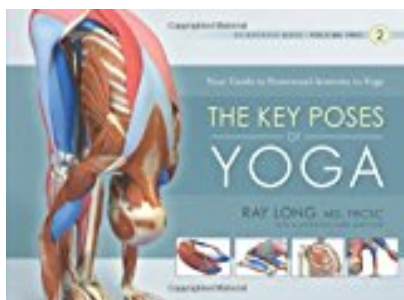


The Key Poses of Yoga Scientific Keys Volume II



BOOK DETAILS

- Author : Ray Long
- Pages : 224 Pages
- Publisher : BandhaYoga
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BOOK SYNOPSIS

Using detailed, full-color illustrations of the human musculo-skeletal system, orthopedic surgeon and founder of Bandha Yoga, Dr. Ray Long, reveals the anatomical and physiological truths at the core of 55 fundamental poses of yoga. He examines the form of these poses from an anatomical perspective to reveal their unique function in the practice of yoga. With a stunning combination of graphic and textual information, Dr. Long illustrates the specific groups of muscles that work together to create optimal form in a given pose. By activating these muscles, you can learn how to deepen and stabilize a pose to obtain greater functional benefit. Demonstrating how muscles operate in the various categories of poses, the author helps you influence unconscious physiological responses with conscious biomechanical actions. Experience muscle awakening and increased body awareness as you engage more and more of your muscle groups during your yoga practice. This book will become your practice companion, as you integrate the science and art of yoga poses for maximum physical and spiritual benefit.

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