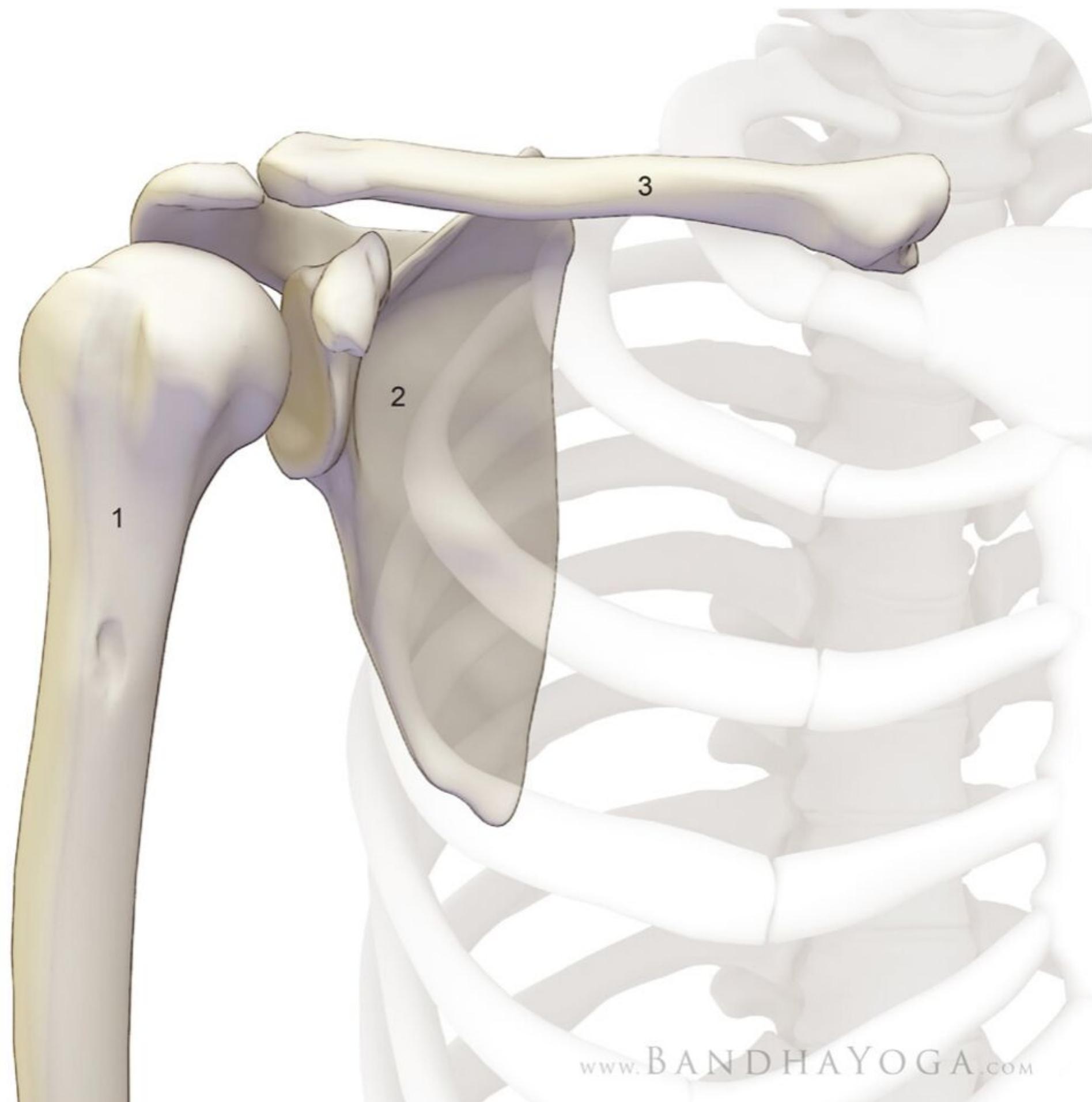


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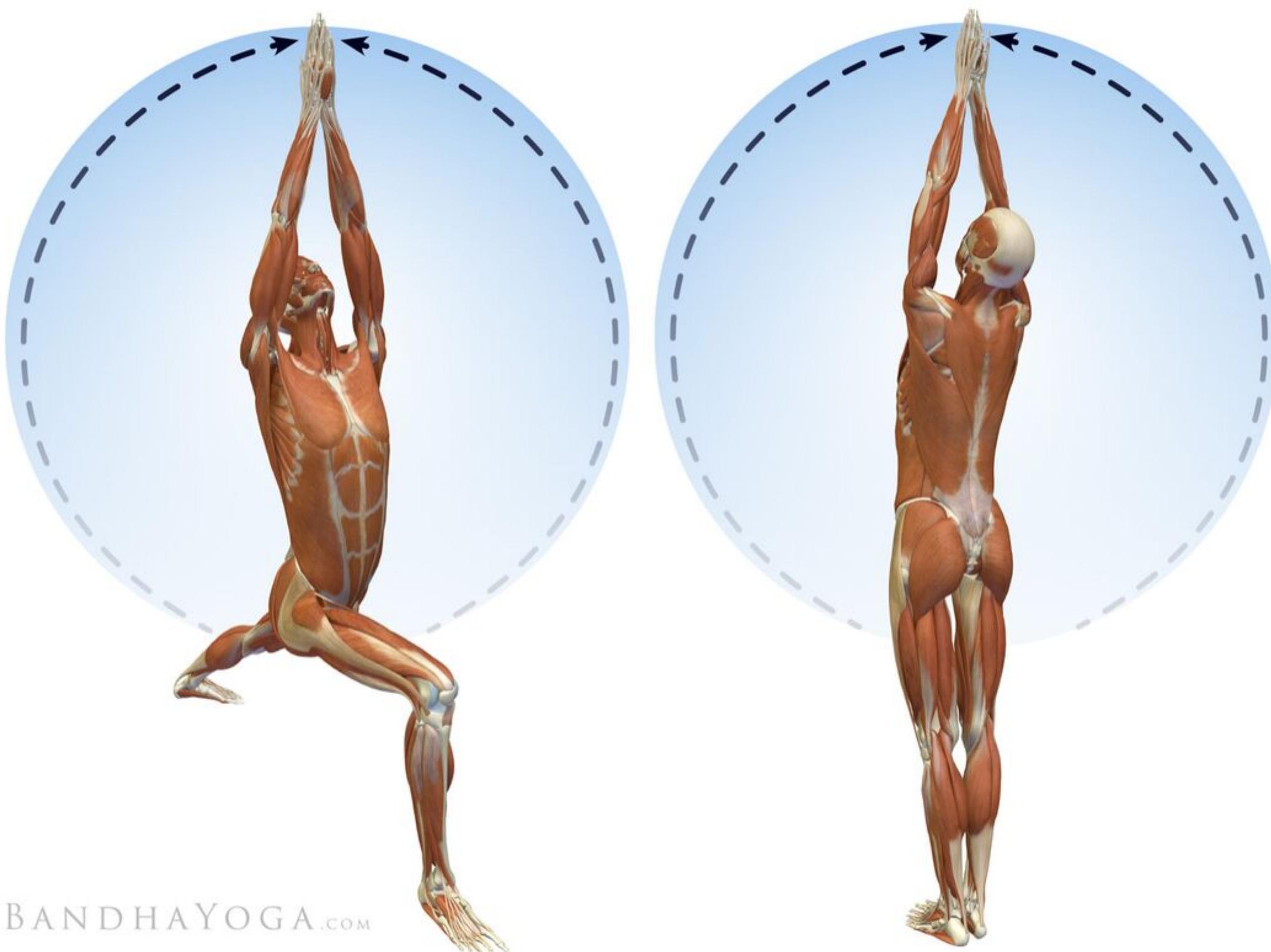
