



# INTRODUCTION TO YOGA ANATOMY AND PHYSIOLOGY

Prepared for Kaya Yoga

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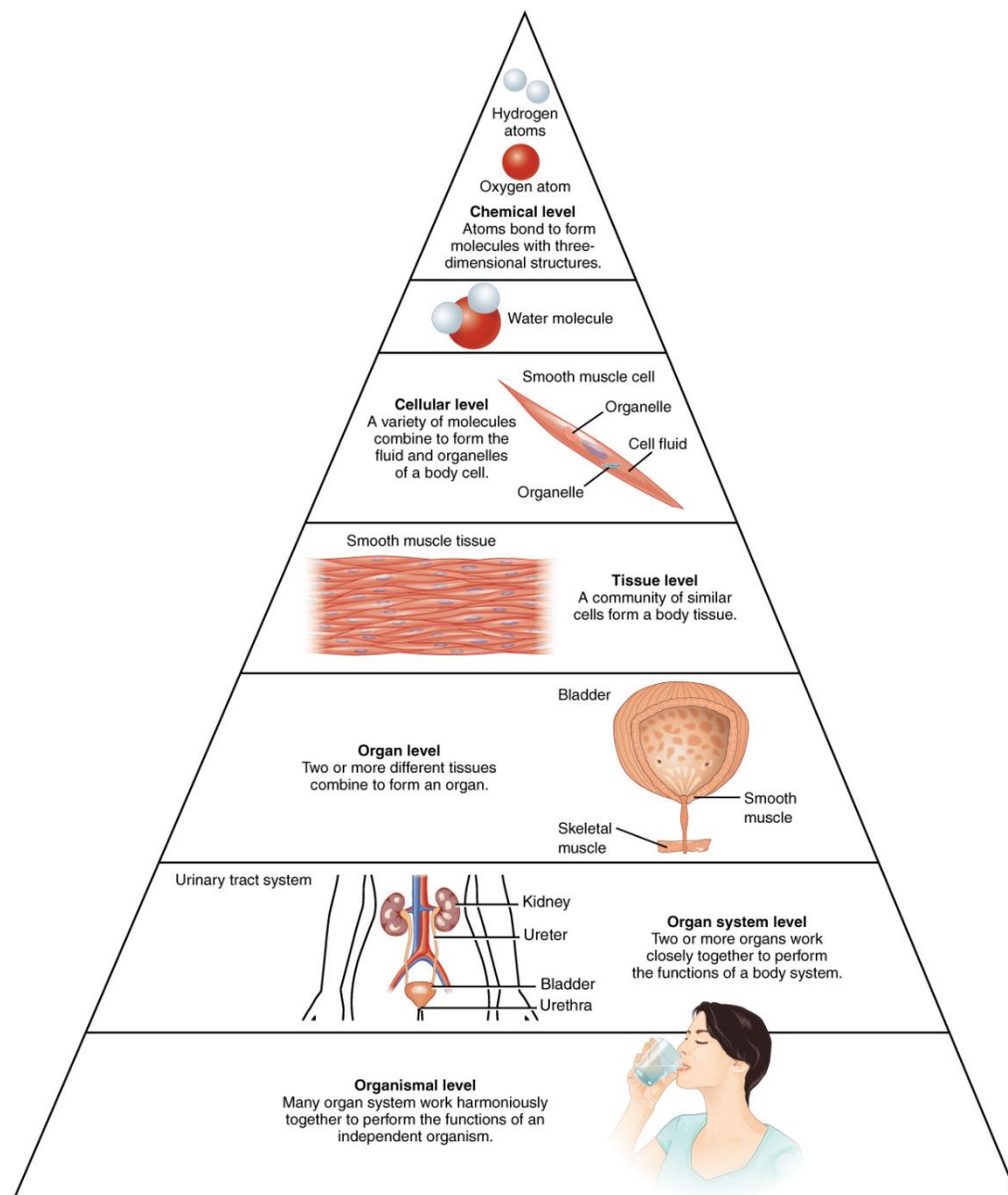
## Section 2: Structural organization of the human body

### Learning objectives:

- Name the 11 organ systems of the human body and their functions
- Understand how the organ systems can be impacted by the practice of yoga

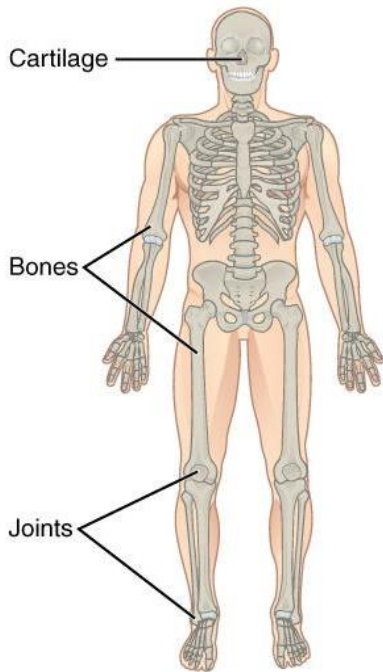
### Building blocks of the human body

The human body is made of building blocks that can be discussed as 6 distinct levels of organization, from the simplest to the most complex.





