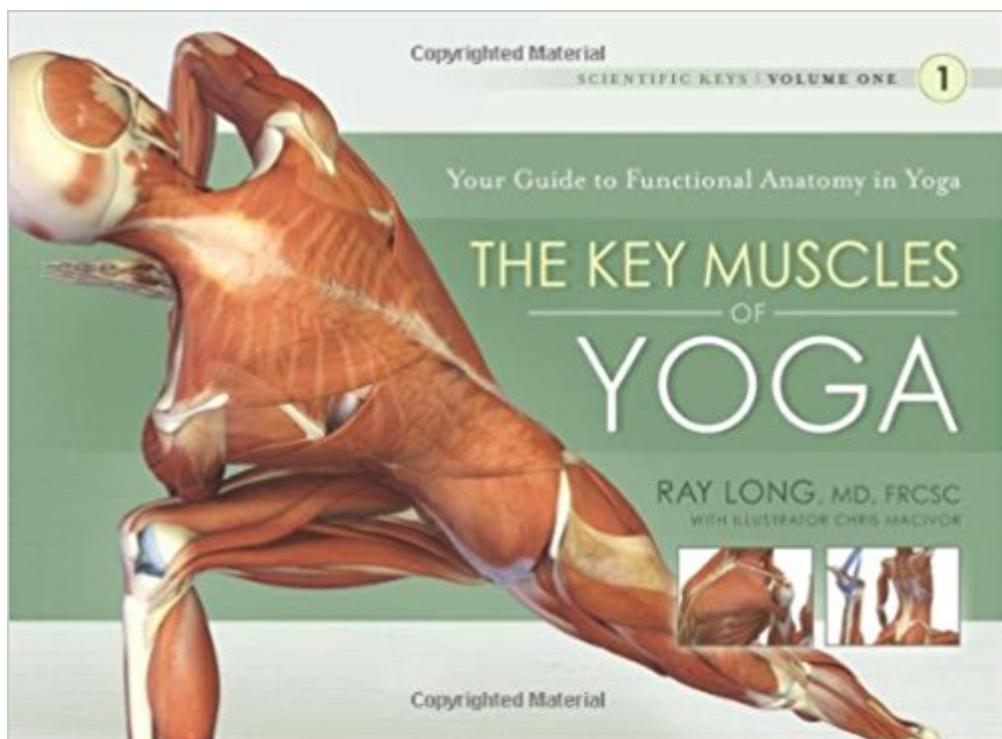


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# The Key Muscles Of Yoga: Scientific Keys, Volume I



## **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 I of the series describes the key muscles of hatha yoga and how they are utilized. From beginners to experts, this book will become a constant companion.

## **Book Information**

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## **Customer Reviews**

'A Fascinating book and cleverly illustrated, making you curious to go back again and again to explore.' -- Yoga Magazine Feb 2010

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.

great book : Quality of the binding is horrible. it's falling apart I just got the book yesterday. Unless you don't want to open it fully be ready for it to fall apart!

This book has beautiful detailed pics and information..easy to understand anatomy and alignment. A good reference for all teachers and students.

This is one of the best gross muscular anatomy books I have found. The illustrations are excellent, the text clear. In particular, if you are a yoga practitioner, it will expose for you the muscles that are in tension, and those that should be in relaxation, in various poses. It is also valuable if you are curious about drawing the human figure. It may be that the book is for physical or massage therapists, or yoga teachers, but it's useful even for curious amateurs such as myself. It sits on our coffee table, I leaf through it every so often. Had I more time, I would work through the names and eventually memorize what moves this bag of skin and bones (and, of course, organs, nails, teeth and emotion). Even without, a hasty review can be helpful, as what's noticed remains in memory for at least a 90-minute yoga session.

Still going through it but I must say this is how an anatomy illustration should look like in the 21st century. If you're a beginner in anatomy and you've done some hundreds of hours of yoga then this is a great book for you. If you're a beginner in yoga try to get move from a teacher you trust and then gradually you start doing your own reading.

Love this book as I can totally visualize the poses as muscles. Packaging was not so great, though, and it arrived with a corner bend.

Great book but wish there were more poses and muscles covered. Very colorful and visually appealing. Also clear to understand.

Anyone practicing yoga should have this book in their library for reference. The author explains how the muscles of the body interact in various asanas. Very informative, especially if you are trying to pin point a problem or stiffness.

Great book with very easy explanations and amazing illustrations. Would recommend for anyone studying anatomy.

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