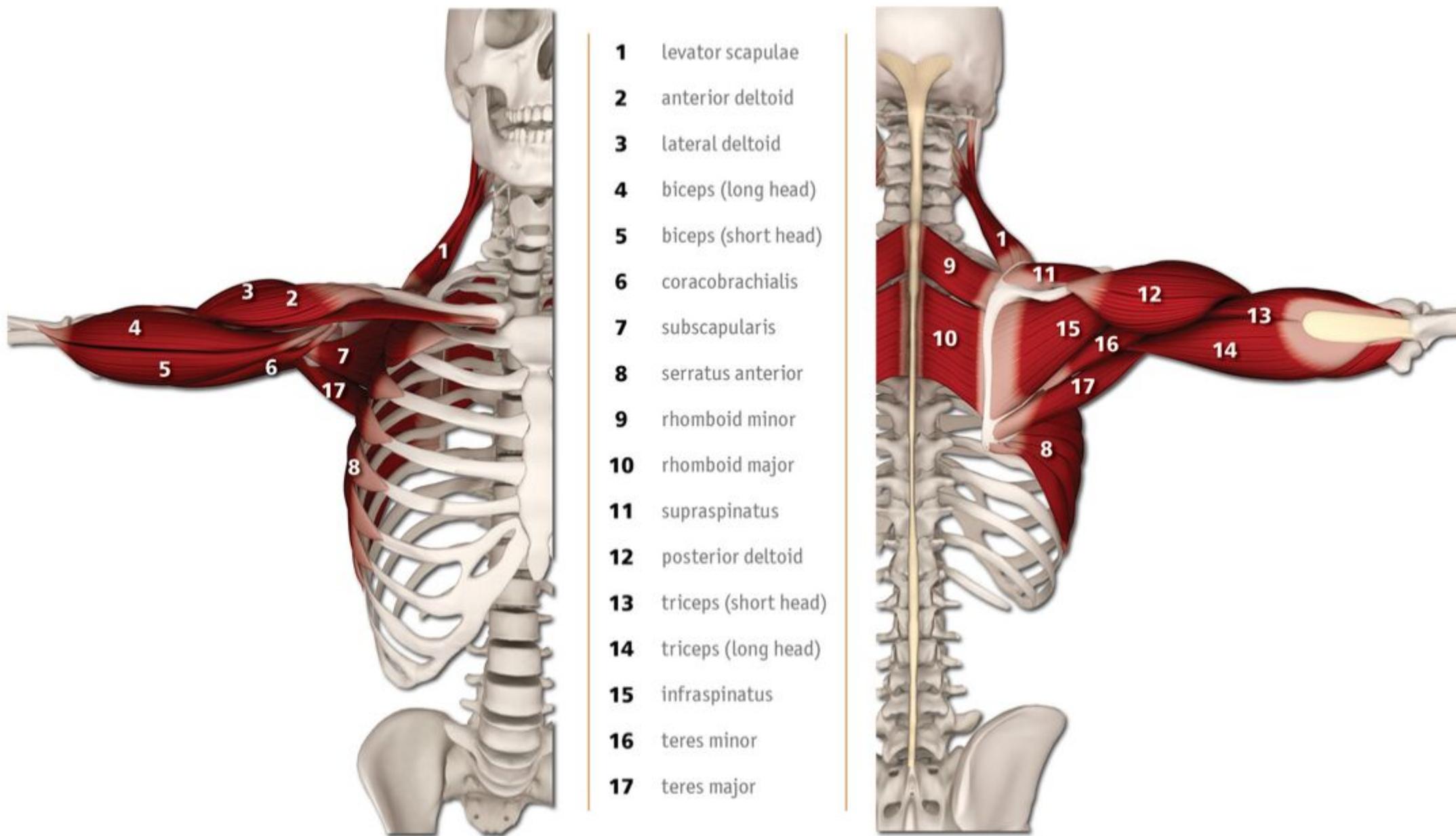
Cintura escapular e Ombro



Músculos que atuam na região de cintura