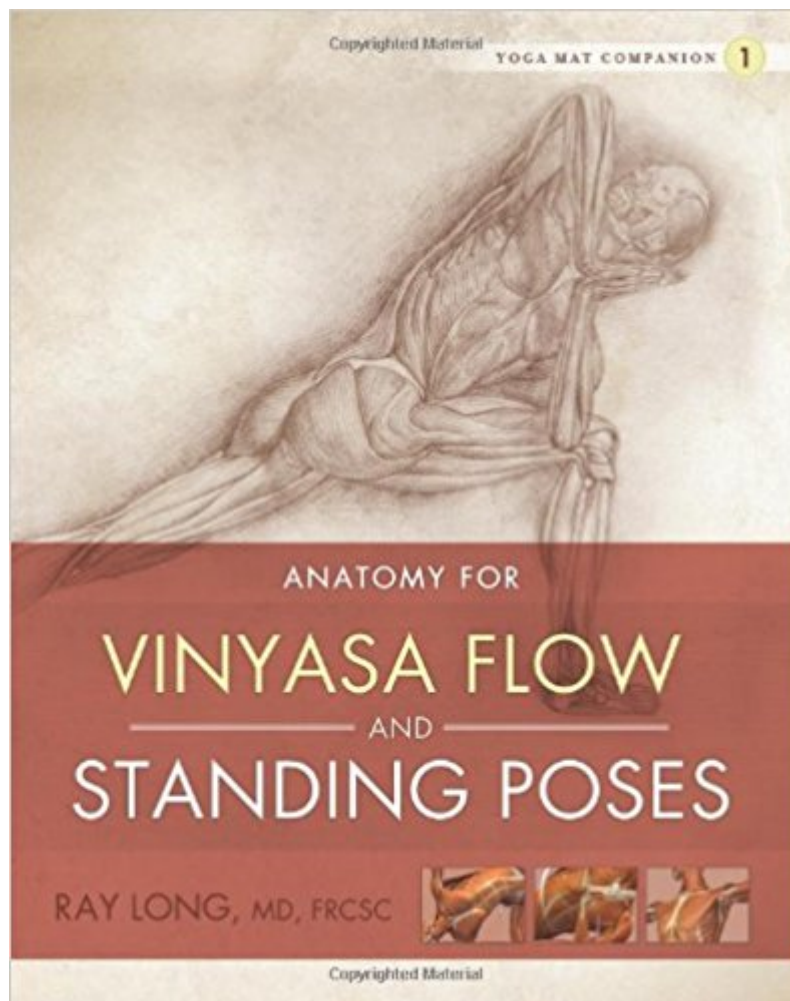




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Yoga Mat Companion 1: Anatomy For Vinyasa Flow And Standing Poses



Synopsis

Master the science behind Vinyasa Flow and the standing poses of Hatha Yoga. Dr. Ray Long guides you on a visual narrative through the anatomy, biomechanics, and physiology of this ancient art, decoding each pose along the way. The Mat Companion series provides you with beautifully illustrated, step-by-step instructions on how to use scientific principles to obtain the maximum benefit from your practice. Each book includes the Bandha Yoga Codex, a simple five-step process that can be applied to any pose to improve strength, flexibility, and precision -- no matter what style of yoga you practice.

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 is the author of the bestselling series, The Key Muscles of Yoga and The Key Poses of Yoga.

I'm an amateur "do it yourself" rank beginner, and I've found the detailed instructions about skeleton/joint/muscle relationships and which muscles to contract/relax very helpful. Makes yoga fun for people like me who are curious about such matters. Note that the forms are ideal and no beginner should expect or try to duplicate them. If you do not, it is very easy to get injured. Easy does it.

Great book. I only wish that in the anatomical index in the back that it would have "conventional" names for the muscles/tendons/bones - and not just the latin names. It would be nice to have the

two side by side. If you're not sure of the colloquial term for something, you'll have to cross reference it with another resource to find out.

amazing book for every Yoga teacher or student!!Wow. These books are amazing. I wish I'd had them 30 years ago. Most books on yoga will say, don't do this pose if you have this condition, and that's the end of it. These books tell you every detail of a pose, from how to get started if you're not very flexible, to how to get even more from the pose for very advanced users. I knew these were worth every penny and every minute spent reading them, when I saw something cautioning how you need to do these things in such a way as to not destroy your joints; most books (and an awful lot of teachers out there) don't know how to teach to prevent major joint damage. Dr. Long does.

Love it

amazing book, thanks

We bought these for our daughter who is an instructor. They came just as they said, new. She was so happy to get all 3 of the Yoga books. The rest we are saving for Christmas gifts. Everything arrived in less then a week except for the two belly dancing shirts which said up to two weeks I believe. I will always look at her Wish List before we by in a store.

Excellent

This book is amazing for anyone looking to deepen your understanding of body mechanics within postures!

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