

ANATOMIA VIVENCIAL

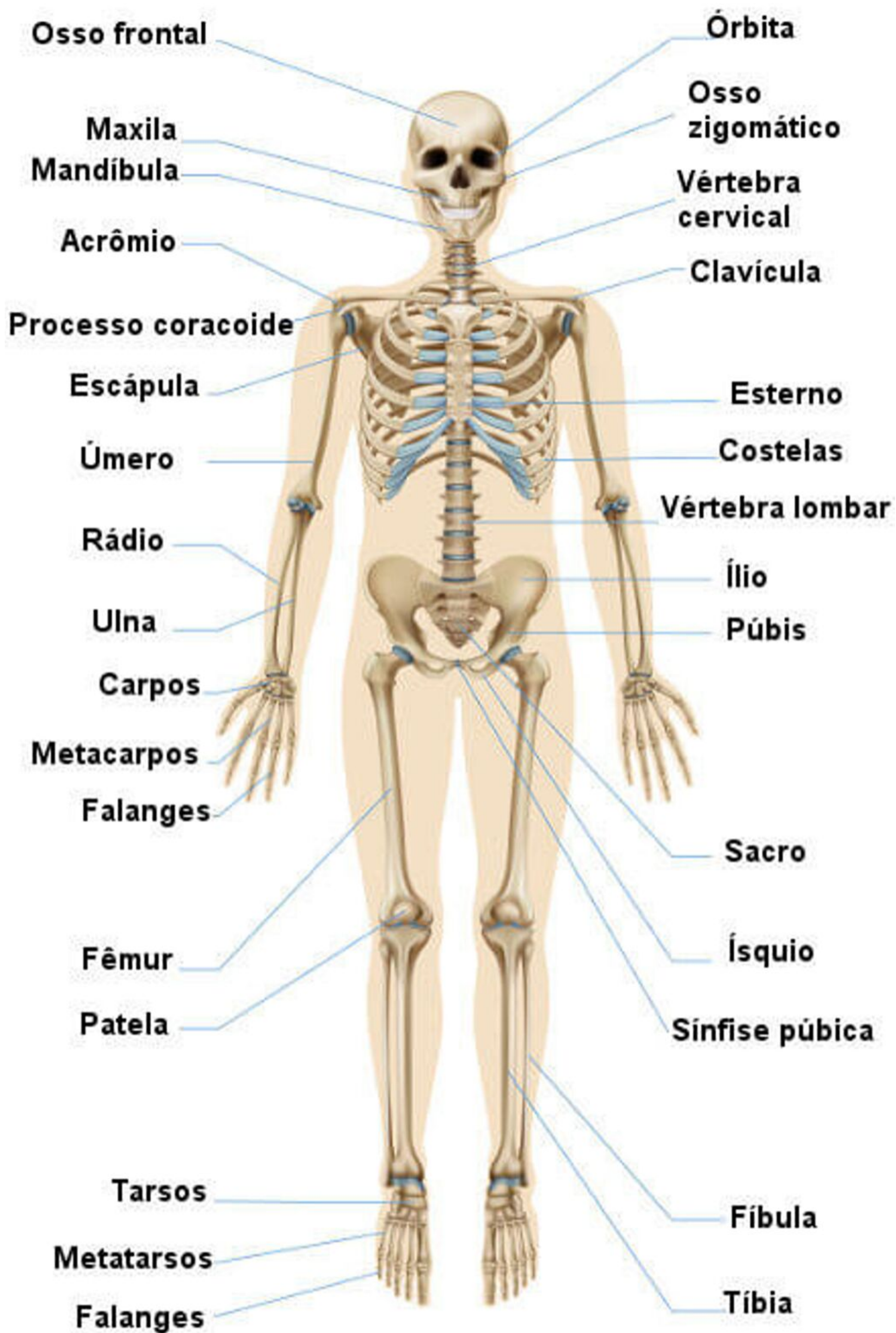


**LISTA DO QUE TODO
INSTRUTOR DE YOGA
DEVERIA SABER SOBRE O
CORPO EM MOVIMENTO**

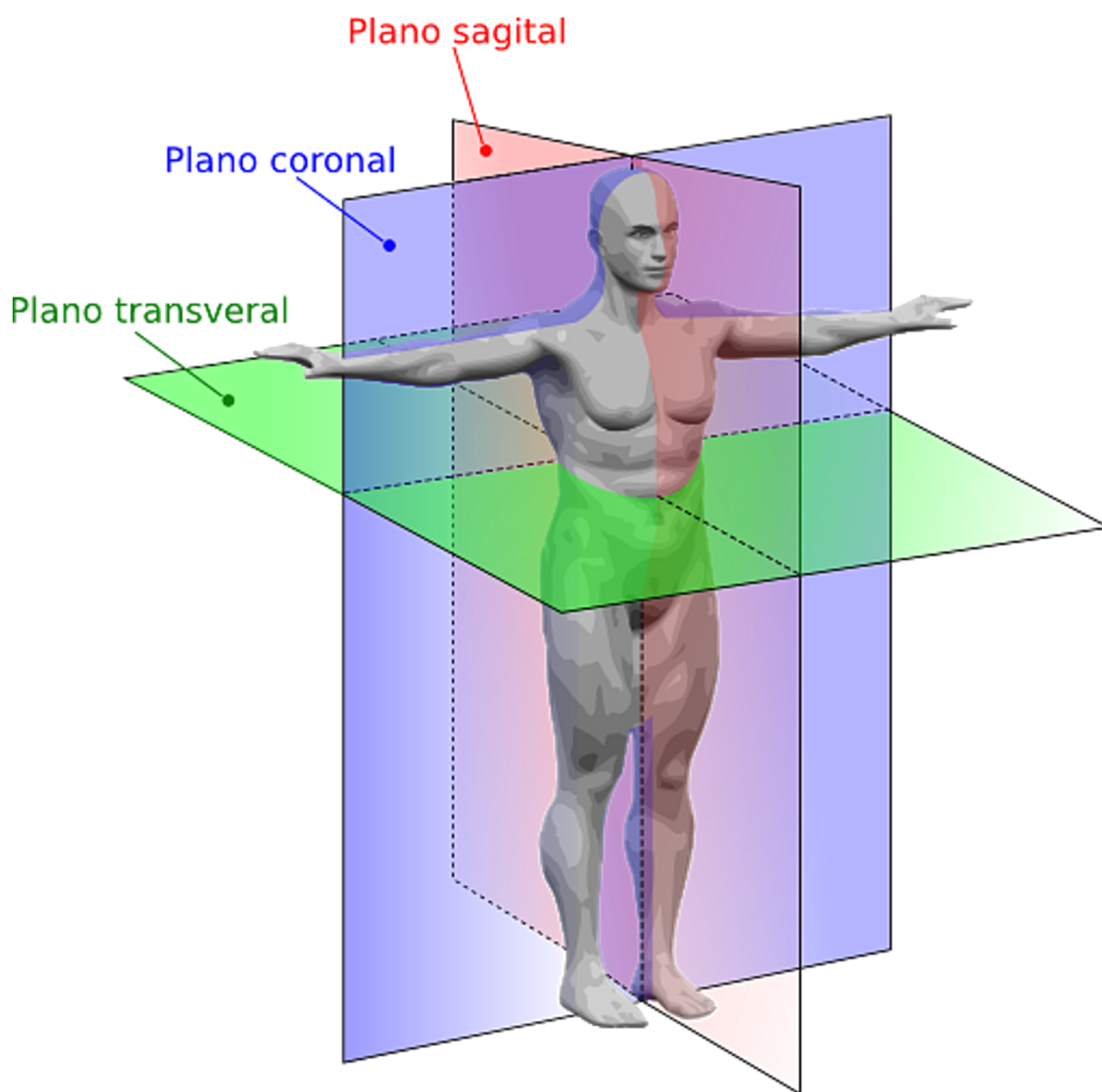


COM GERMANA LUCENA

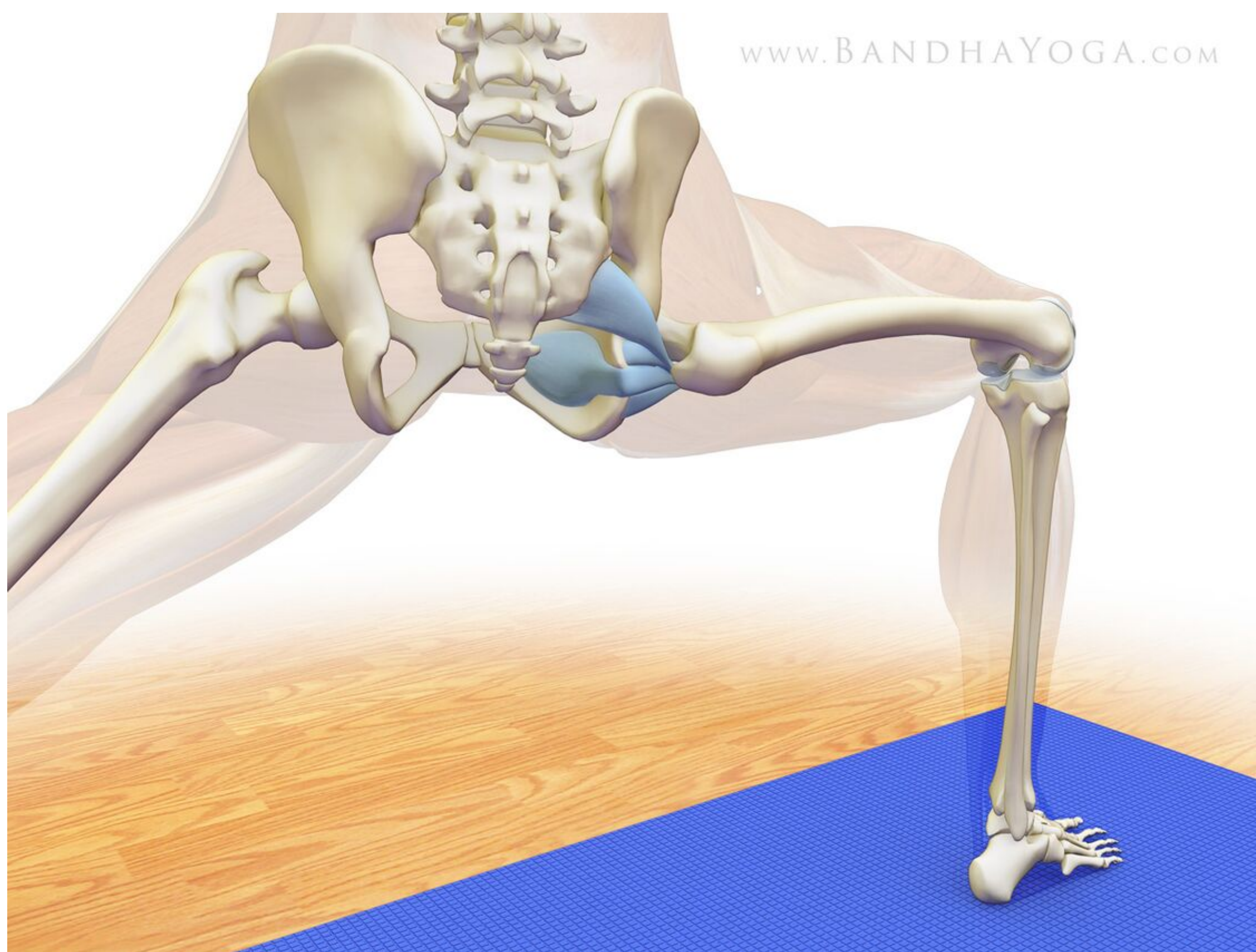
Estrutura Básica do nosso Esqueleto



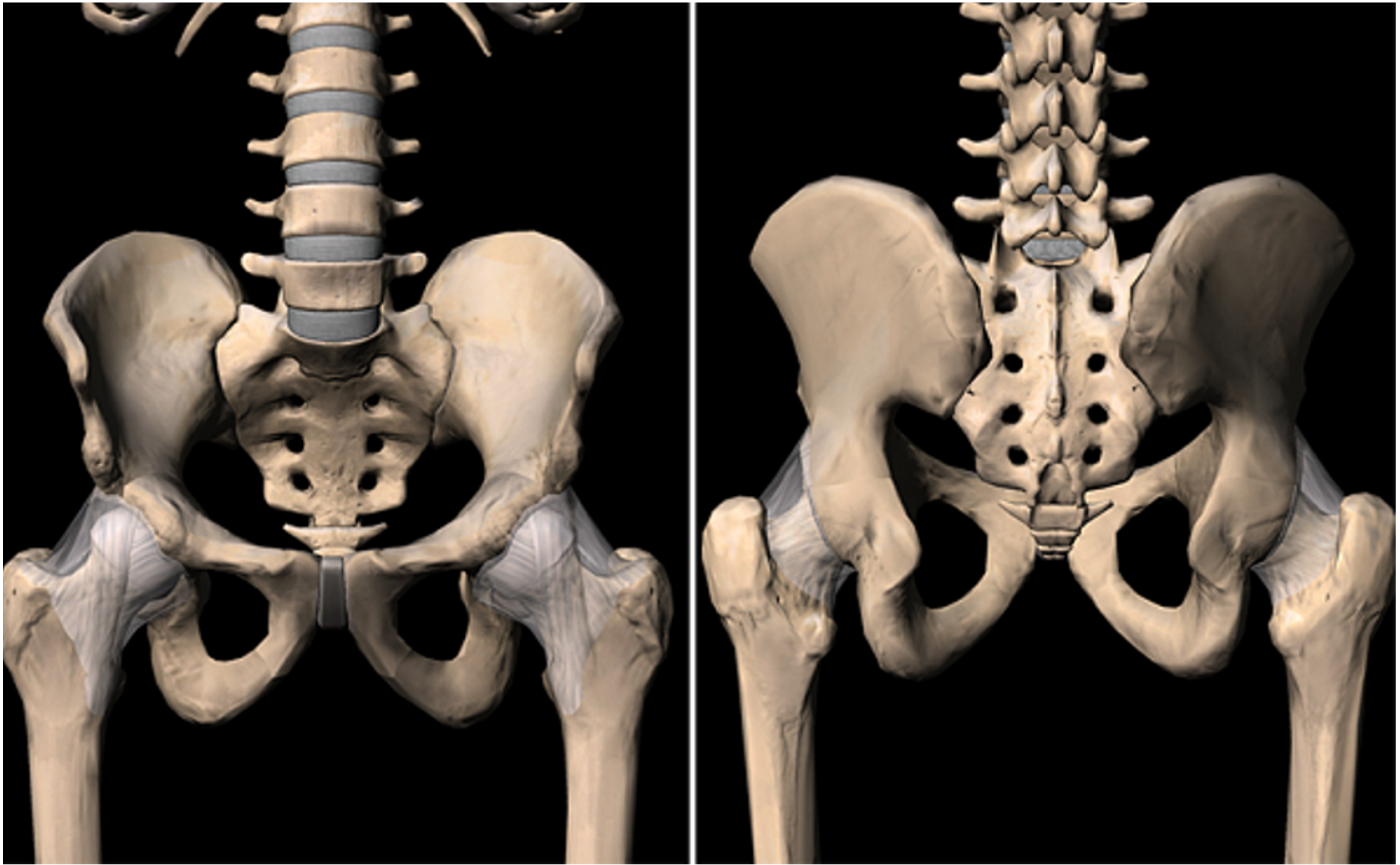
○ nosso corpo se move em planos de movimento