escapular e membros superiores

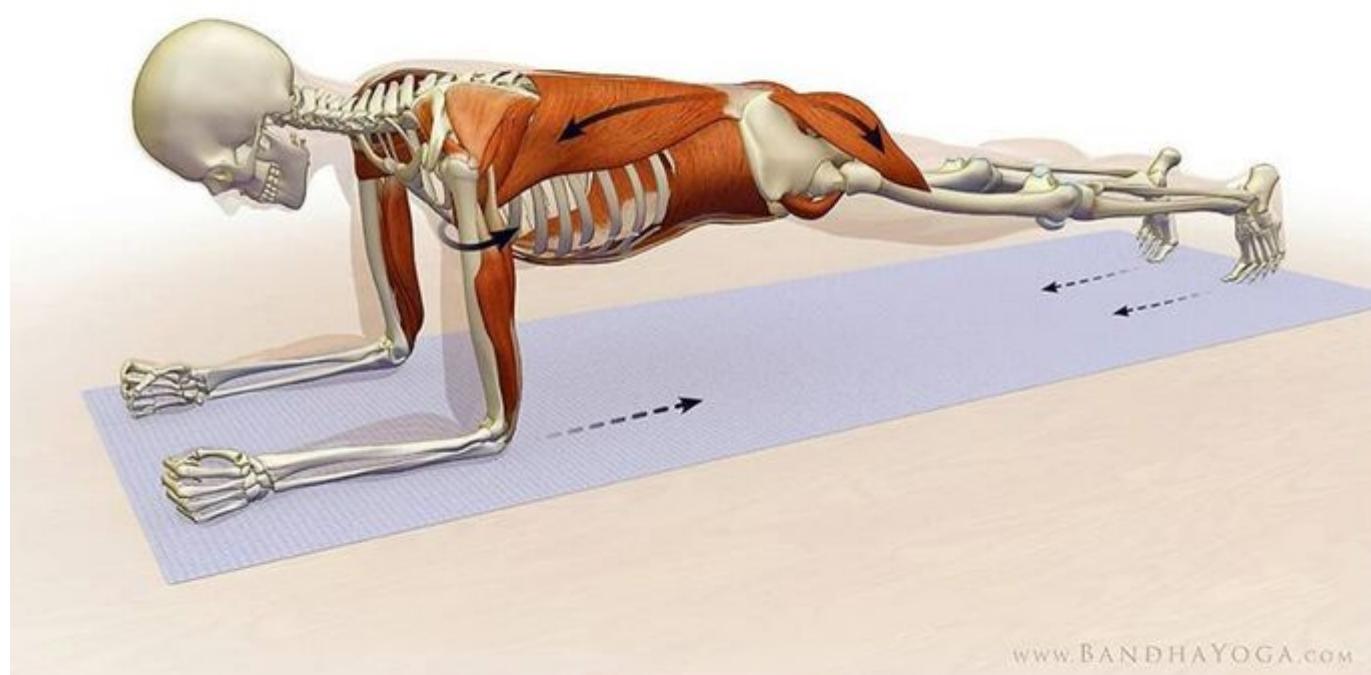
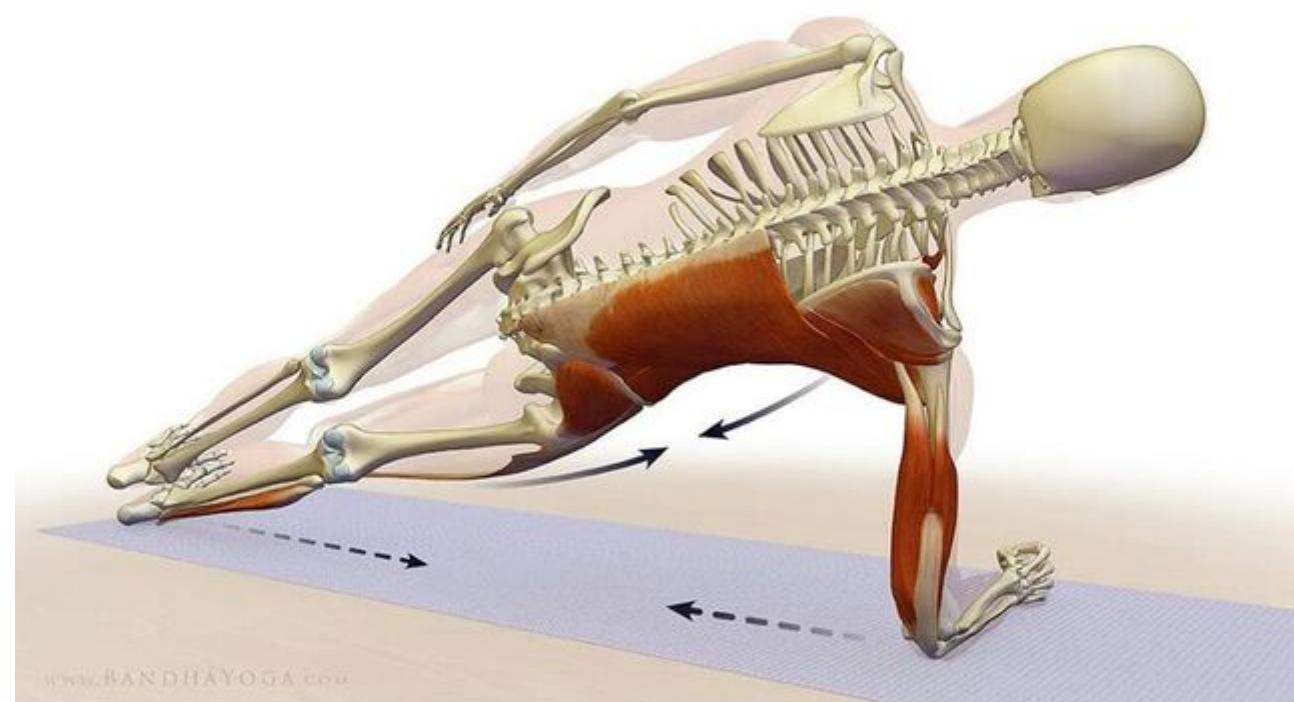
