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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.  
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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.  
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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.  
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Scientific Keys Volume I The Key Muscles of Hatha Yoga Ray Long MD FRCSC With Illustrator Chris Macivor .

Patanjali, the patron saint of yoga, said that mastery combines a balance of science and art. Knowledge of science is like the colors on an artist's palette the greater the knowledge, the more colors available. The body is the canvas and the asanas are the art we create. Always

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**Ray Long (Author of The Key Muscles of Hatha Yoga)**

Ray Long is the author of The Key Muscles of Hatha Yoga (4.34 avg rating, 1297 ratings, 55 reviews, published 2005), The Key Poses of Hatha Yoga (4.42 av

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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.

**The Key Muscles of Hatha Yoga by Ray Long**

I was looking for a book that details which muscles to use in different yoga poses, which this book sort of includes-- but this book was definitely more about how muscles work in general with yoga as an incidental focus.