Nos movemos graças aos diferentes tipos de articulações no corpo



Por onde começamos? Pela região da Bacia

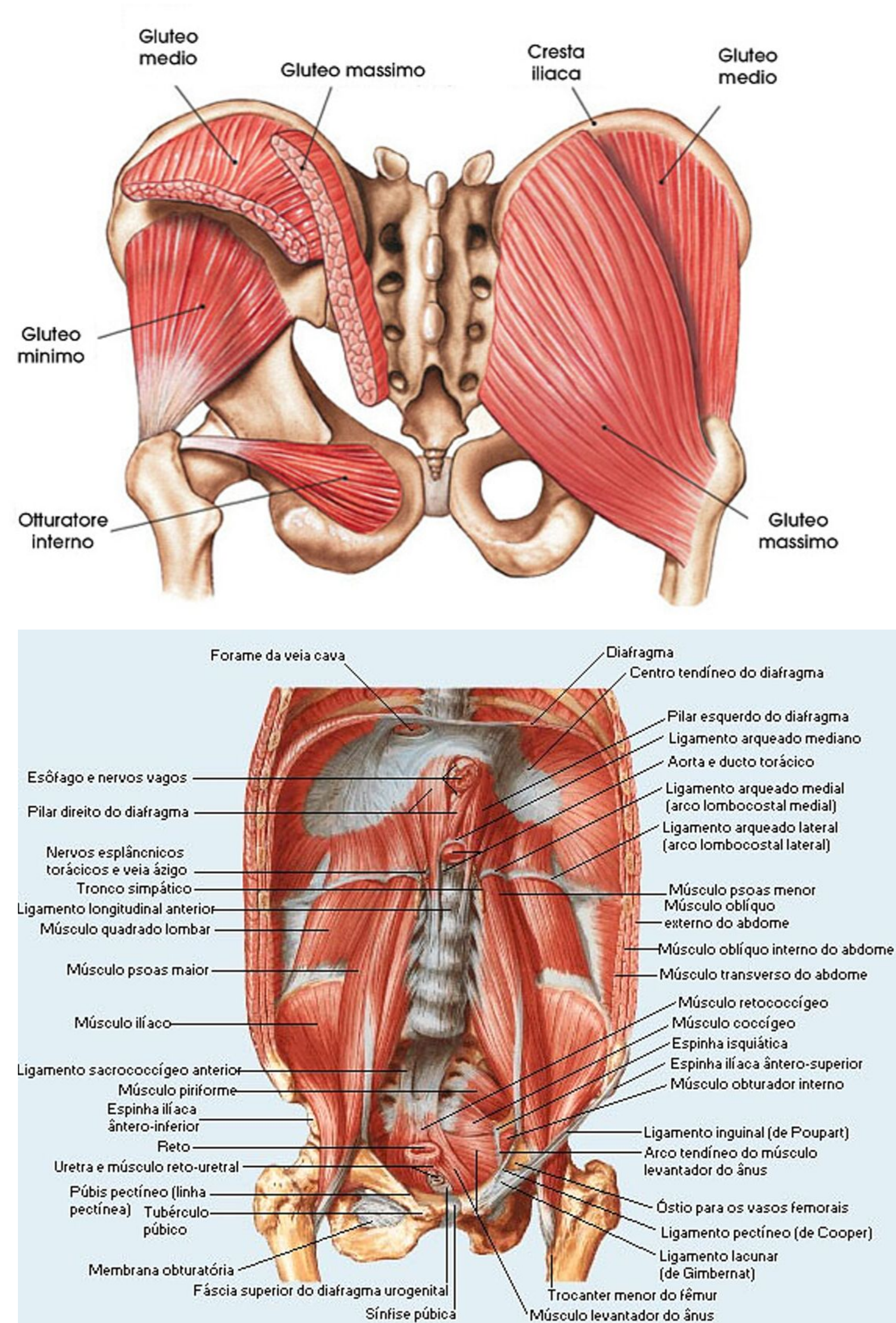


AllPosters

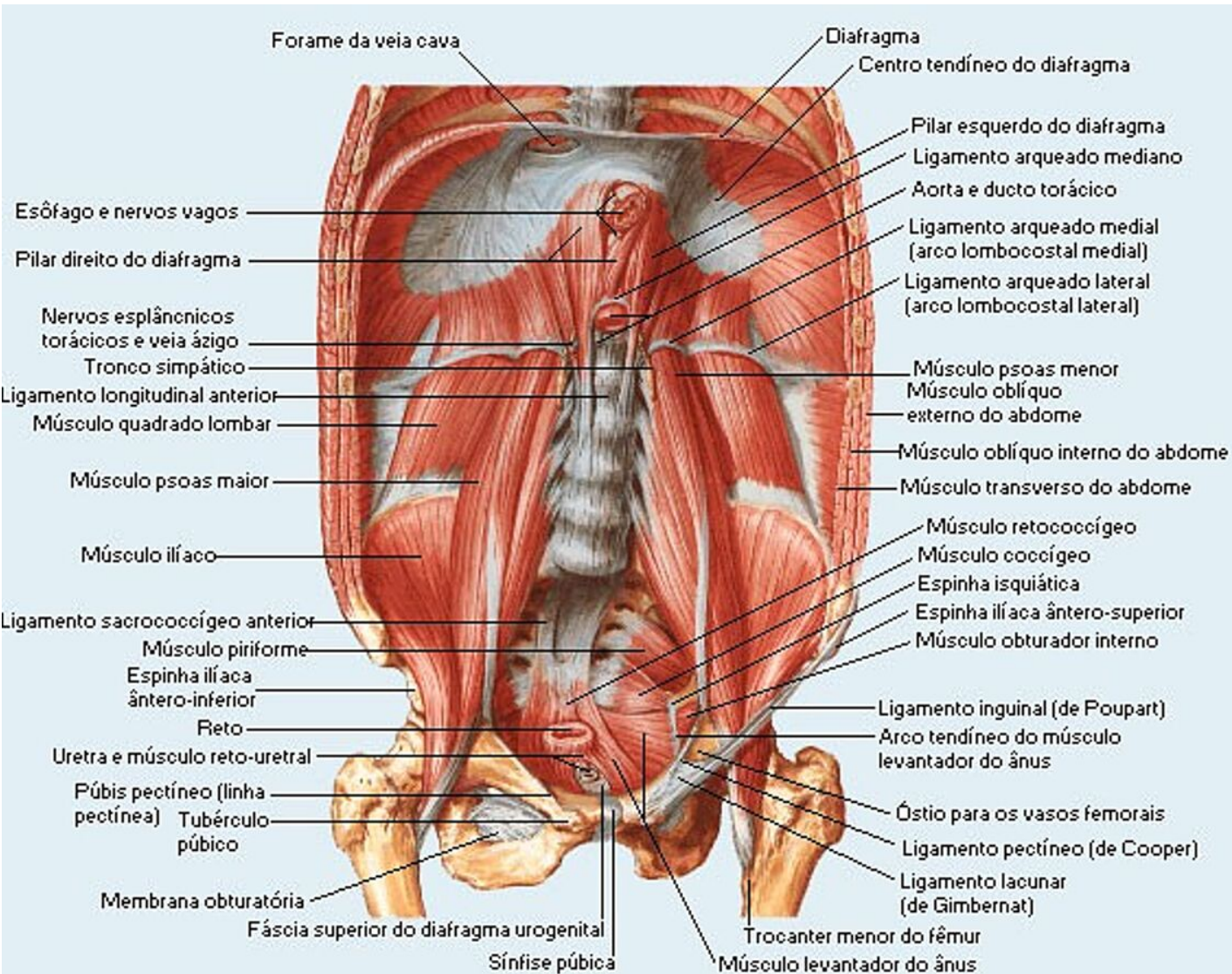
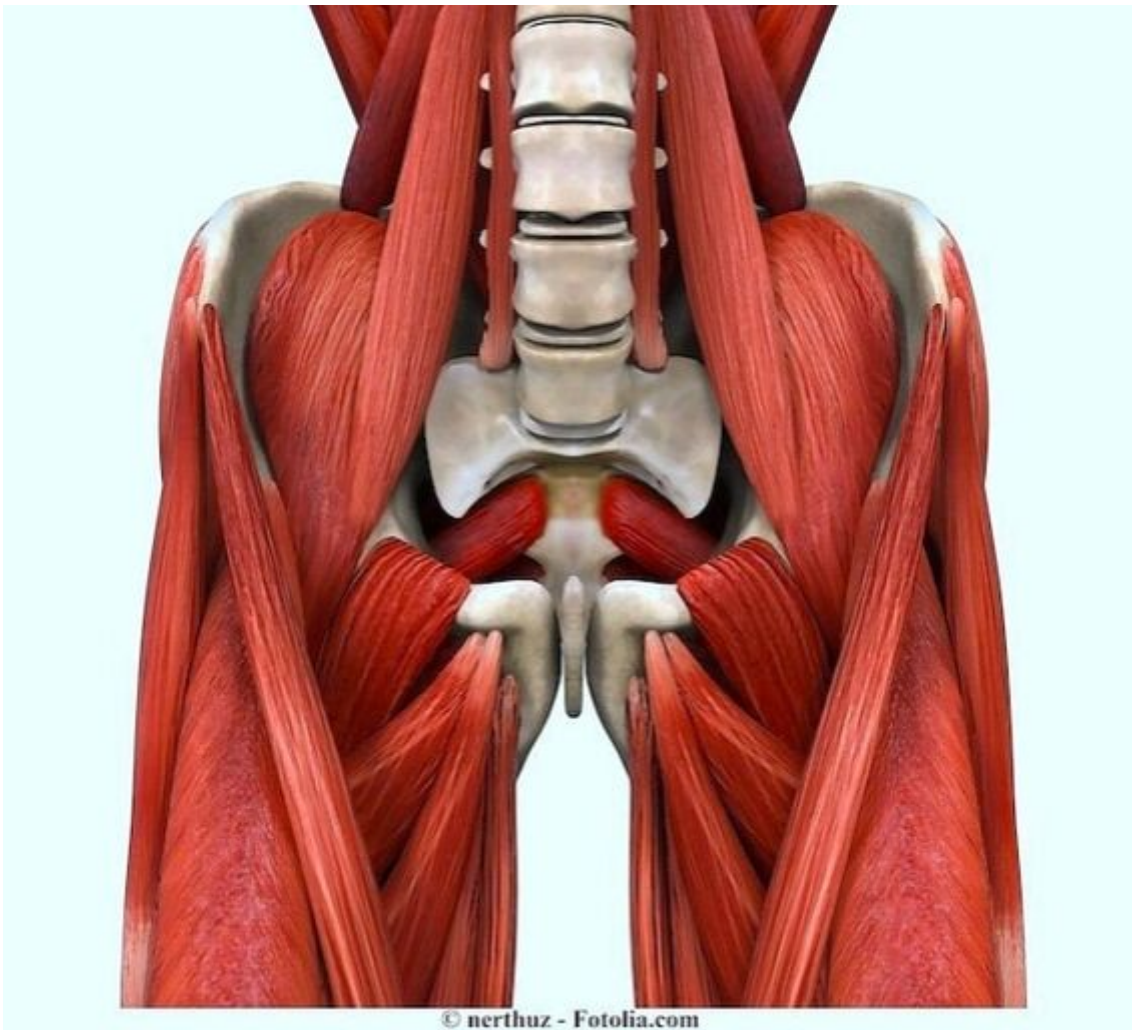
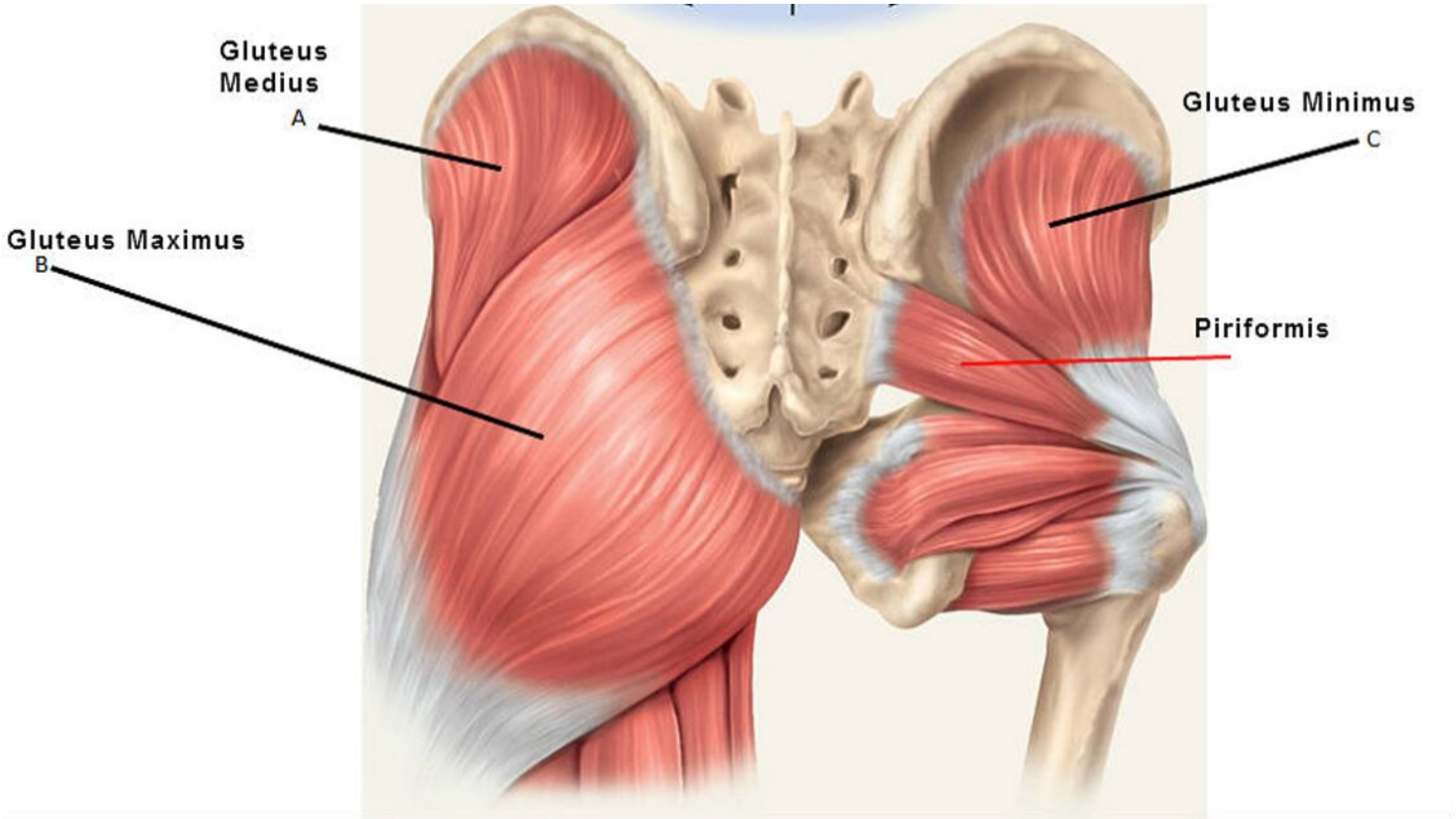
Articulações Essenciais: Articulação Coxofemoral e Articulação Lombossacra



