

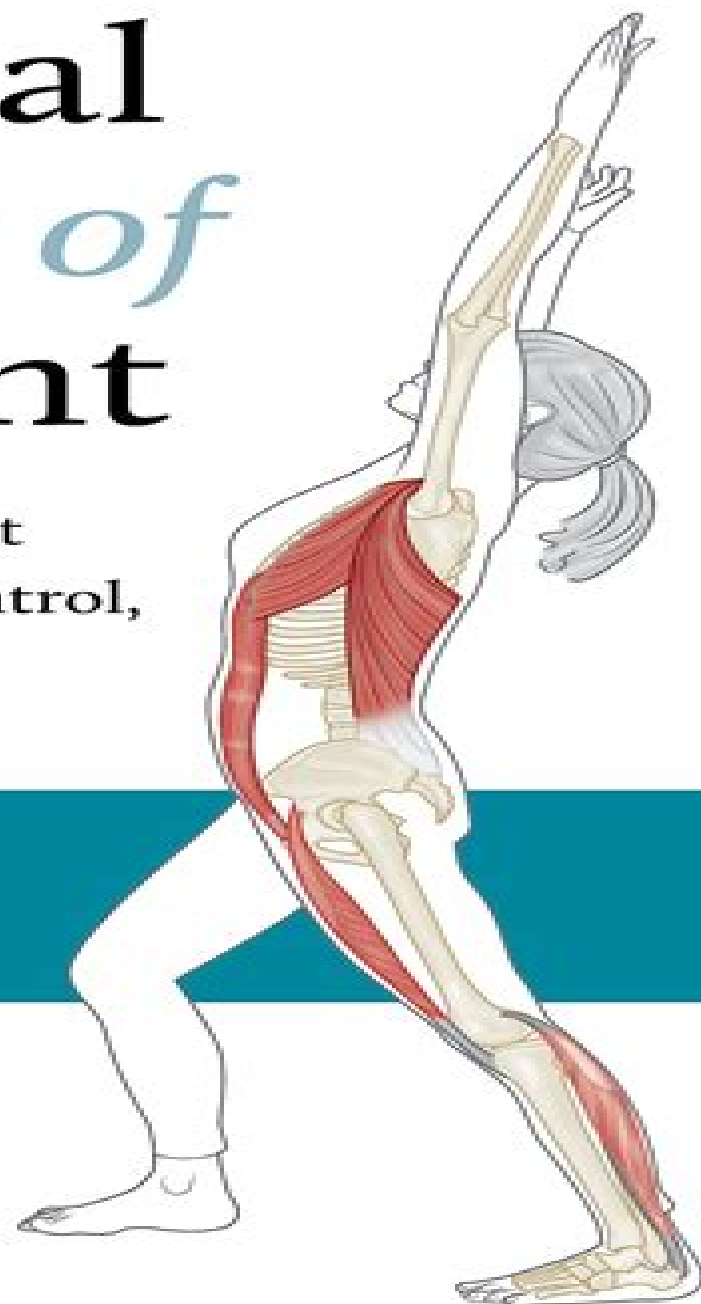
# Functional Anatomy *of* Movement

An Illustrated Guide to Joint  
Movement, Soft Tissue Control,  
and Myofascial Anatomy

For Yoga Teachers, Pilates  
Instructors, and Movement  
and Manual Therapists

James Earls

Author of *Born to Walk* and  
*Fascial Release for Structural Balance*



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**SJ Ball**



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