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The Key Poses of Yoga: Scientific Keys, Volume II - Ray ...

Scientific Keys, Volume 2: The Key Poses of Yoga. 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.

Scientific Keys, Volume 2: The Key Poses of Yoga | Ray ...

The Key Poses of Yoga: Scientific Keys Volume 2 by Ray Long. Ray Long, MD, is a board certified orthopedic surgeon and the founder of Bandha Yoga. Ray graduated from The University of Michigan Medical School with post-graduate training at Cornell University, McGill University, The University of Montreal and Florida Orthopedic Institute. A true companion to the Key Muscles of Yoga, The Key Poses of Yoga delves in to specific anatomical and physiological descriptions highlight the agonist, ...

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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.

The Key Poses of Yoga

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As with The Key Muscles of Yoga, The Key Poses of Yoga: Scientific Keys, Volume II is authored by Ray Long, M.D. Scientific Keys, Volume 2: The Key Poses of Yoga. Level 2 is a little more advanced and includes things like twists and balance poses for increased burn.

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Bandha Yoga

The Key Muscles of Yoga Scientific Keys Vol. 1 Ray Long MD The Key Muscles of Yoga is the first in Dr. Ray Long's acclaimed series of yoga books that offer a scientific approach to understanding the practice of hatha yoga. Ray Long, MD FRCS, a board certified orthopedic surgeon and the founder of Bandha Yoga, created the Scientific Keys series ...

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