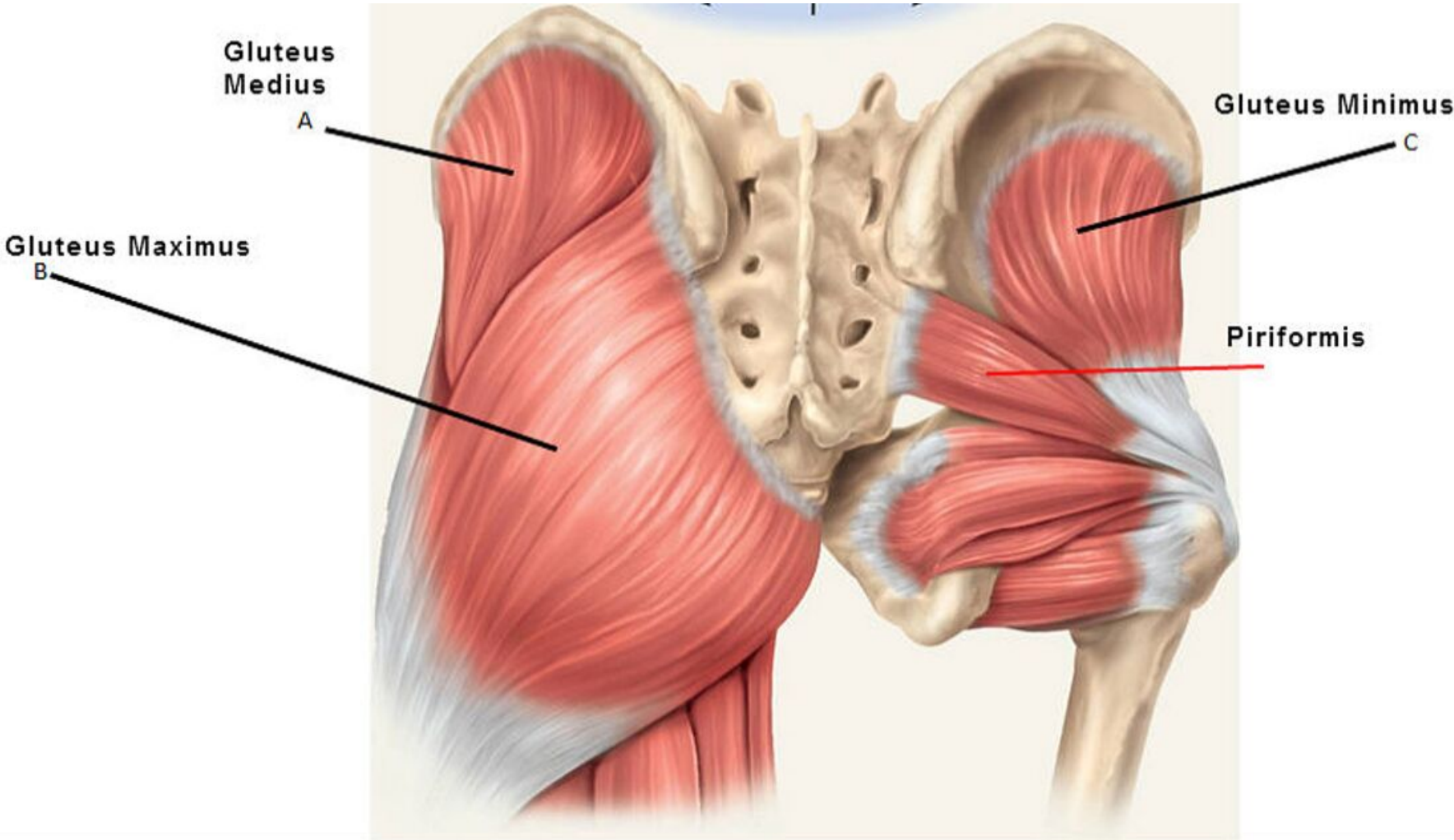
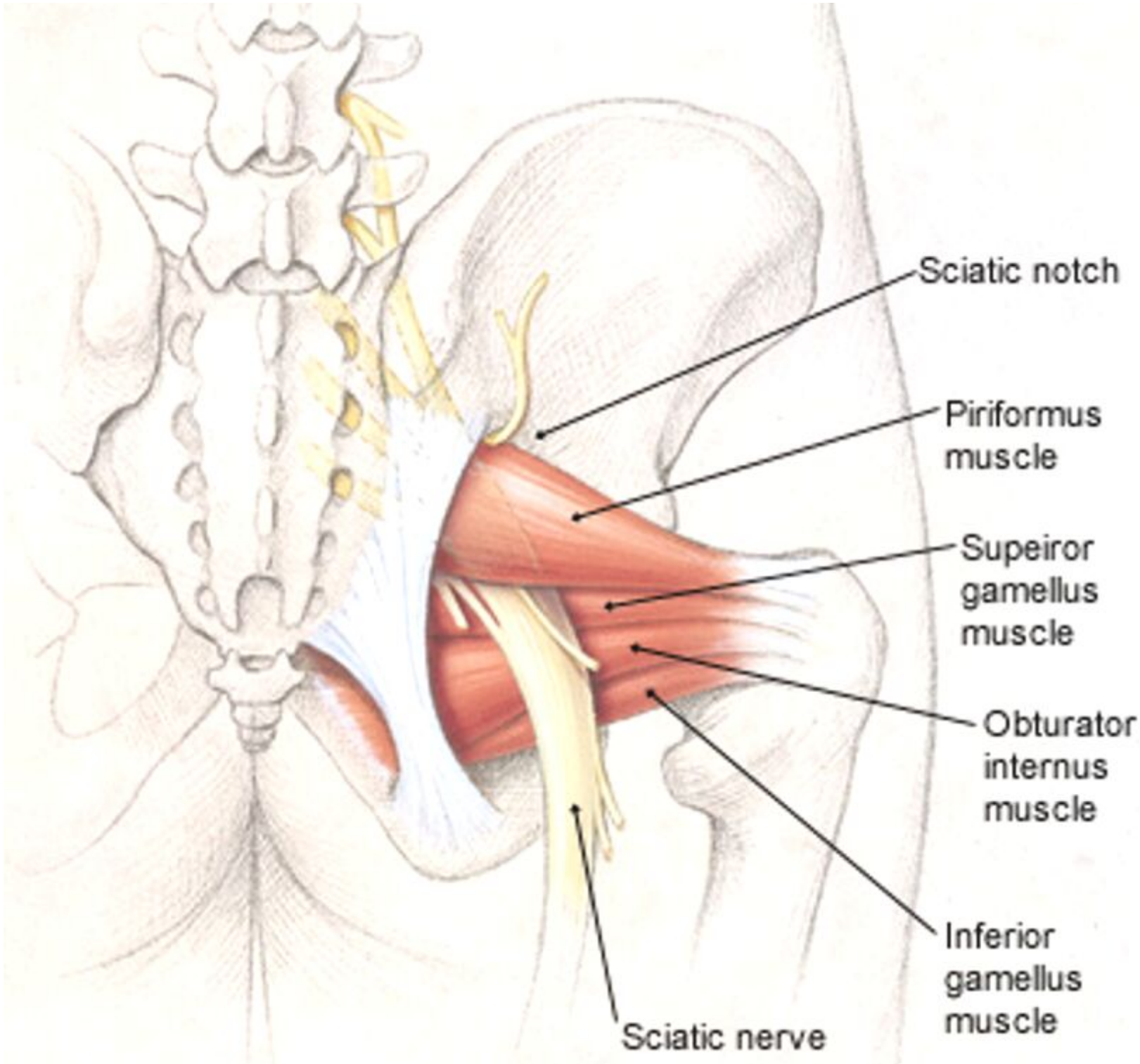
Músculos relacionados à região da Bacia



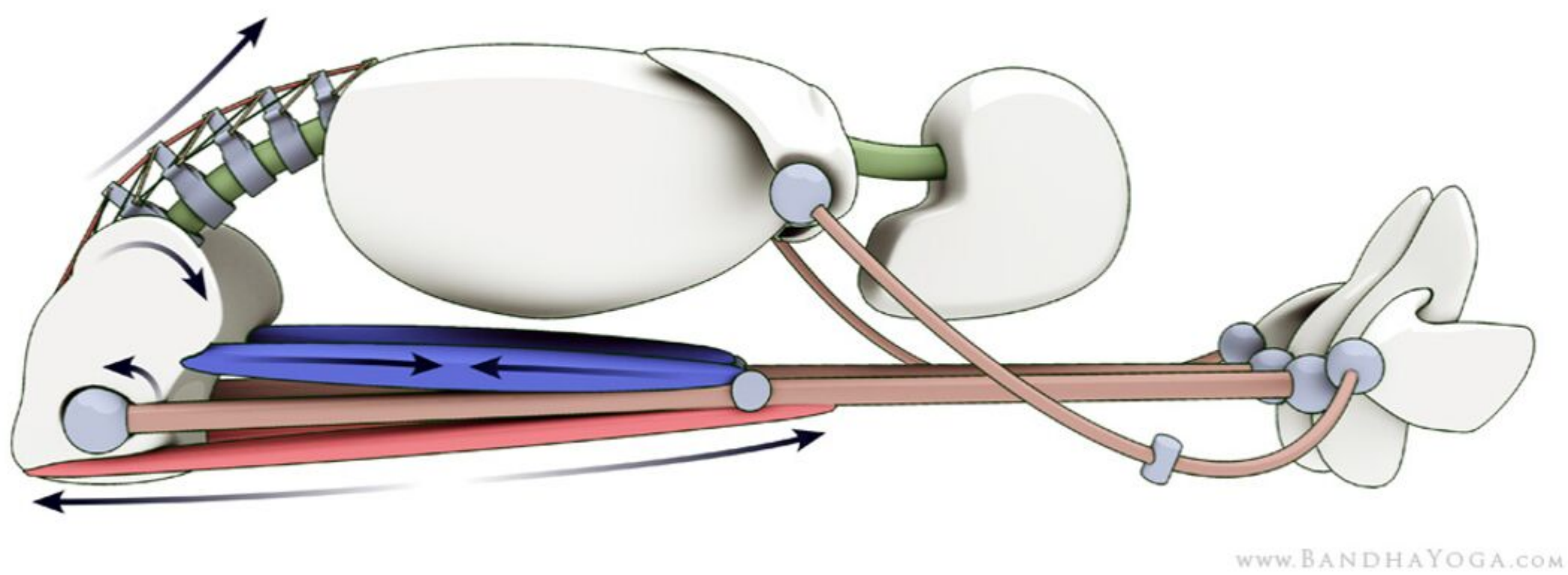
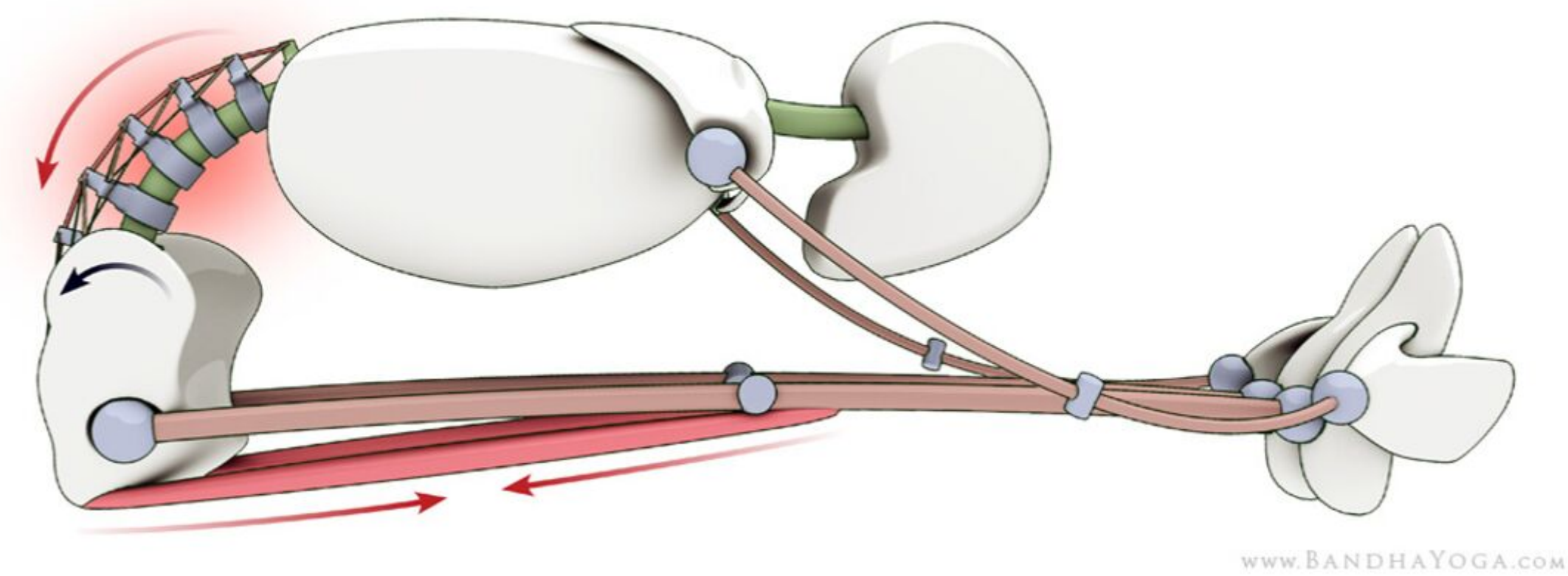
Músculos relacionados à região da Bacia