Shoulder Girdle & Upper Arms

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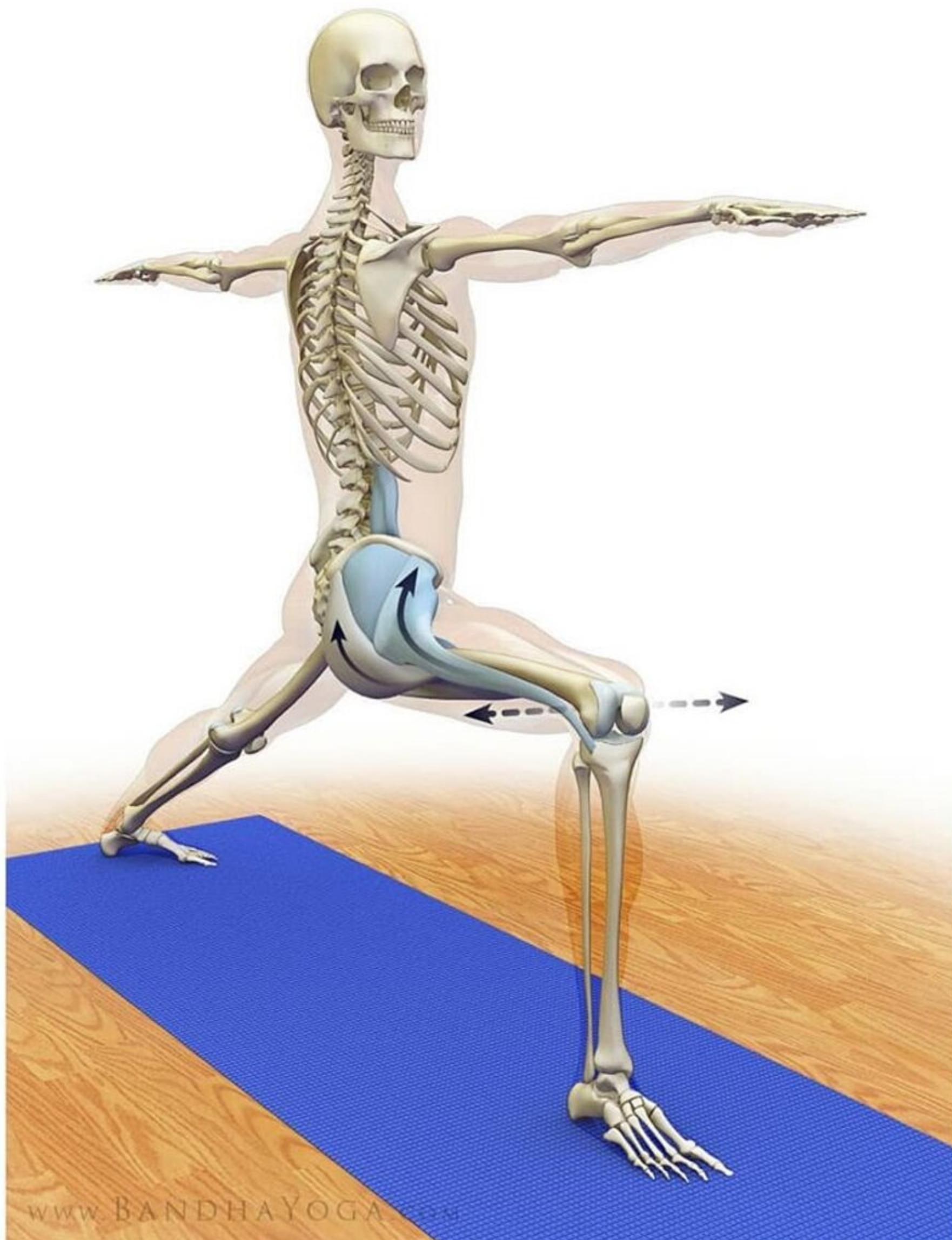


