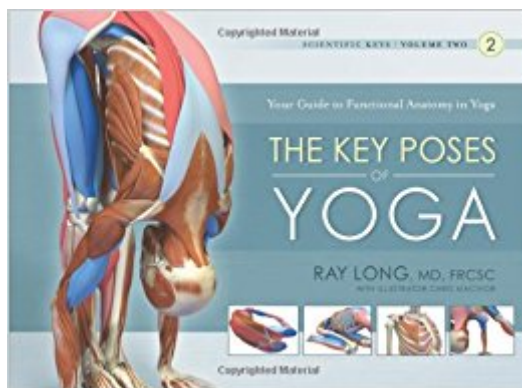


The book was found

The Key Poses Of Yoga: Scientific Keys, Volume II



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 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.

Book Information

Paperback: 224 pages

Publisher: BandhaYoga; 3 edition (November 1, 2009)

Language: English

ISBN-10: 1607432390

ISBN-13: 978-1607432395

Product Dimensions: 0.8 x 10.8 x 7.8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 209 customer reviews

Best Sellers Rank: #7,219 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #57 in [Books > Science & Math > Biological Sciences > Anatomy](#)

Customer Reviews

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.

Key poses is what you need to start. In my yoga class the teacher doesn't have the time to stay there and show you exactly what to do unless you are taking a private class. This books shows your the key/basic poses, the names of the poses and the muscle groups affected. At least when you hear the names in class you can try to do them without trying to look at everyone else.

Fantastic book about Yoga poses! Very well made. Highly recommendedMy only objection is the Kindle version, I have the original Kindle Fire 7" and a 5.5" smartphone and it looks awful, especially the pictures. I had to buy the physical books later

I've been in and out of yoga for many years, and have been trying to get back on track for the last year or two. As exercise programs go, yoga was the only thing that's ever worked for me, but somehow I haven't managed to get that old feeling back. I bought this book a while back, and thought, why not take another look at it and see what help it might offer. Wow. Some books offer way too much in the way of exactly how a pose is supposed to work; you've seen them, the ones where they spend several pages going into great detail about every possible muscle twitch. (Dr. Long's other books do this, yes, but you're reading those books because you want to know how to fix that one last little kink in a pose, or how to get more out of it. That's an entirely different situation from figuring out how to get started.) Other books don't offer enough, so you give up after a while because you're not getting anywhere. This book is just right. For the beginning yogi, or someone getting back into it after some time away, this is a terrific start. I'm finding that the poses feel better and I can hold them longer without a struggle. And I feel much better afterward; where I'd been thinking, what did I do that for, now, while I can't explain exactly how, I do feel a lot better. Not every pose is detailed in here, but there's enough to get a good start on your practice. Thanks, Dr. Long.

I use this for all my yoga teacher trainings. This book is a MUST for any yoga teacher, fitness guru or anyone looking to learn more about the body.

A great rudimentary book, but not a stand-alone. To truly study yoga, you'll need a companion book (or two.) But very useful for quick reference!

This book illustrates yoga and anatomy in an easy-to-understand and informative format. Definitely important for the serious yogi to own.

Great book in conjunction with Volume 1... I bought both books and I am gaining so much more knowledge behind why I do yoga in the first place... I am also becoming more educated on how to correctly do yoga... This is a great book for any level of yoga or meditation...

Cool book for someone who wants to know what your muscles do when you are moving this book provides an interesting look under the skin, and an anatomical understanding of what is achieved with yoga poses. The introductory section provides good general yoga terminology and exercise physiology explanations and the color coding of what should stretch, what should relax and what

should work is awesome for those of us who practice without benefit of an ever watchful sensei

[Download to continue reading...](#)

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) The Key Poses of Yoga: Scientific Keys, Volume II Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) The Key Muscles of Yoga: Scientific Keys, Volume I June Keith's Key West & The Florida Keys (June Keith's Key West and the Florida Keys) June Keith's Key West & The Florida Keys: A Guide to the Coral Islands (June Keith's Key West and the Florida Keys) Nora Roberts Key Trilogy CD Collection: Key of Light, Key of Knowledge, Key of Valor Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Yoga: For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves (Yoga for Stress Relief, Anxiety, Sleep & Weight Loss) Yoga for Beginners With Over 100 Yoga Poses (Boxed Set): Helps with Weight Loss, Meditation, Mindfulness and Chakras Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength The Complete Book of Poses for Artists: A comprehensive photographic and illustrated reference book for learning to draw more than 500 poses Boudoir and Glamour Photography - 1000 Poses for Models and Photographers: Boudoir, glamour and lingerie photography poses with instructions on techniques ... * Master Pro Secrets Quick & Easy Book 9) How to Draw Action Figures: Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures) 47 Must Have Pre Wedding Poses: Couple Poses Inspired By Bollywood Movies

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)