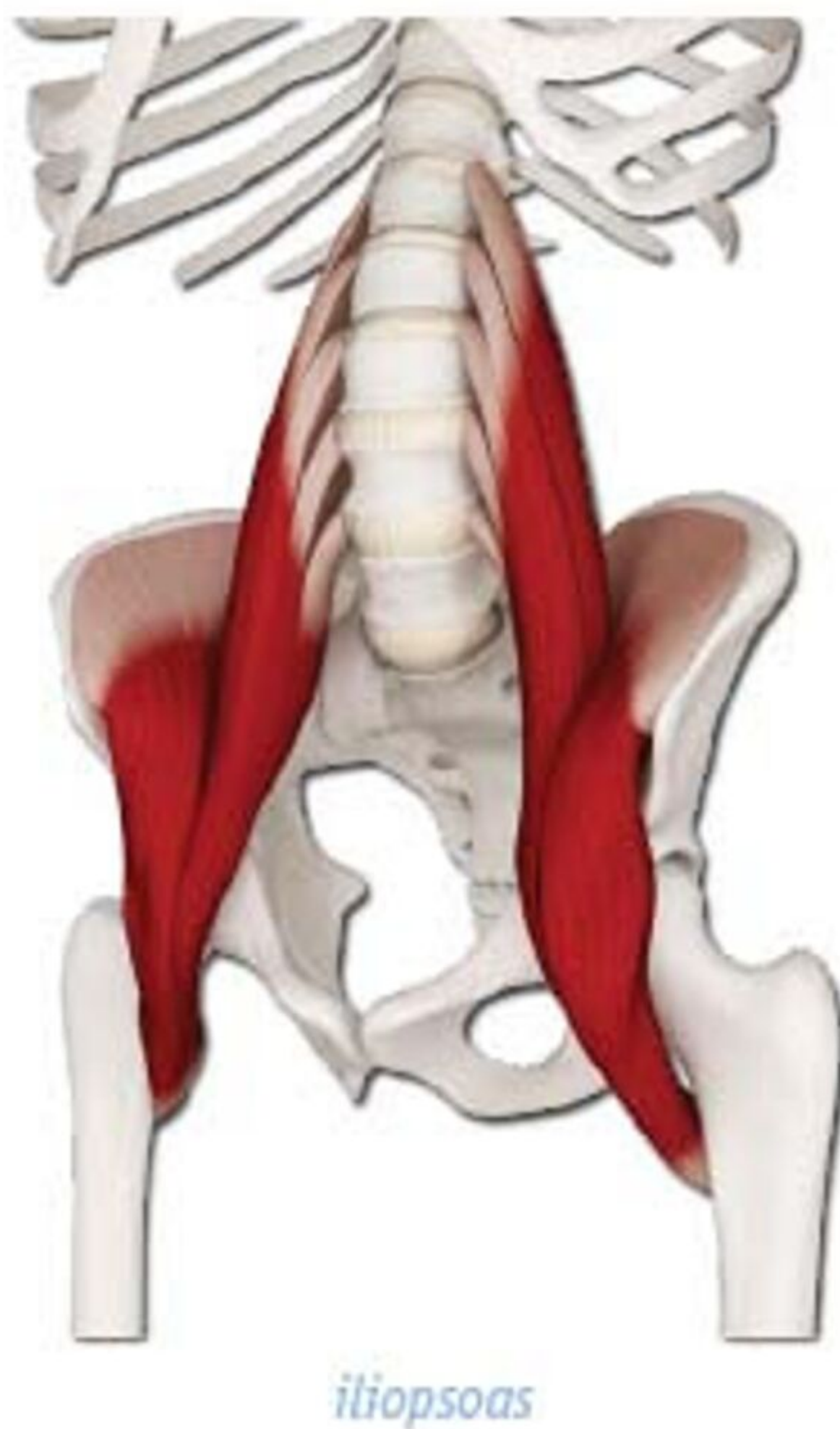
Músculos relacionados à região da Bacia



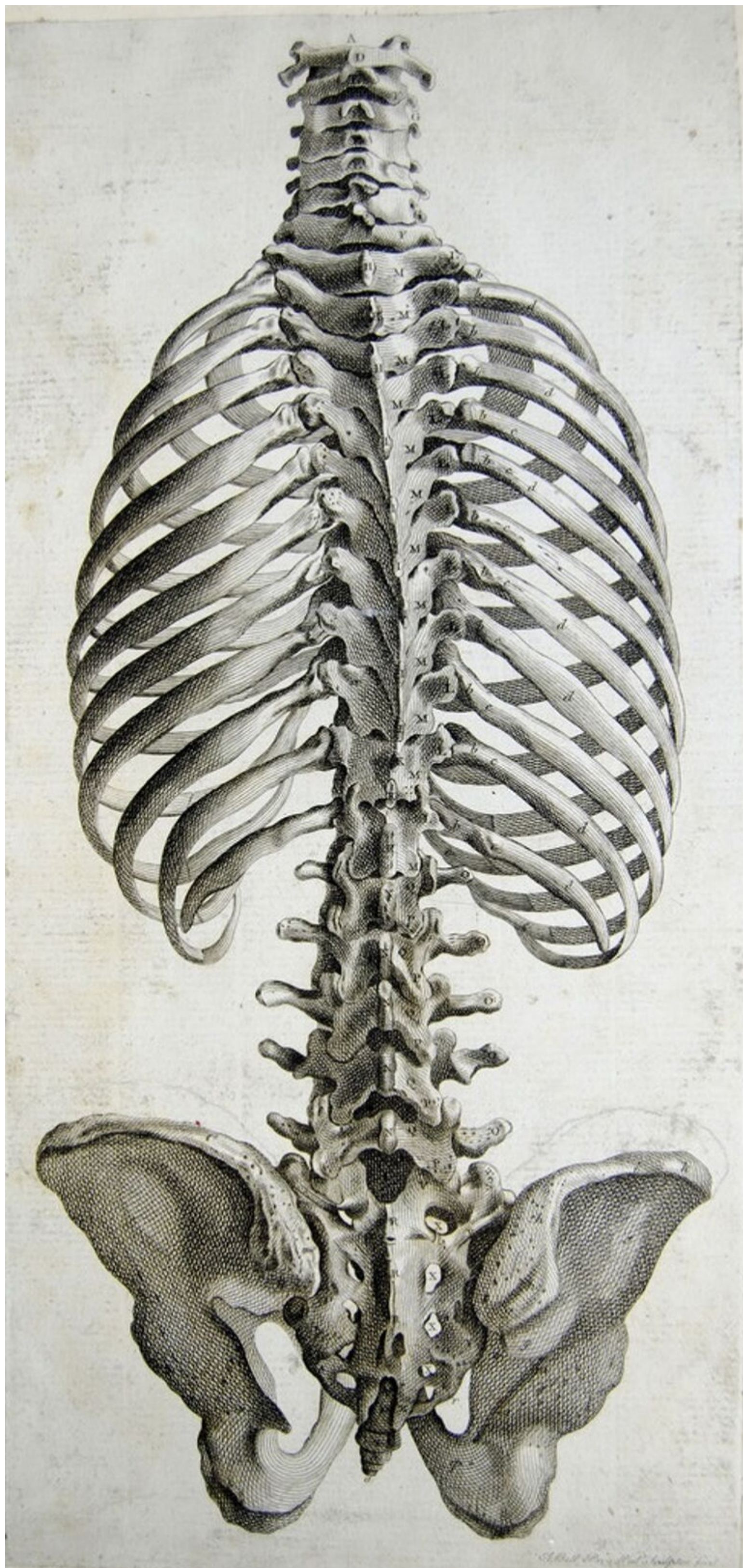
Músculos relacionados à região da Bacia

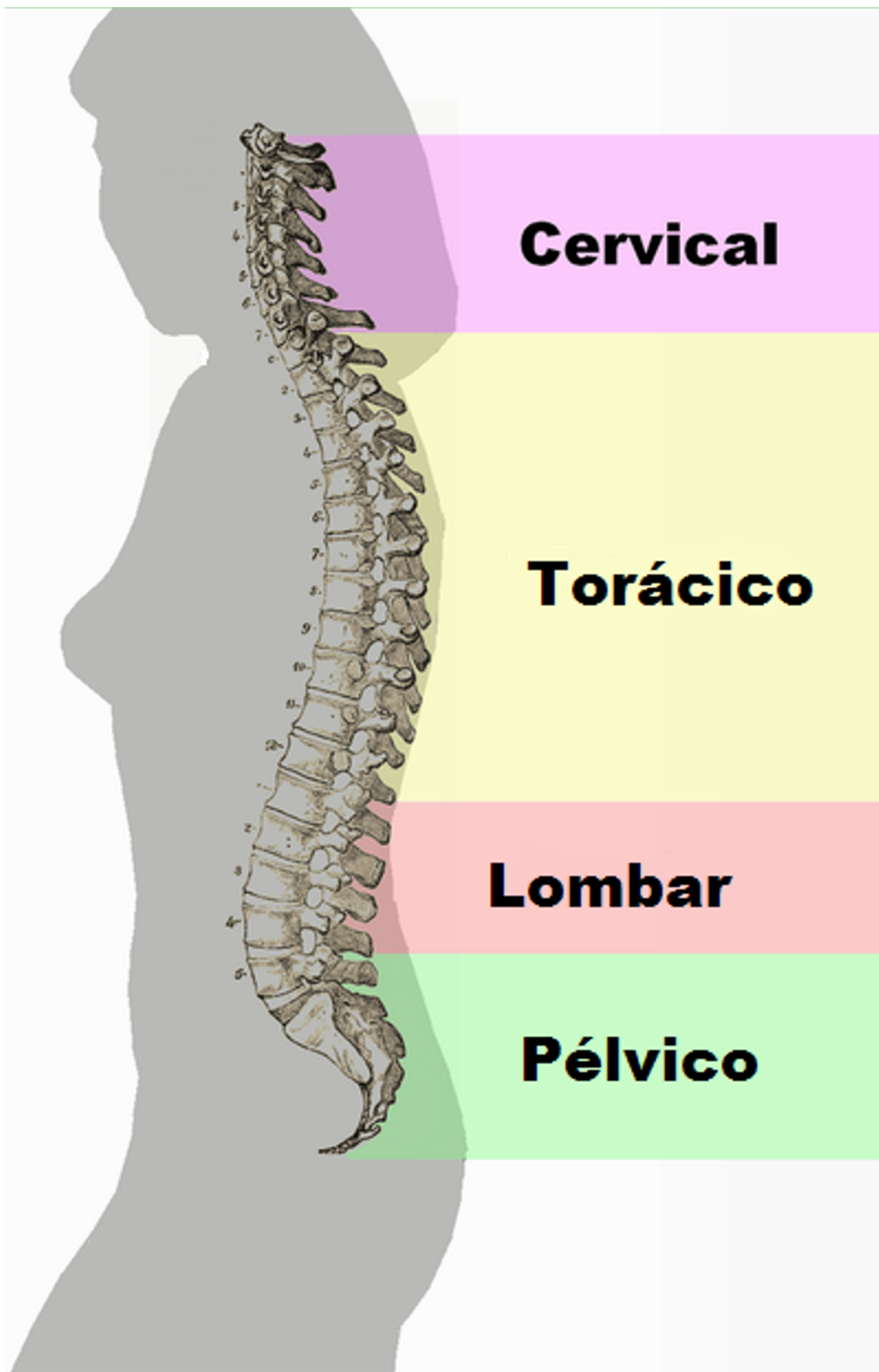


Músculos relacionados à região da Bacia

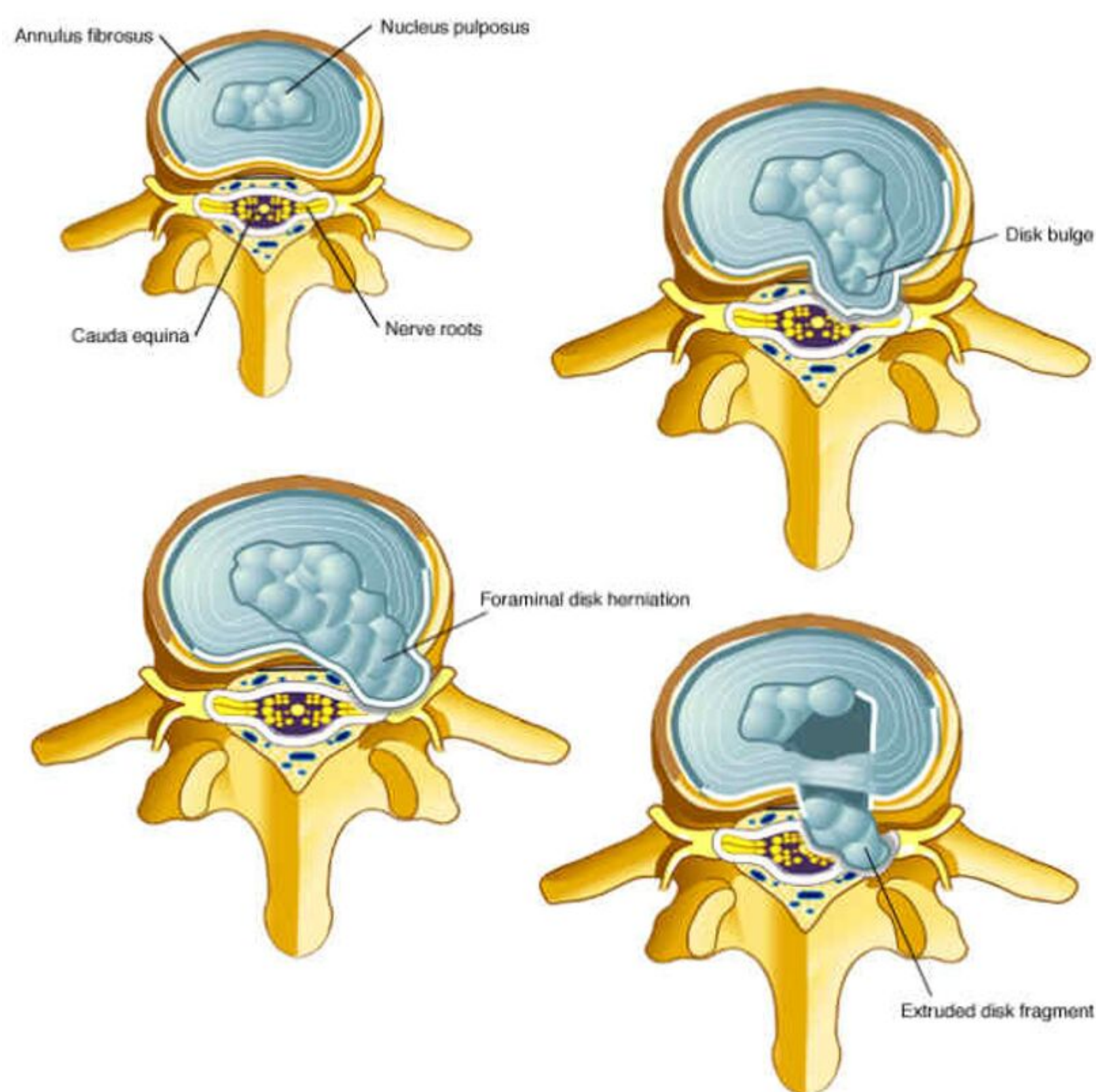
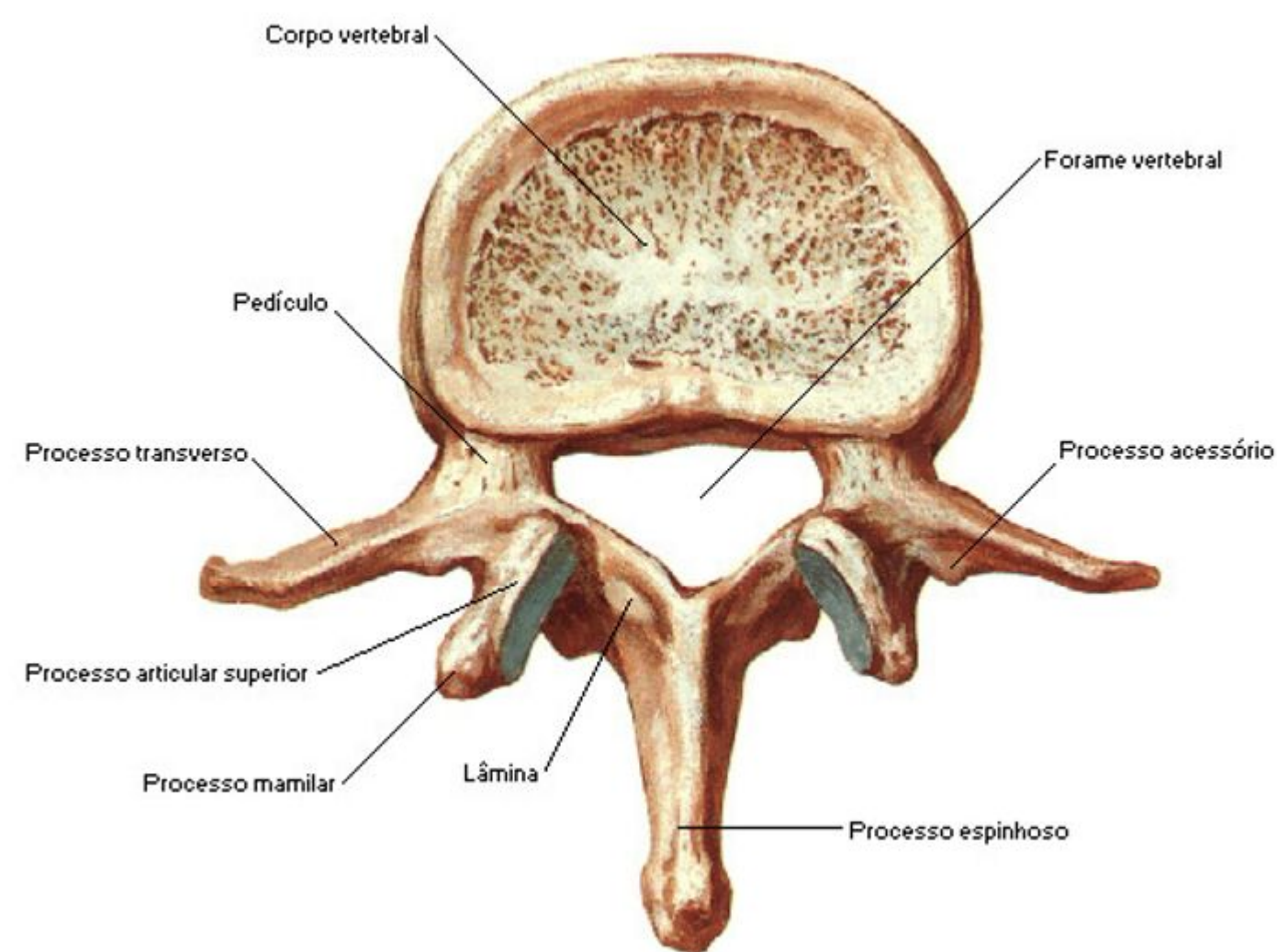