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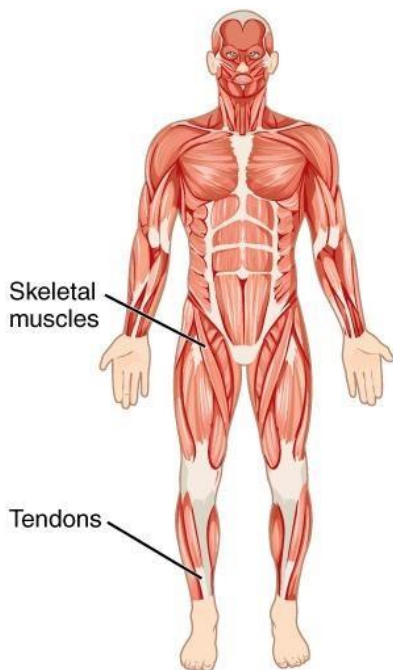
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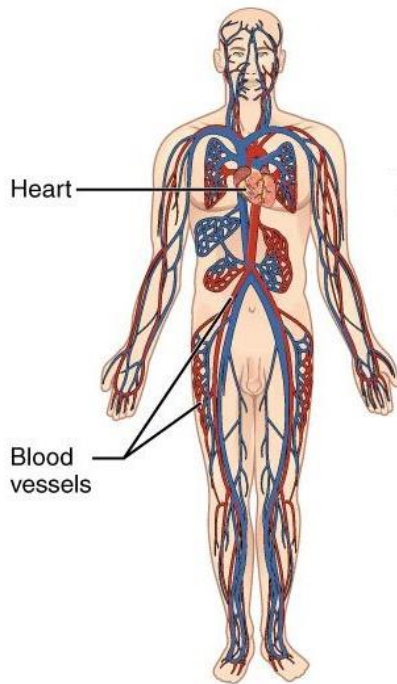
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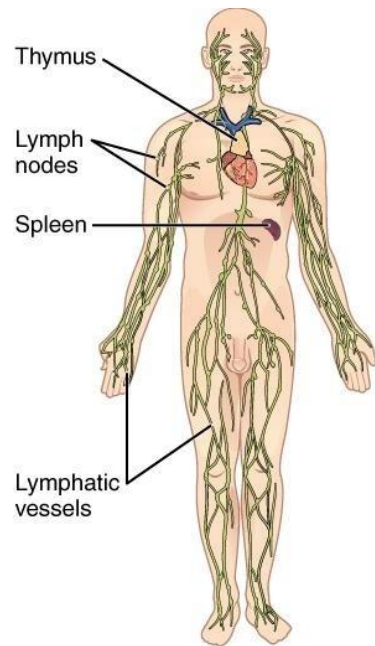
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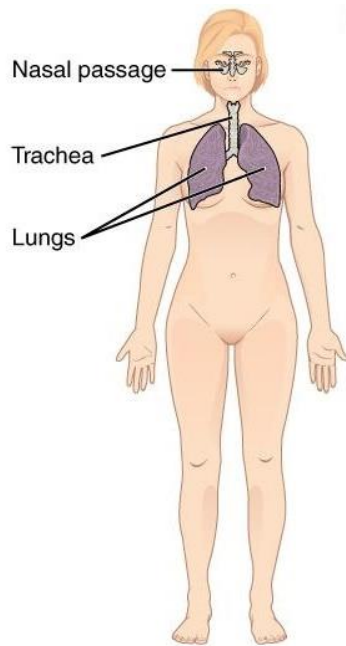
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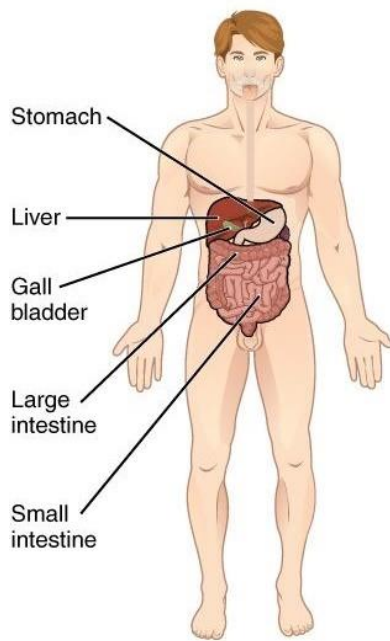
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