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2022

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- > Understanding  
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- > Anatomy for Movement
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Populations that are in direct contact with nature see little point in naming it. This is unlike Westerners, of whom the majority are urban, who need a word to designate it. But when we say "nature," what are we talking about? Anne-Caroline Prévot investigates our multiple relationships with nature and proposes to reconnect us to it, by all possible means, even if it means mobilizing science fiction to imagine and ultimately build desirable futures for all.

9782271136978 | 2021 | 160 PAGES | 17 X 21 CM | 19.00 €

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As the reality of climate change is becoming increasingly tangible and as climatologists concur that there is no doubt regarding humans' responsibility in it, global warming skeptics continue to spread erroneous information. The fight against this misinformation is essential. Underneath the seemingly light graphic style, this comic covers the fundamental issues and reflects what we really know about climate change, as well as how this knowledge came to be.

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› ANATOMIE POUR LE MOUVEMENT :  
INTRODUCTION À L'ANALYSE DES TECHNIQUES  
CORPORELLES. NOUVELLE ÉDITION REVUE  
ET CORRIGÉE.

## ANATOMY FOR MOVEMENT

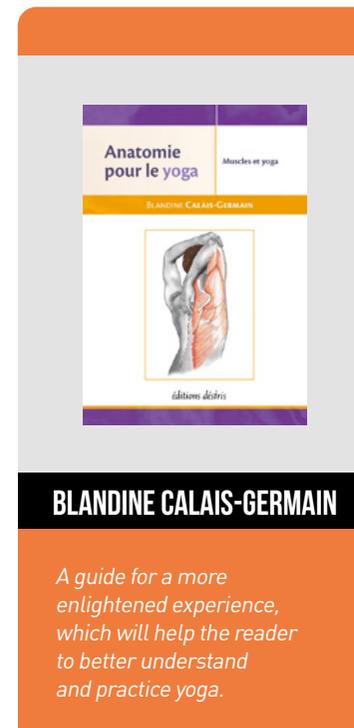
INTRODUCTION TO THE ANALYSIS OF  
BODY TECHNIQUES  
(NEW REVISED EDITION)

Anatomy is of interest to anyone practicing a body technique: martial arts, dance, gymnastics, physiotherapy, psychomotricity, sports, theater, yoga. Drawing essentially on "volume" illustrations, this book presents a lively overview of the bones, joints, and muscles directly related to movement. A fundamental book and a complete guide for easily acquiring the knowledge of anatomy that is essential to all physical practices.

DÉSIRIS | 9782907653015 | 2013 | 304 PAGES | 17 X 24 CM | 29.50 €

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› ANATOMIE POUR LE YOGA : MUSCLES ET YOGA

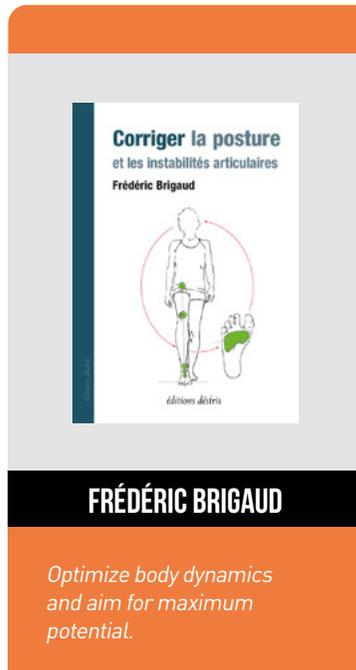
## ANATOMY FOR YOGA

THE MUSCLES IN YOGA

From one yoga pose to the next, the muscles guide the bones, hold the joints, protect the nerves... This book provides a comprehensive tour of the various roles that muscles play in yoga. Through cards and examples, which focus on a situation involving one or more muscles, it proposes to differentiate and understand these different roles. A guide for a more enlightened experience, which will help the reader to better understand and practice yoga.

DÉSIRIS | 9782364031531 | 2017 | 224 PAGES | 17 X 24 CM | 24.50 €

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