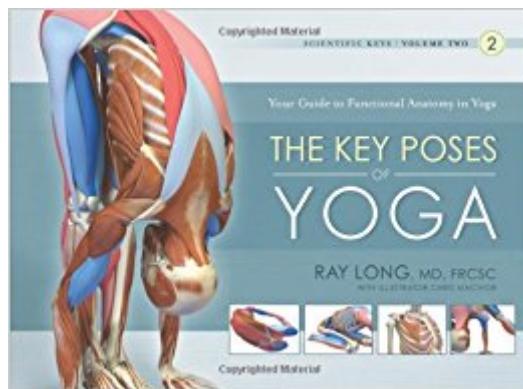


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# The Key Poses Of Yoga: Scientific Keys, Volume II



## Synopsis

This book offers a scientific approach to understanding the practice of hatha yoga. Through four-color, three-dimensional illustrations of major muscles, tendons, and ligaments, Ray Long describes the practice and benefits of hatha yoga. Specific anatomical and physiological descriptions highlight the agonist, antagonist, and synergist muscles that come into play with each pose. Volume II of the series illustrates the correct muscle use during key poses of hatha yoga. From beginners to experts, this book will become a constant companion.

## Book Information

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## Customer Reviews

Ray Long, MD FRCSC, is a board-certified orthopedic surgeon and the founder of Bandha Yoga. He graduated from The University of Michigan Medical School with postgraduate training at Cornell University, McGill University, The University of Montreal, and Florida Orthopedic Institute.

Key poses is what you need to start. In my yoga class the teacher doesn't have the time to stay there and show you exactly what to do unless you are taking a private class. This books shows you the key/basic poses, the names of the poses and the muscle groups affected. At least when you hear the names in class you can try to do them without trying to look at everyone else.

Fantastic book about Yoga poses! Very well made. Highly recommendedMy only objection is the Kindle version, I have the original Kindle Fire 7" and a 5.5" smartphone and it looks awful, especially the pictures. I had to buy the physical books later

I've been in and out of yoga for many years, and have been trying to get back on track for the last year or two. As exercise programs go, yoga was the only thing that's ever worked for me, but somehow I haven't managed to get that old feeling back. I bought this book a while back, and thought, why not take another look at it and see what help it might offer. Wow. Some books offer way too much in the way of exactly how a pose is supposed to work; you've seen them, the ones where they spend several pages going into great detail about every possible muscle twitch. (Dr. Long's other books do this, yes, but you're reading those books because you want to know how to fix that one last little kink in a pose, or how to get more out of it. That's an entirely different situation from figuring out how to get started.) Other books don't offer enough, so you give up after a while because you're not getting anywhere. This book is just right. For the beginning yogi, or someone getting back into it after some time away, this is a terrific start. I'm finding that the poses feel better and I can hold them longer without a struggle. And I feel much better afterward; where I'd been thinking, what did I do that for, now, while I can't explain exactly how, I do feel a lot better. Not every pose is detailed in here, but there's enough to get a good start on your practice. Thanks, Dr. Long.

I use this for all my yoga teacher trainings. This book is a MUST for any yoga teacher, fitness guru or anyone looking to learn more about the body.

A great rudimentary book, but not a stand-alone. To truly study yoga, you'll need a companion book (or two.) But very useful for quick reference!

This book illustrates yoga and anatomy in an easy-to-understand and informative format. Definitely important for the serious yogi to own.

Great book in conjunction with Volume 1... I bought both books and I am gaining so much more knowledge behind why I do yoga in the first place... I am also becoming more educated on how to correctly do yoga... This is a great book for any level of yoga or meditation...

Cool book for someone who wants to know what your muscles do when you are moving this book provides an interesting look under the skin, and an anatomical understanding of what is achieved with yoga poses. The introductory section provides good general yoga terminology and exercise physiology explanations and the color coding of what should stretch, what should relax and what

should work is awesome for those of us who practice without benefit of an ever watchful sensei

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