

Your Guide to Functional Anatomy in Yoga

THE KEY POSES OF YOGA

RAY LONG, MD, FRCSC

WITH ILLUSTRATOR CHRIS MACVOR



Ray Long

The Key Poses of Yoga: Scientific Keys, Volume II



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This book offers a scientific approach to understanding the practice of hatha yoga. Quantity II of the series illustrates the right muscle use during crucial poses of hatha yoga exercise. From beginners to specialists, this book can be a continuous companion. Through four-color, three-dimensional illustrations of major muscle tissues, 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 which come into play with each pose.



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Great for those new to anatomy in yoga teacher schooling! The book displays which muscles are involved in each yoga move - the ones working, being stretched, or supporting the body weight. I am by using this with my sports medication patients for a visual aid. Evaluations of Kaminoff's "Yoga Anatomy" got great testimonials for those who had a basic working understanding of anatomy already. Long's books are fantastic! So, that is where I began. Dr. For those folks who didn't, many people suggested Ray Long's 2 books, "The Key Muscles of Yoga exercise" and "THE MAIN ELEMENT Poses of Yoga exercises". Big color-coded images with limited (manageable) text message. When you increase the diagram size, the letters become blurry. that gave me a basic working understanding of the muscle tissues, bones, ligaments, tendons, joints and their activities, insertion/origin, synergists, antagonists. Key Poses of Yoga This book is fantastic! Again - lots of detailed pictures with bulleted information on muscles in the hip and legs, pelvis, arms, back again, shoulders that are or should be engaged in the pose to make it a effective and safe pose. This details will be really helpful when teaching the "what & why" anatomical information on a pose. His chapters are arranged around backbends, forwards bends, twists, hip openers and the like. I recommend both of his books. Following this, I think I'm going to be prepared for the even more in-depth detail in Kaminoff's book, "Yoga exercises Anatomy". Already though, I feel like I've a enough basic info to teach poses safely. I understand there's a lot more to understand in this respect, but hey, I gotta begin somewhere! As students in a yoga instructor training class, this helps me learn to do the poses correctly and which muscle groups will work with each pose and how to avoid stressing injured areas of the body. In my own yoga class the instructor doesn't have the time to remain there and show you exactly what to accomplish unless you are going for a private course. Il, plus they are invaluable for anyone attempting to learn about yoga exercise, being healthier, or any nursing or med, or physical therapy pupil. At least when you listen to the names in class you can try to do them without attempting to look at everybody else. As a massage therapist i freeking loved this reserve, it offers cue to flex particular muscles that the common person will need to look up before knowing, but thats good too because everyone should learn what is inside all of us! the best for somebody who knows anatomy This is THE BEST Yoga exercise BOOK, IIF you understand anatomy. Great Publication - Kindle Download Needs Updates Excellent book. Highly recommend the physical book. However the tablet download requirements updates. On the kindle edition several of the diagrams (not absolutely all, but several), you can not browse the letters on the diagrams because they are too little. I started w/ "The Key Muscles of Yoga" as recommended; This is actually the most beautiful book ever! Beautifully detailed manual about all of the key poses and just why we do them... An AMAZING book that has truly made me appreciate yoga and just why we do the positions. Beautifully written with detailed anatomical illustrations that don't make one feel overwhelmed. But having a Masters degree in physiology I can truly appreciate the details of this book. Should be mandatory reading for just about any instructor teaching yoga but is an excellent supplement to those of us who are simply thinking about WHY YOGA WORKS. I've bought most of Ray Long's Yoga exercise books and reference them constantly as I continue to learn. Then I shifted to his next publication, "THE MAIN ELEMENT Poses of Yoga" that is fabulous! For anybody in medicine, this also breaks down movements into actions and illustrates why the individual is in discomfort with that movement. This books shows your the key/fundamental poses, the titles of the poses and the muscle groups affected. I'm in a 200 hr. Possess both Vol I & For anybody in physical therapy, is certainly illustrates why you need to do this excerise & shows how it will help you. Great Book Key poses is normally what you should start. Fantastic reading and an excellent resource! Fast

ship Great quality of the book Love it Should you choose yoga, yo gotta have this book. I rated this 5 stars because a picture is worth a thousand words! This reserve shows ligaments & tendons & how they attach to other body areas. This book accurately explains why to therefore many questions! Great company I had to purchase these rings a couple of times because I simply couldn't get the size best for my hubby (I measured the way that was suggested, but it didn't function for my husband's finger). It really is made therefore well very thick, amazing pictures and came extremely swift! They gave me a coupon to use for another time which helped a whole lot. There are other silicone rings offered throughout Amazon, but I question you'll get the same services from another company. Damaged Arrived damaged. It's great to see a company that's sincerely concerned with their item and the service that is provided. Not that useful Unless you are totally new to Yoga this is not that useful. Can't go wrong with one of these books. Excellent clear graphics Concise well presented clear graphics of musculature for particular poises. yoga teacher schooling and realized I required a lot more understanding of anatomy since I fundamentally had (almost) NONE. Love this publication! I wish they might fix that. However, this company was very receptive and generous and extremely helpful. Plus the rings are ideal for when my hubby doesn't want to mess up/reduce his ring and the colour selections to pick from are better than others providers there.



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