Relação entre as estruturas centrais: coluna, bacia e costelas

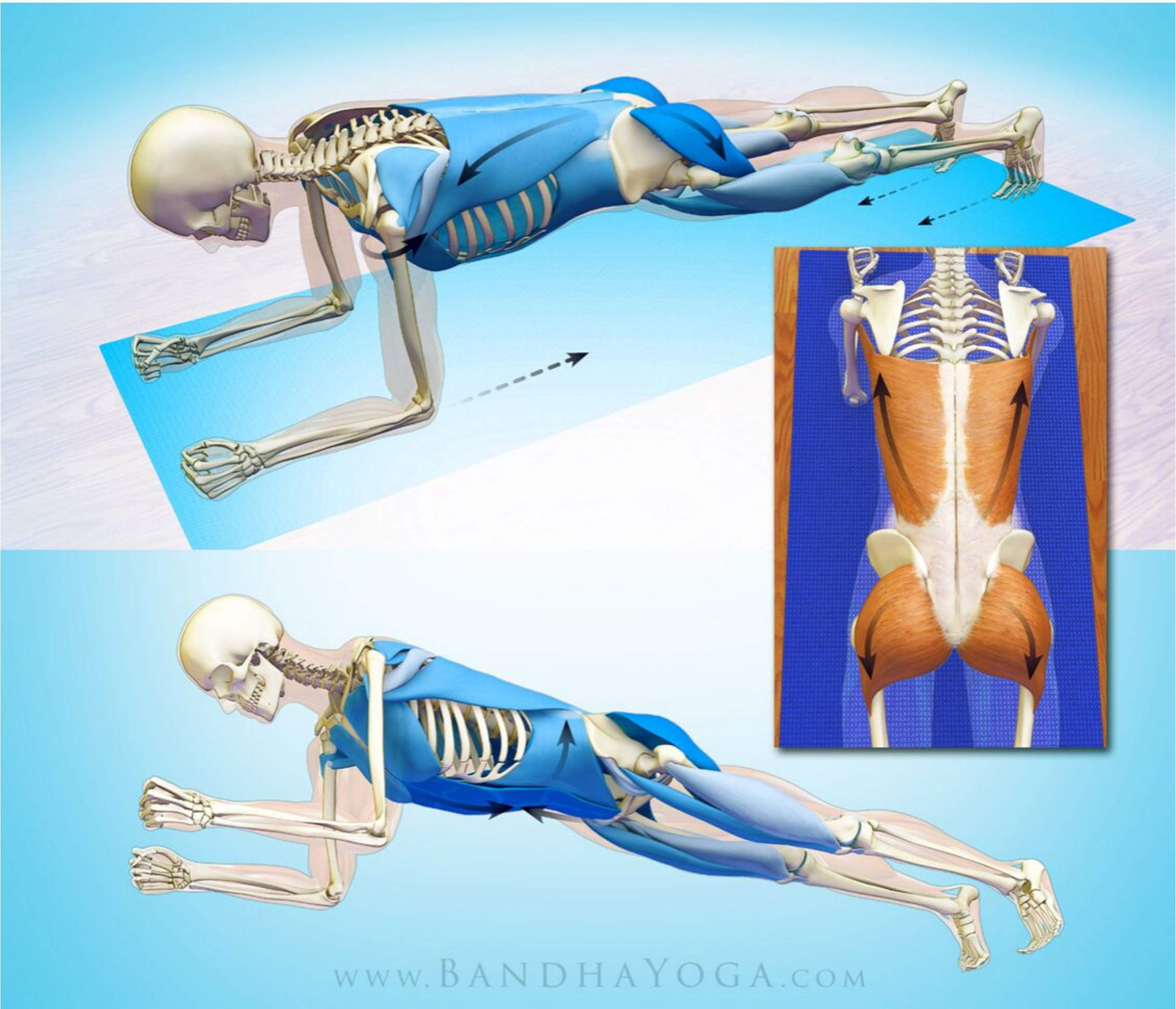




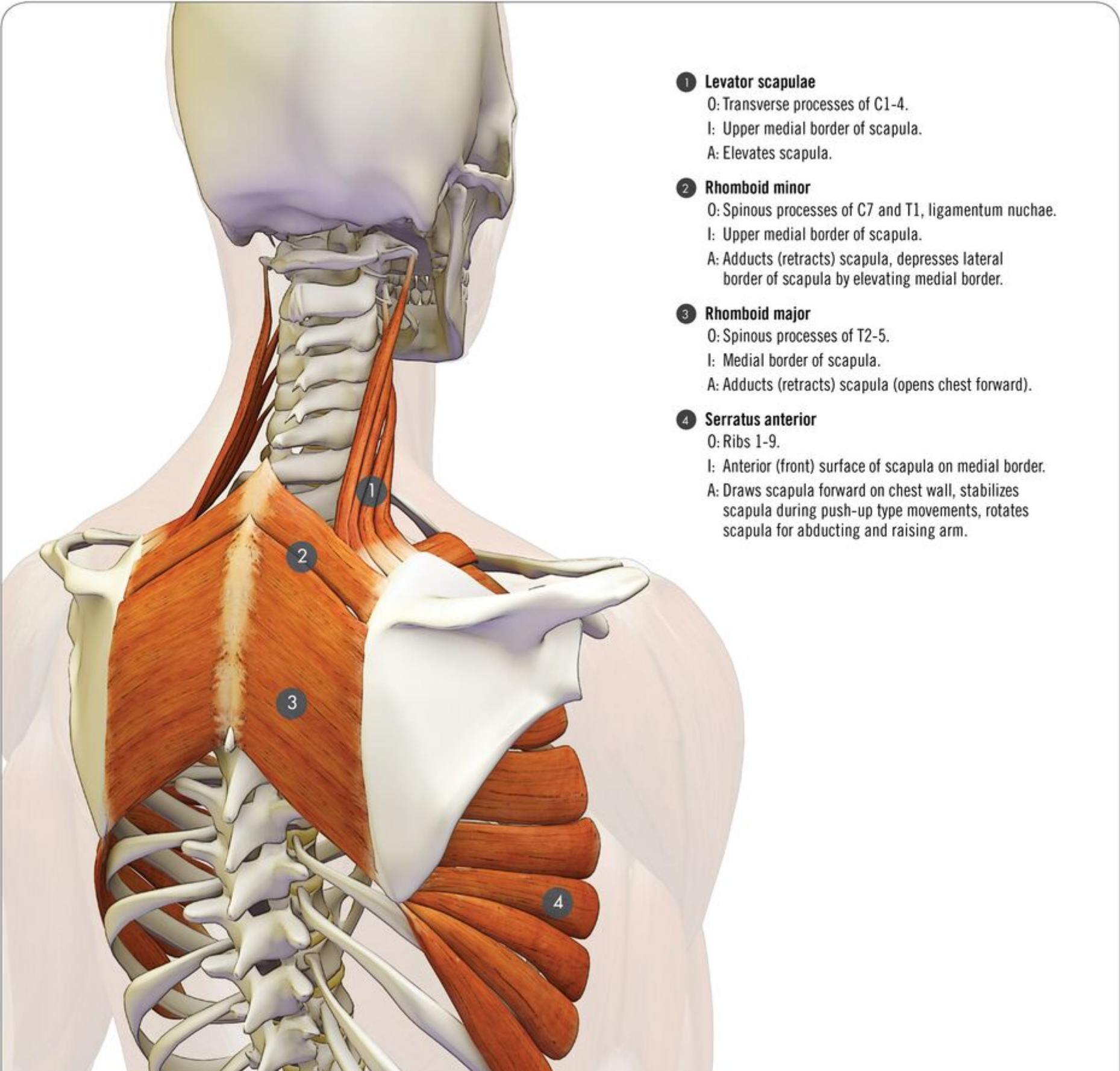
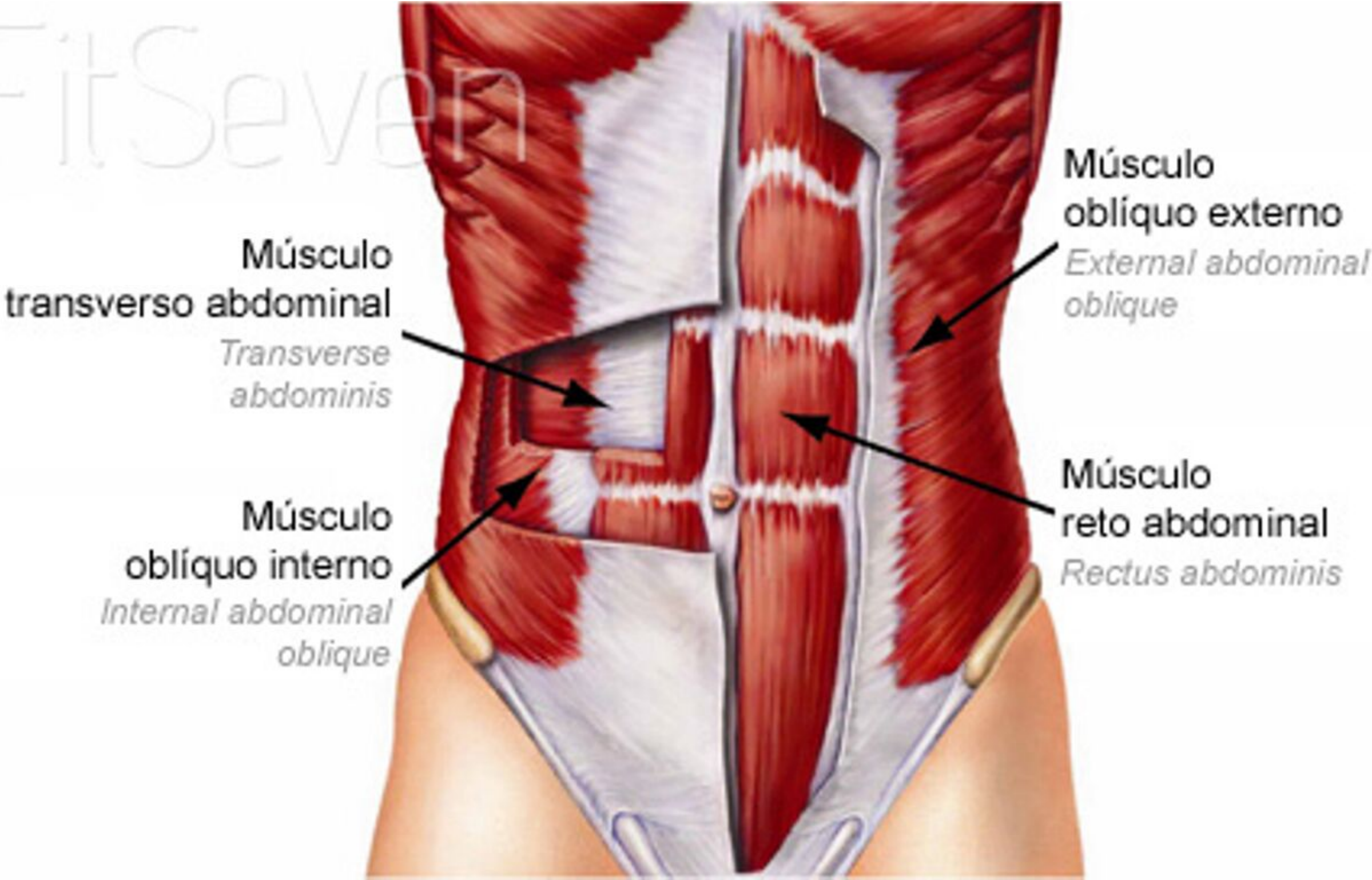
Partes da vértebra: unidade que compõe a coluna vertebral e principais lesões nessa região



