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Scientific Keys Volume

2 The

The Key Poses of Yoga.

Scientific Keys Vol. 2.

Ray Long MD. In the second book of his series, The Key Poses of Yoga, Dr. Ray Long delves deeper into his scientific approach to understanding the practice of hatha yoga.

The Key Poses of Yoga:

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understanding the

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Through four-color,

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illustrations of major

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describes the practice

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and benefits of hatha
yoga. Specific
anatomical and
physiological
descriptions highlight
the agonist, antagonist,
and synergist muscles
that come into play with
each pose.

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The Key Poses of Yoga:
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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

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2 by Ray ...

Specific anatomical and

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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.

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The Key Poses of Yoga

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Poses of Yoga: The
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Details: 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

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and benefits of hatha
yoga. Specific
anatomical and
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descriptions highlight
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The Key Poses of Yoga:
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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
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Level 2 is a little more
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The Key Muscles of
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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 FRCSC, a board certified orthopedic surgeon and the founder of Bandha Yoga, created the Scientific Keys series ...

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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.

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This book offers a
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Understanding the
practice of hatha yoga.
Through four-colour,
three-dimensional
illustrations of major
muscles, tendons, and
ligaments, Ray Long
describes the practice
and benefits of hatha
yoga.

Looks at fifty-five
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fundamental poses from
an anatomical
perspective to describe
their function in the
practice of hatha yoga.

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Hatha Yoga is a 244
page book with over
650 full color
illustrations covering
over thirty key muscles
as applied to Hatha

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This book offers a scientific approach to understanding the practice of hatha yoga. Through four-colour, three-dimensional illustrations of major muscles, tendons, and ligaments, Ray Long

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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 utilised. From beginners

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to experts, this book will
become a constant
companion.

Presents a scientific
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This book describes the
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Yoga students and teachers alike appreciate the power and art of hands-on assists. Many teachers would like to assist more, but don't yet have the confidence or skills -- increasingly important as yoga and teacher training

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to look for - to optimize
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ensure their safety, and
deepen their experience
and joy of Yoga. The
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(4) How culture and
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answer -- the oldest, biggest questions we have posed about the universe and ourselves.

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advanced (and often
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archaeologists,
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