

Your Guide to Functional Anatomy in Yoga

# THE KEY MUSCLES OF YOGA

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WITH ILLUSTRATIONS BY CHIEF ANDERSON



Ray Long

## The Key Muscles of Yoga: Scientific Keys, Volume I



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From beginners to professionals, this book can be a constant companion. Particular anatomical and physiological descriptions highlight the agonist, antagonist, and synergist muscles which come into play with each pose. Through four-color, three-dimensional illustrations of major muscle tissues, tendons, and ligaments, Ray Very long describes the practice and benefits of hatha yoga. Volume I of the series describes the main element muscles of hatha yoga and how they are utilized. This book offers a scientific method of understanding the practice of hatha yoga.



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A Lot of Hubbub for Very Thin Information As a thirty + yr practitioner and a 12 yr instructor of yoga, I really wished to love this book. Frankly, I have no idea how it's received therefore many wonderful reviews. It isn't terrible. Clear, very thoughtful This is among the best gross muscular anatomy books I have found. 2. It is also valuable in case you are interested in drawing the human shape. This one leaves huge gaps in focusing just on the primary muscles. I want it all. Yoga is a total body practice and I want the nitty gritty details. This book does not have them. Very informative and clear to see. This is a very visual tutorial, I desire I'd bought the paper publication. A Yoga Instructor's BIBLE! This is essential for just about any yoga instructor before, after and during yoga teacher training. I still refer to this reserve when I have questions about which muscle groups are working what in a specific pose and relay these details to my class. Key Muscles of Yoga This book is fantastic! Even without, a hasty review are a good idea, as what's noticed continues to be in memory space for at least a 90-minute yoga program. Such a awesome book!The book shows which muscles get excited about each yoga move - the ones working, being stretched, or supporting the body weight. Experienced I more time, I would work through the names and finally memorize what movements this bag of epidermis and bones (and, of course, organs, nails, tooth and emotion). For anyone in physical therapy, is definitely illustrates why you need to do this excerise & shows how it will help you.As a student in a yoga teacher training class, this helps me figure out how to carry out the poses correctly and which muscle tissue will work with each pose and how to avoid stressing injured body parts. Fantastic reading and an excellent resource! Five Stars I lead yoga teacher trainings, and the illustrations in this reserve are phenomenal. Terrible binding great book. great publication : Quality of the binding is normally horrible. it's falling apart I simply got the book yesterday. If you don't don't wish to open it fully be ready for it to break apart! A great easy to read, very visual reserve. The illustrations are excellent, the text clear. This book is absolutely phenomenal!!I've been practicing Yoga for decades and I am presently in a teacher training program. If you are starting a Yoga practice or seeking to further your knowledge of body mechanics, this reserve is for you. Not suited to leisure yoga enthusiasts curious about how asnas focus on muscle groups or organs. The illustrations and explanations are clear to see, yet scientifically specific. And note, I just have Volume 1, but not motivated to get vol!!It could be that the book is for physical or massage therapists, or yoga teachers, but it's useful even for curious amateurs such as myself. I have many anatomy books and was excited to have one particular to the muscle tissues used during yoga. Specifically, if you're a yoga practitioner, it will expose for you the muscles that are in tension, and those that should be in relaxation, in various poses. It sits on our coffee desk, I leaf through it every so often. For anyone in medicine, this also reduces movements into guidelines and illustrates why the patient is in discomfort with that movement. Have got both Vol I & Very informative Like the anatomy in this book A great yoga anatomy book! THE best text to understand Yoga exercises poses! Great in its demonstration of yoga exercises based anatomy! Too expensive Language was too complex. I recommend this book. Loved it. Kindle is not good enough I bought and I do not like the kindle version because it can't do justice to the illustrations. II, and they are invaluable for anyone attempting to learn about yoga exercises, becoming healthier, or any nursing or med, or physical therapy pupil. I bought it for the yoga Such a great book! I bought it for the yoga, but ended up deploying it to move the muscle and skeleton models in my anatomy and physiology class! If you're a beginner this is only going to confuse you. For advanced Yogis This is a book that's is good for anatomy and advanced yogis. Great Referance Book Great reserve with photo to pinpoint muscles utilized during yoga. I really like the illustrations and the breakdown.



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