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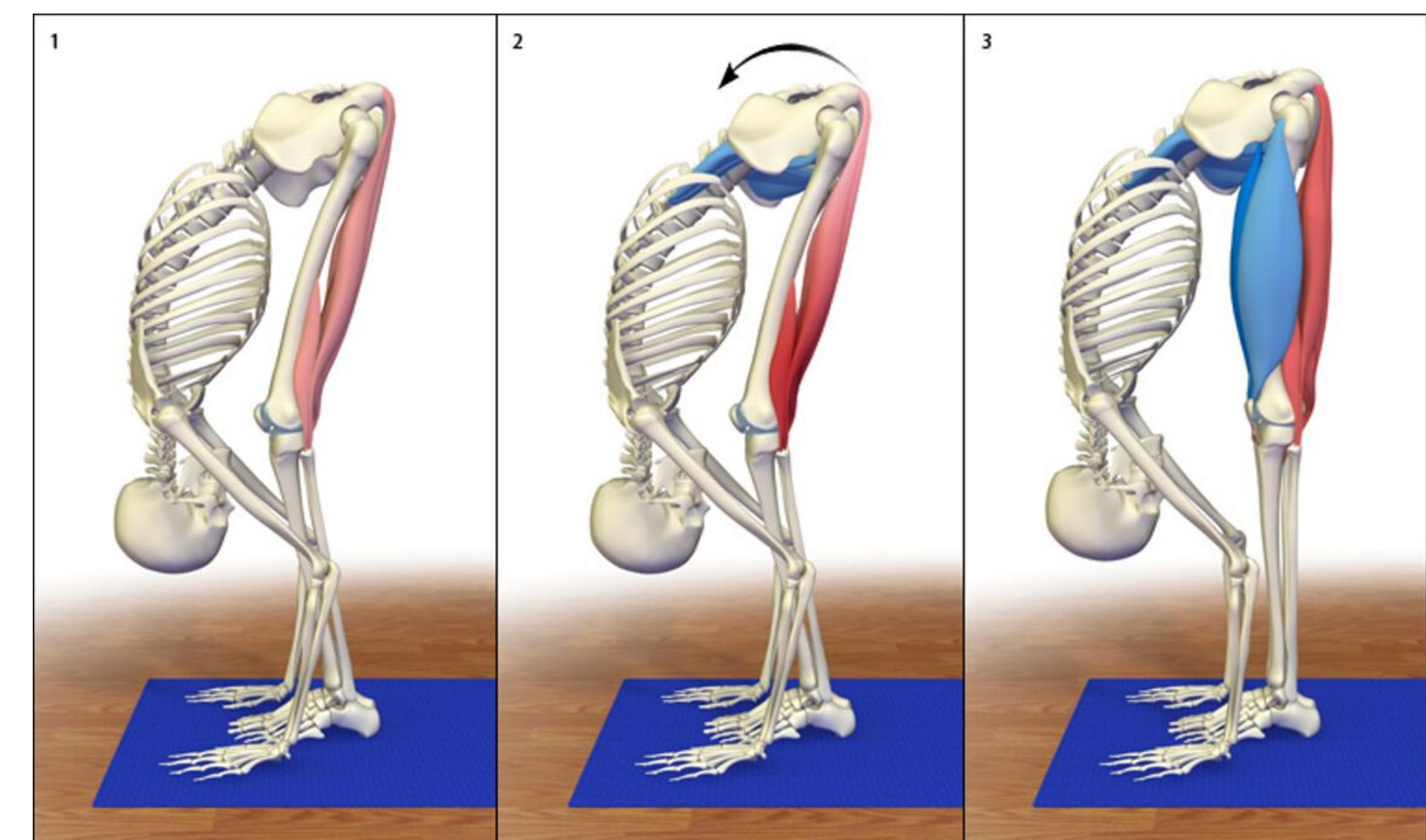
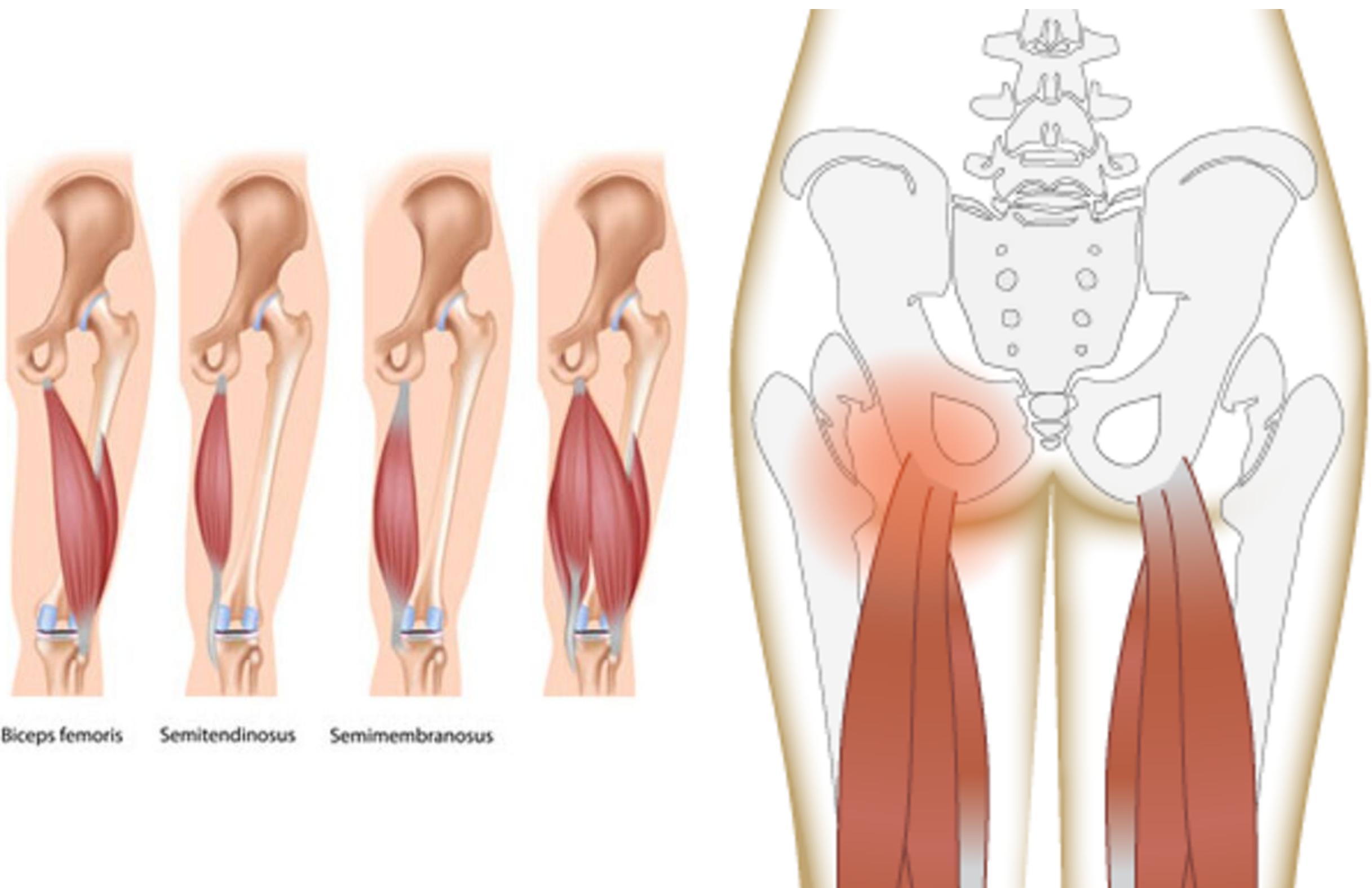