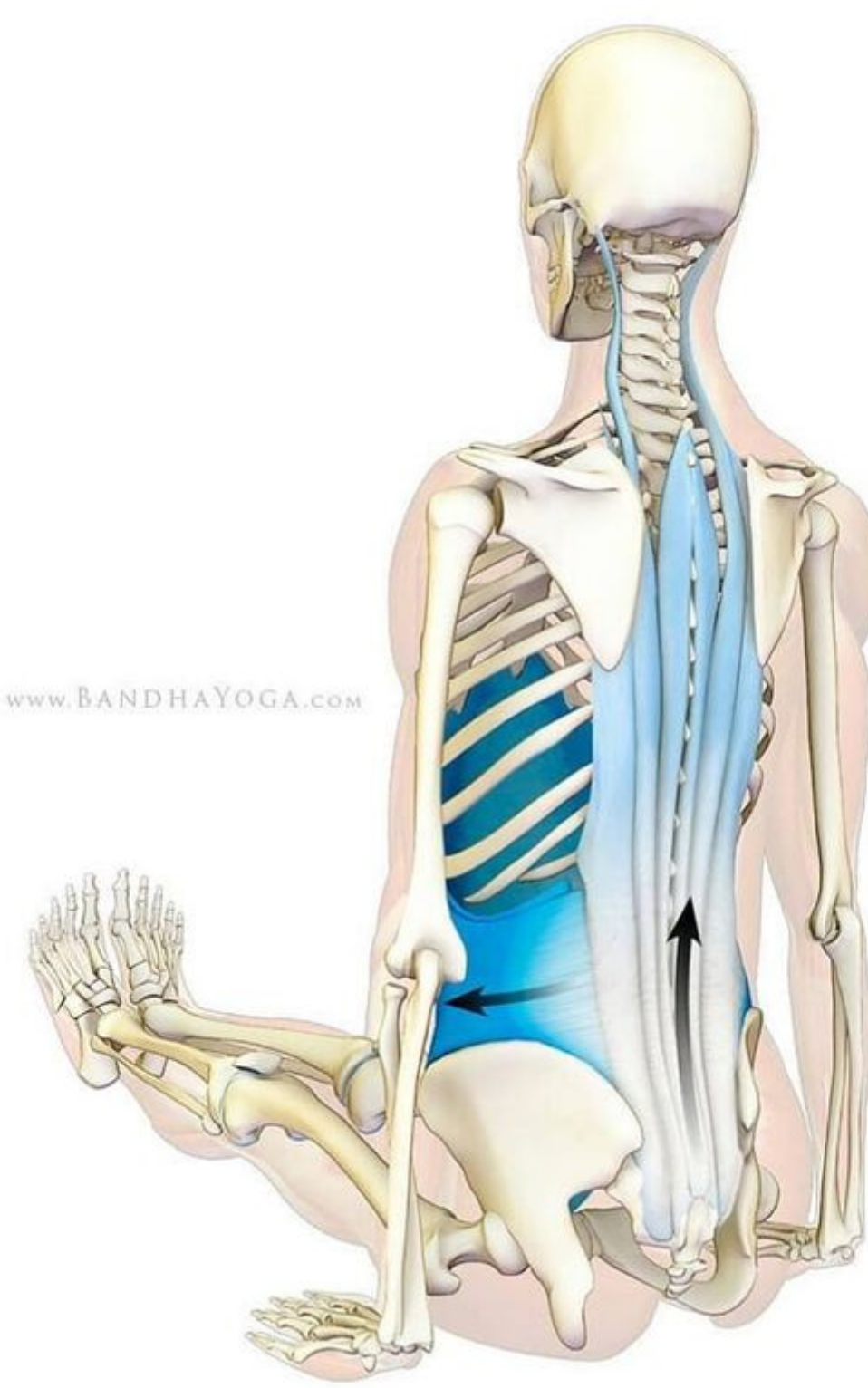
Músculos que passam pelo tronco

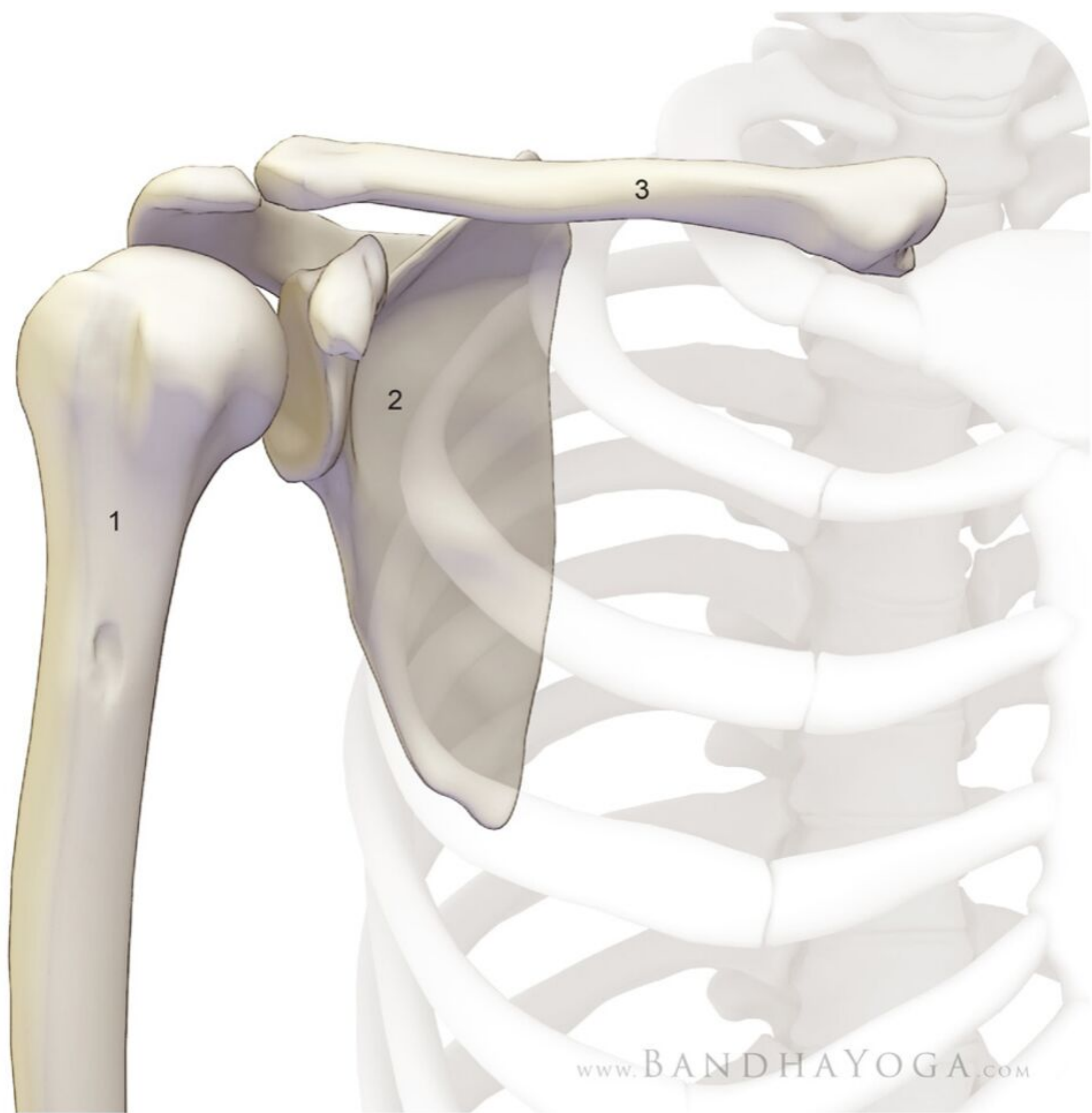


Músculos Abdominais e Músculos que mobilizam as escápulas



Músculos que passam pelo Tronco

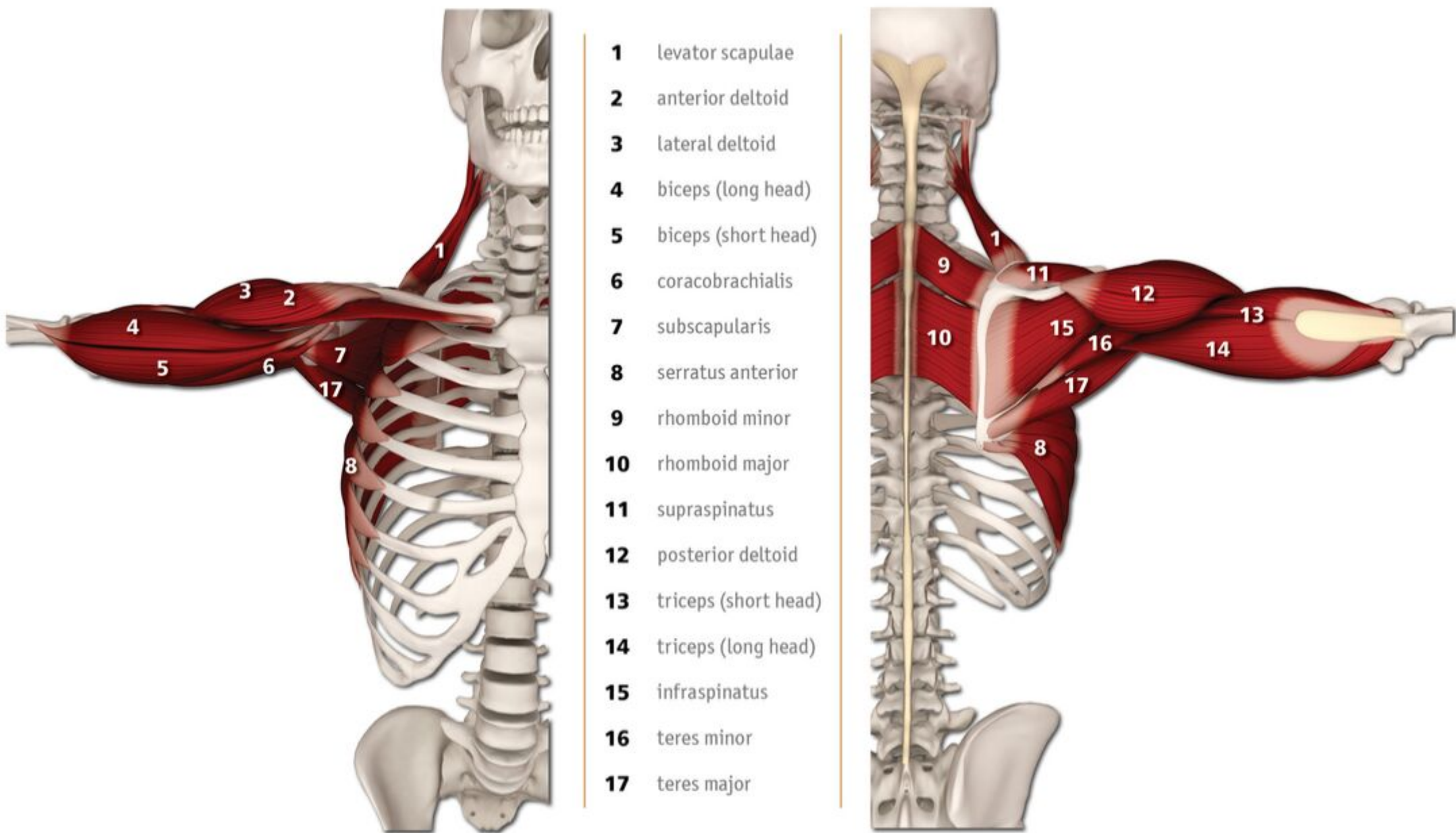




