



# The Key Poses of Yoga:

*Ray Long*

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## **The Key Poses of Yoga:** Ray Long

Offers a scientific approach to understanding the practice of hatha yoga. Through four-colour, three-dimensional illustrations of major muscles, tendons, and ligaments, this title describes the practice and benefits of hatha yoga.

## **The Key Poses of Yoga: Details**

Date : Published November 1st 2009 by BandhaYoga (first published February 15th 2008)

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Author : Ray Long

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# From Reader Review The Key Poses of Yoga: for online ebook

## Jenny says

useful - a lot of information in a concise manner

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## John Hawkins says

Nice visuals help a liberal arts yoga teacher learn about anatomy.

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## Connie says

Really helpful yoga anatomy book (or anatomy book in general using yoga as a guide). Exceptional illustrations and very helpful cues to help feel various muscles and work on alignment.

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## Adil Farooki says

### Excellent

Illustrations best part. Explains why and what of yoga poses. Very healing art and science of body and mind. Thanks

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## Geoff says

This is an excellent reference with some amazing diagrams of the human anatomy. A lot of the basic (and some not so basic) poses are covered. Each diagram also has a brief description of the major muscles that are involved in the pose. This really is a fantastic and eye-opening book, and there is only one reason that it doesn't get five stars. It is because most of descriptions contain only the names of the muscles, and the muscles in the diagrams are not labelled. The muscles do get labelled in the appendix, but it would have been nice if every diagram was done this way. So unless you already know all the names of the muscles, then you get lost flipping back and forth to the appendix which can get tedious. Other than that one small issue, it is a great book.

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## Dasha says

I think this is a great book in terms of what muscles are used in each asana, and it is useful both to students and teachers of yoga. In my opinion, the illustrations are too idealistic and there should be a note somewhere to say these demonstrate a perfect body and it is always good to modify where needed. Also, the book shows

some very advanced asanas that I almost never teach or practice, and lacks some more common ones that I wish were in there.

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### **Morgan says**

I took a workshop with these guys. Ray's an ex-football player/orthopedic surgeon who studied yoga with B. K. S. Iyengar. Chris has a background in video game design and his illustration for the book are all derived from 360 degree 3D simulated projection of the human body in various asanas. In the workshop, Ray talks about what various muscles are doing in each pose while Chris revolves his animated skeletons around on the screen, making groups of muscles appear and disappear with the click of his mouse. The book tries to capture the thoroughness of their workshop but can't quite do it because their workshop is SO thorough with the added advantage of anyone being able to ask a question, leading to Ray's in-depth explanation and his cuing Chris to pull up other skeletons in other poses, showing other muscles stretching and contracting. The book also falls short in detailing what muscles are doing what in each pose, but these muscles aren't labeled—they're just colored red or blue to distinguish them. Other than that, it's a pretty good book that offers an intricate interface between eastern and western healing practices. An interesting read fir someone looking to go deeper into the physiology of yoga.

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### **Nancy says**

Amazing drawings of the muscular action during asanas.

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### **Amanda says**

Great book with excellent illustrations and concise descriptions. Important tool for yoga instructors.

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### **Charles says**

Like so many yoga books, this one will remain a constant reference text, with its companion book.

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### **Greta Fisher says**

Great for people who are curious about what muscle groups are being are being stretched and strengthened during different exercises. The illustrations are excellent!

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### **Kadkoca says**

thank you