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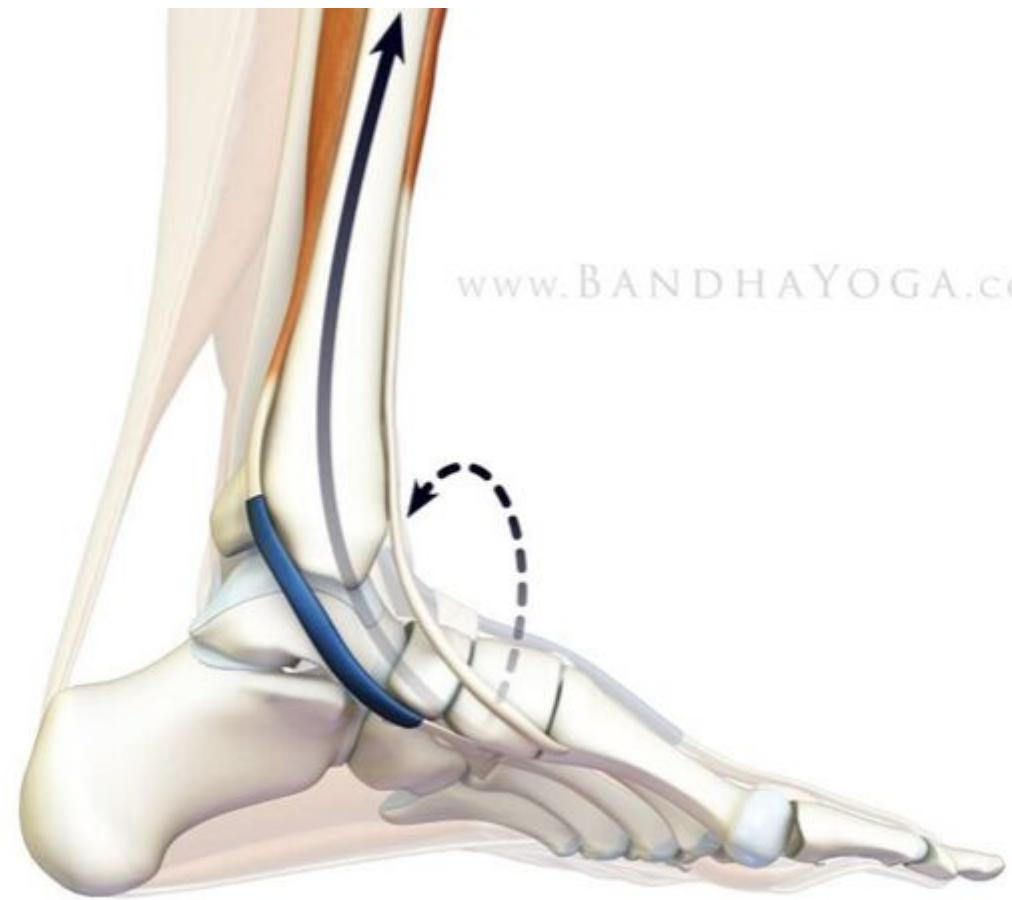