Músculos que atuam na região de cintura escapular e membros superiores

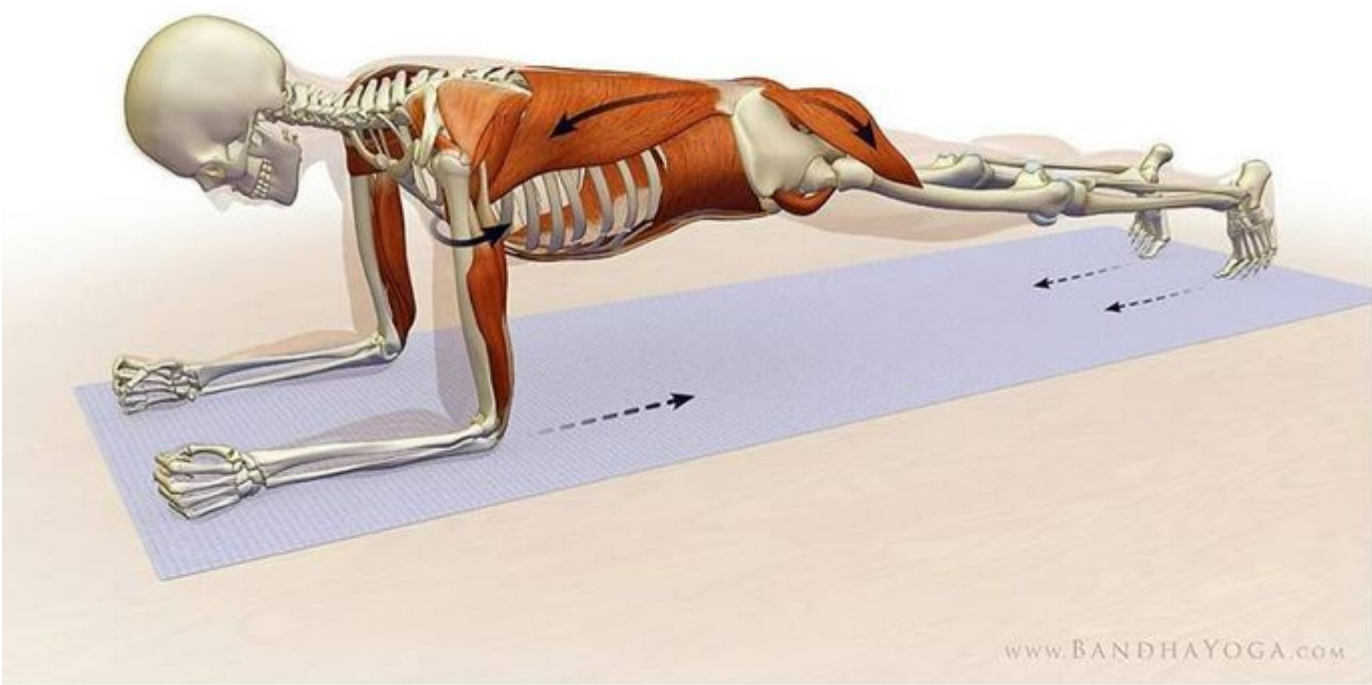
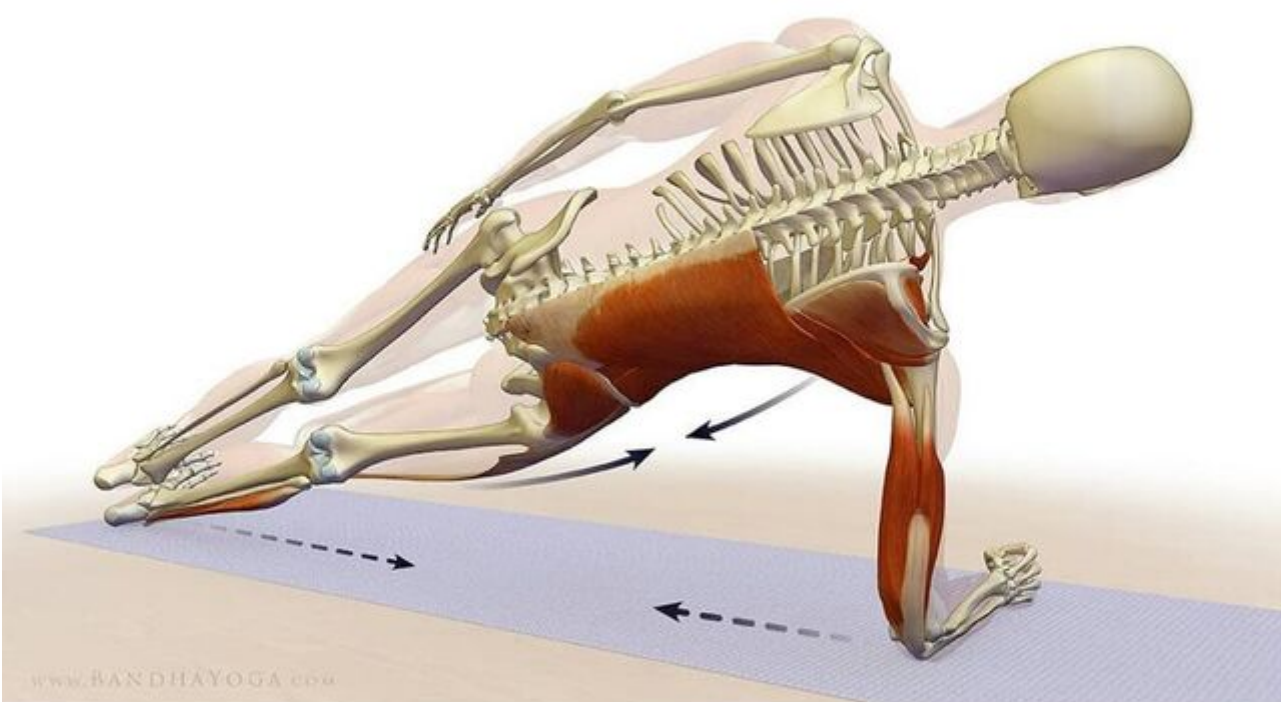
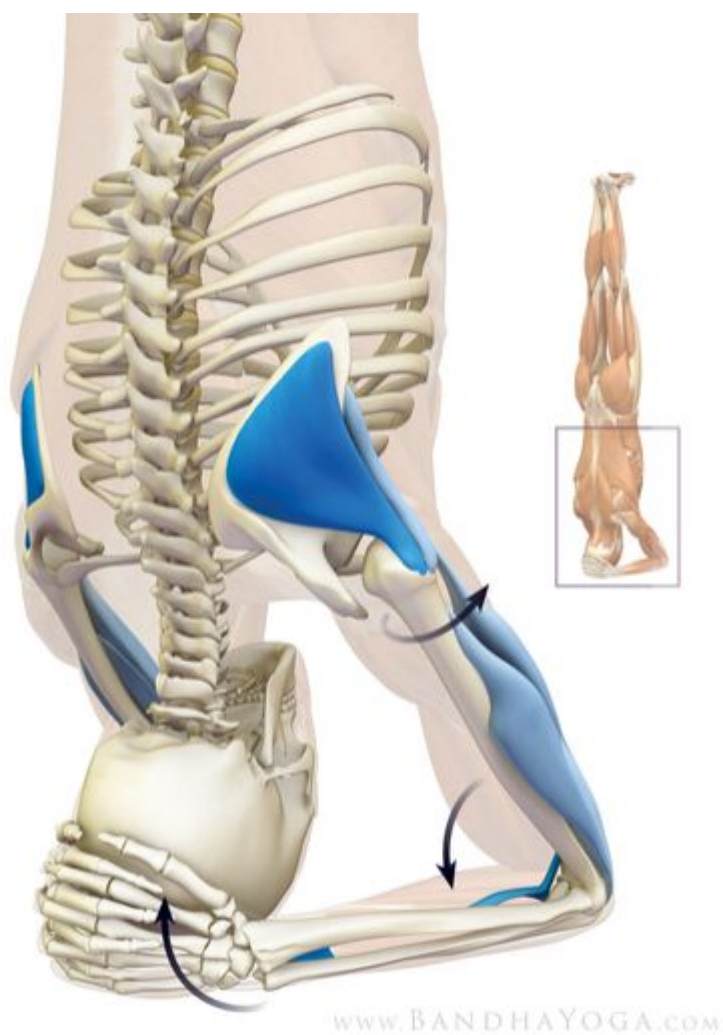
Shoulder Girdle & Upper Arms

