

Alignment Matters: The First Five Years Of Katy Says

By Katy Bowman

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Alignment Matters is a collection of five years of `katy says' blog posts. Katy Says is the blog of biomechanical scientist Katy Bowman and is about biomechanics

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Podcast Interview #04. In this episode of Yoga & Beyond I talk to my favorite biomechanist, Katy Bowman, M.S., about her book Alignment Matters: The First Five Years

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