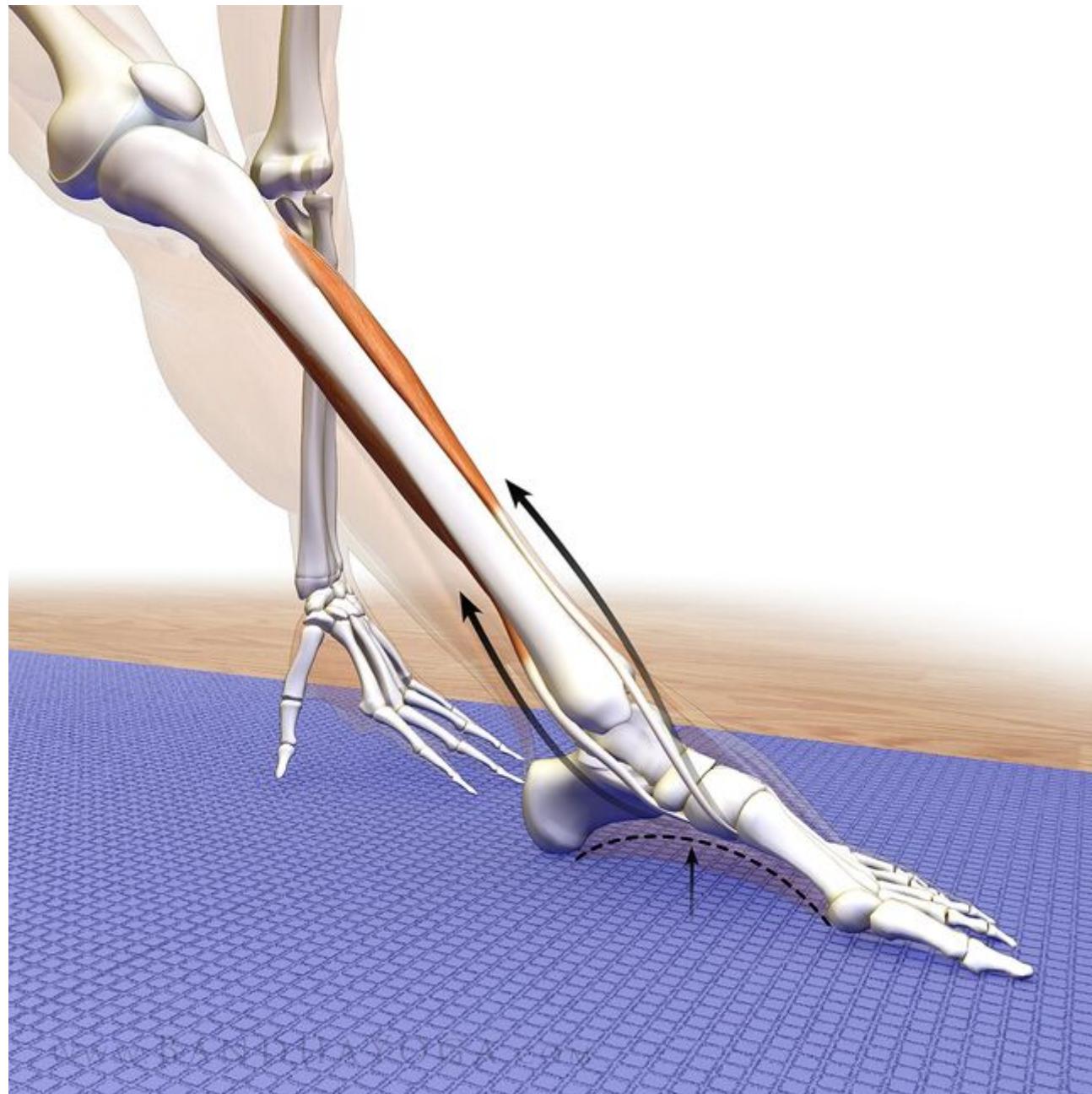
Articulação do joelho



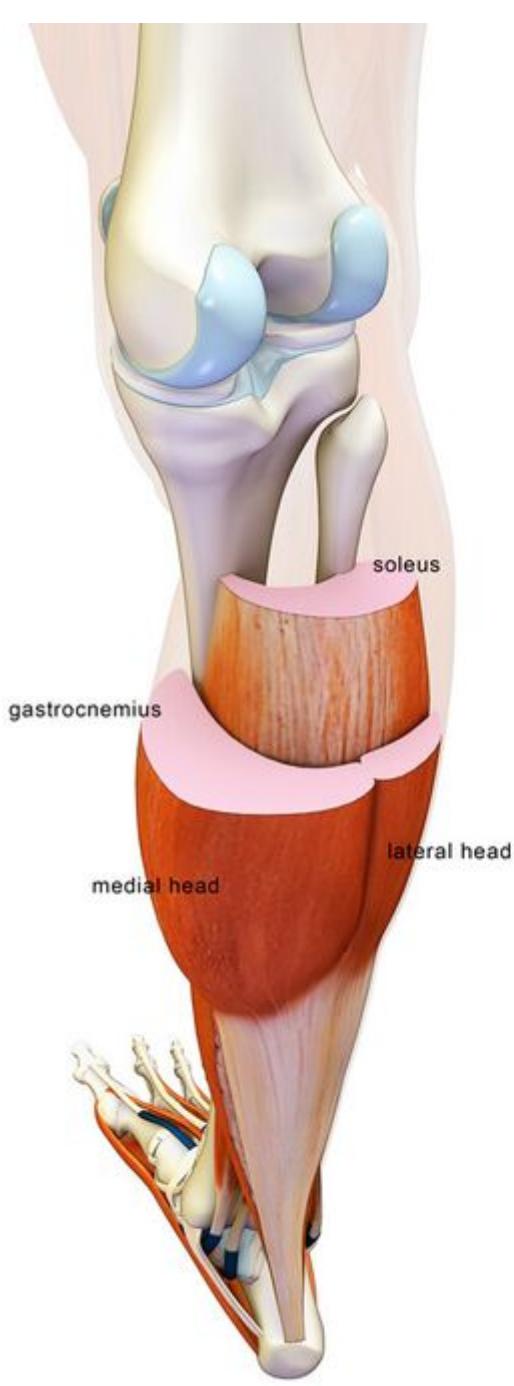
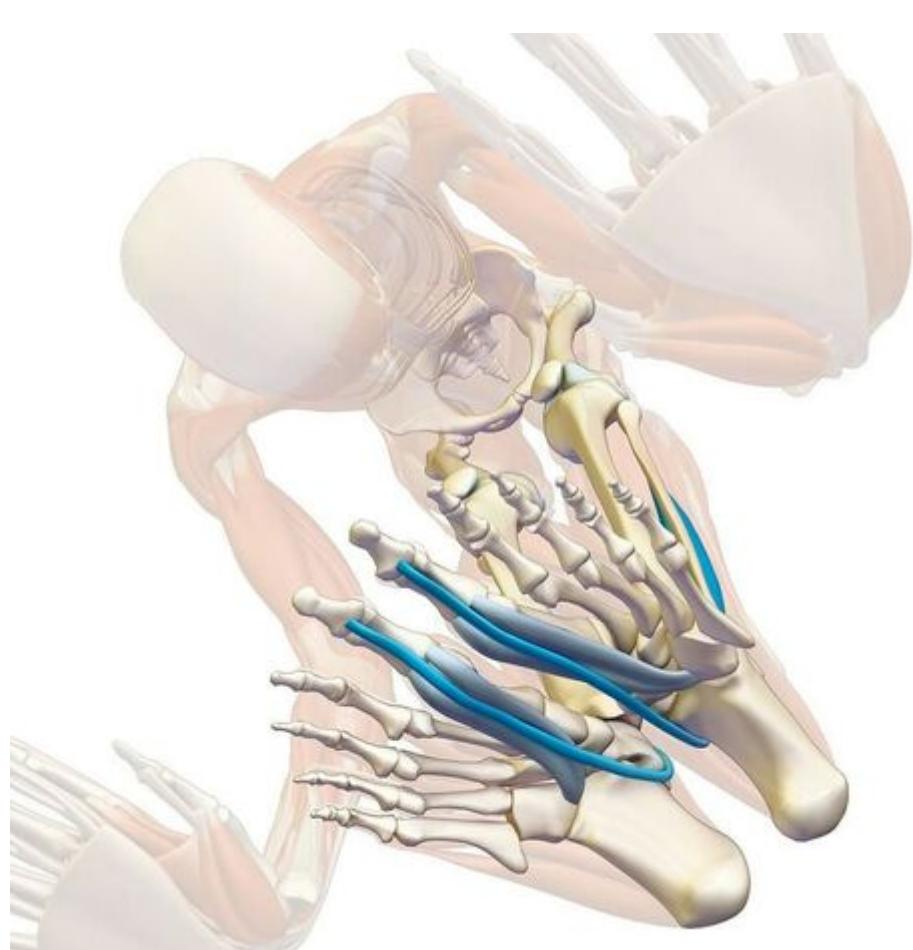
Flexores do Joelho



Estruturas, arcos e funções do pé



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