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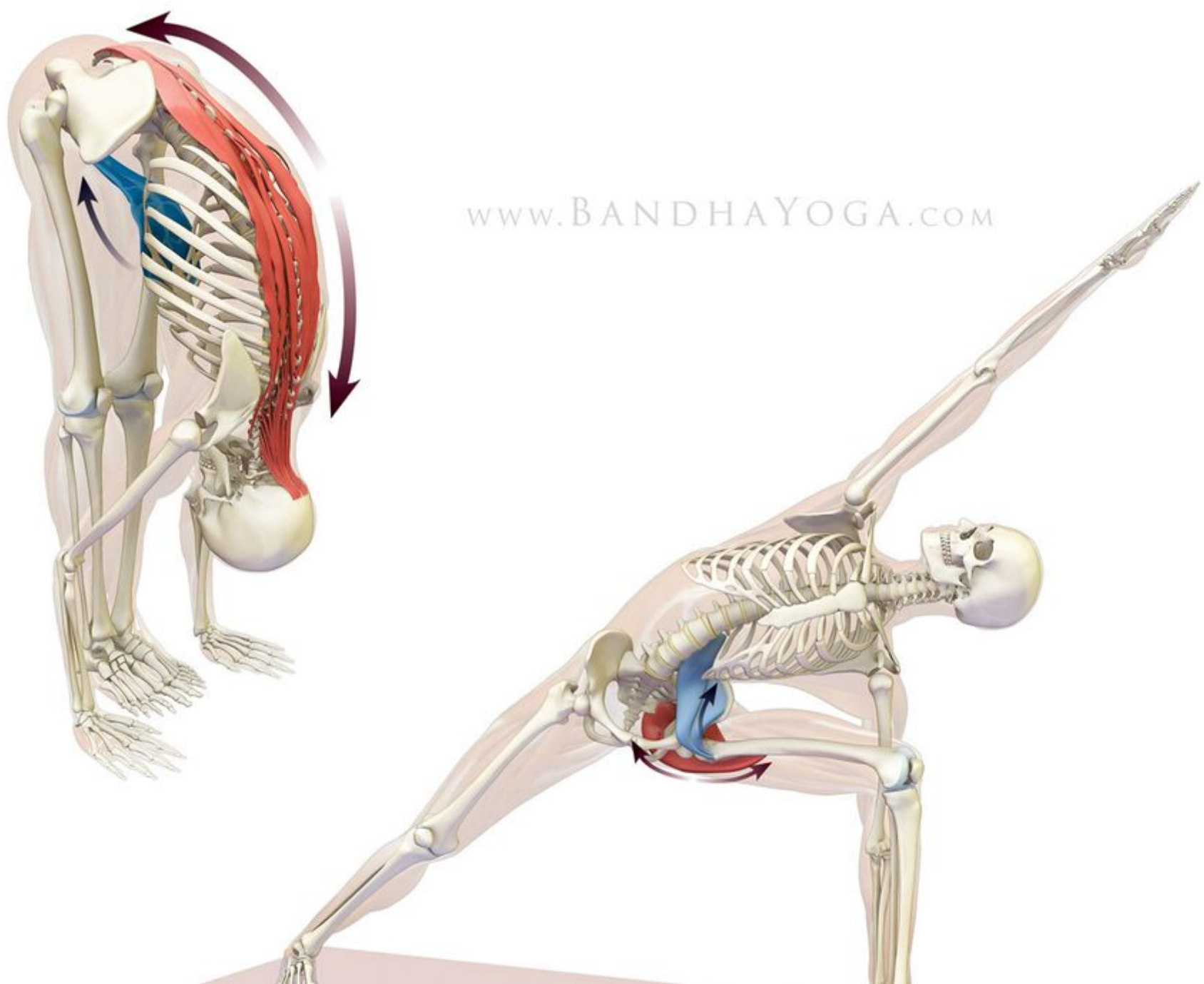
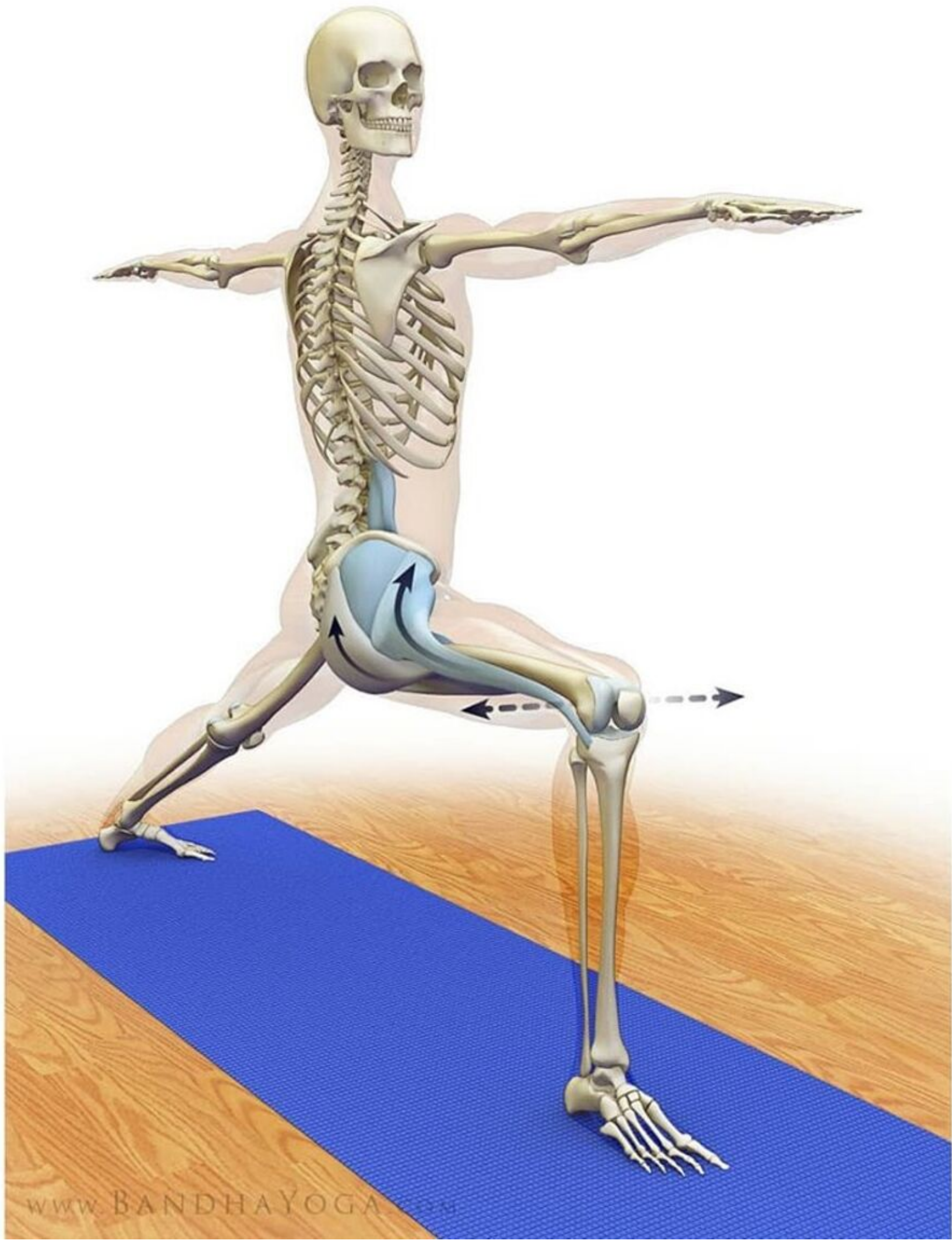


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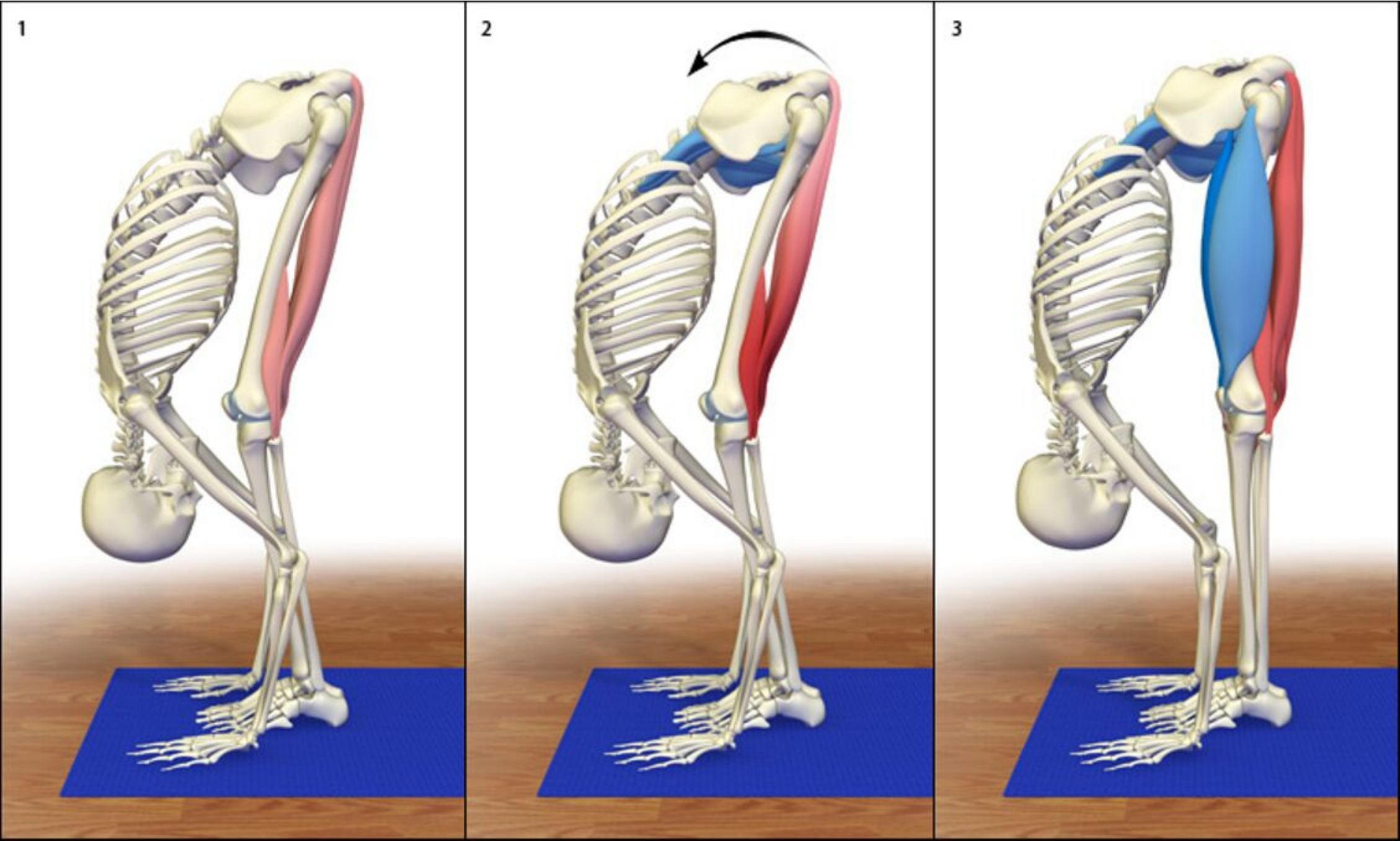
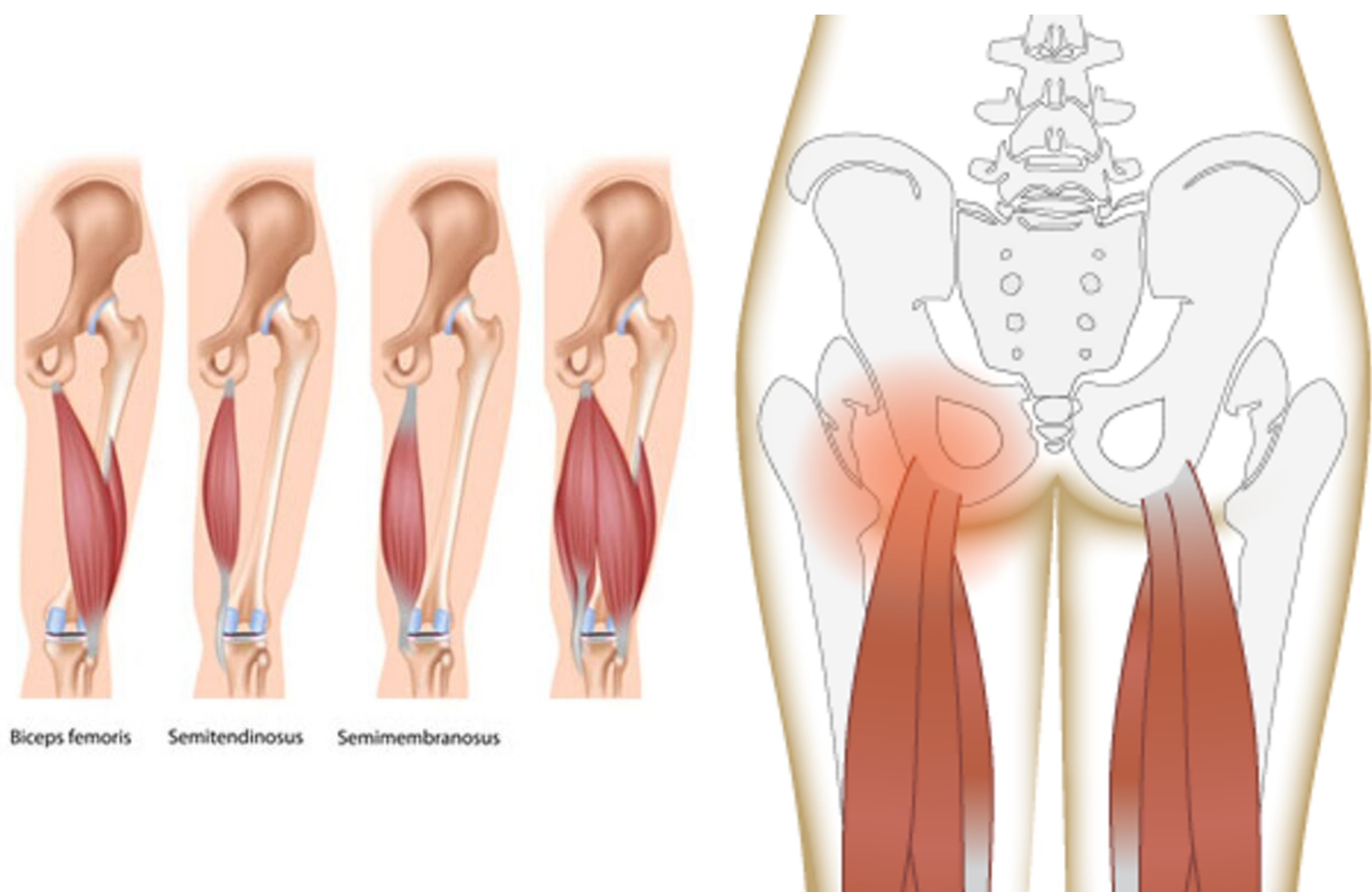
Músculos que atuam na região de cintura escapular e membros superiores



Articulação do joelho



Flexores do Joelho



Estruturas, arcos e funções do pé

