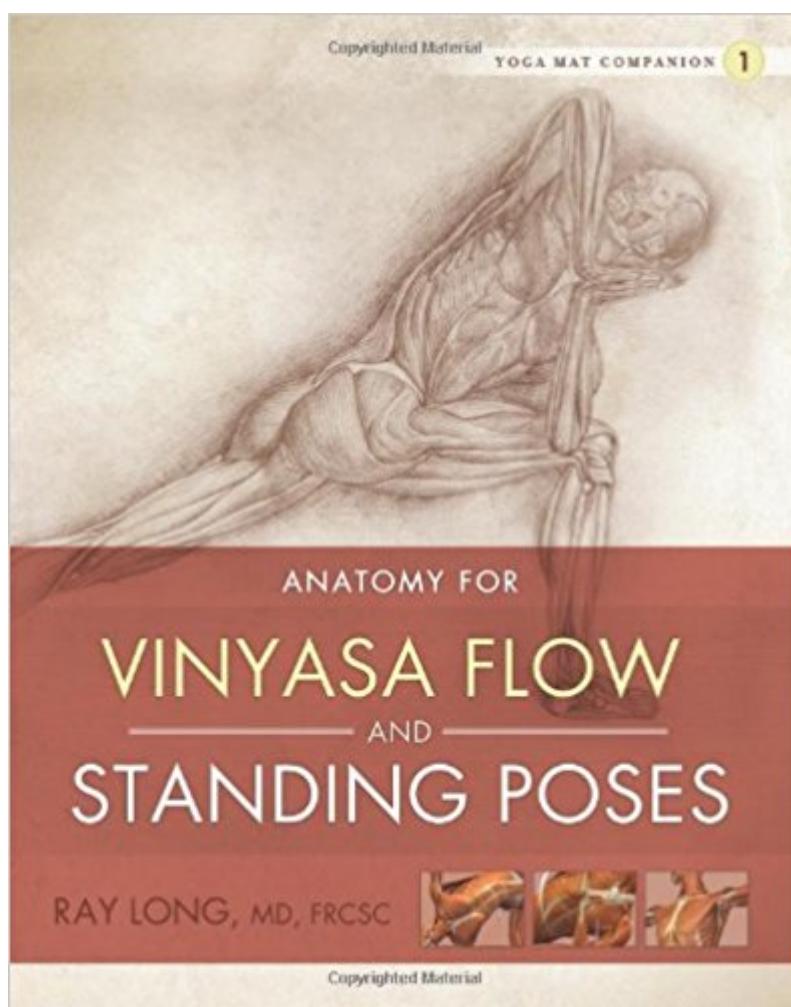


The book was found

Yoga Mat Companion 1: Anatomy For Vinyasa Flow And Standing Poses



Synopsis

Master the science behind Vinyasa Flow and the standing poses of Hatha Yoga. Dr. Ray Long guides you on a visual narrative through the anatomy, biomechanics, and physiology of this ancient art, decoding each pose along the way. The Mat Companion series provides you with beautifully illustrated, step-by-step instructions on how to use scientific principles to obtain the maximum benefit from your practice. Each book includes the Bandha Yoga Codex, a simple five-step process that can be applied to any pose to improve strength, flexibility, and precision -- no matter what style of yoga you practice.

Book Information

Paperback: 224 pages

Publisher: Bandha Yoga; First Edition edition (December 22, 2010)

Language: English

ISBN-10: 1607439433

ISBN-13: 978-1607439431

Product Dimensions: 0.8 x 8.2 x 10.5 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 82 customer reviews

Best Sellers Rank: #38,431 in Books (See Top 100 in Books) #105 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #247 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 is the author of the bestselling series, The Key Muscles of Yoga and The Key Poses of Yoga.

I'm an amateur "do it yourself" rank beginner, and I've found the detailed instructions about skeleton/joint/muscle relationships and which muscles to contract/relax very helpful. Makes yoga fun for people like me who are curious about such matters. Note that the forms are ideal and no beginner should expect or try to duplicate them. If you do not, it is very easy to get injured. Easy does it.

Great book. I only wish that in the anatomical index in the back that it would have "conventional" names for the muscles/tendons/bones - and not just the latin names. It would be nice to have the

two side by side. If you're not sure of the colloquial term for something, you'll have to cross reference it with another resource to find out.

amazing book for every Yoga teacher or student!!Wow. These books are amazing. I wish I'd had them 30 years ago. Most books on yoga will say, don't do this pose if you have this condition, and that's the end of it. These books tell you every detail of a pose, from how to get started if you're not very flexible, to how to get even more from the pose for very advanced users. I knew these were worth every penny and every minute spent reading them, when I saw something cautioning how you need to do these things in such a way as to not destroy your joints; most books (and an awful lot of teachers out there) don't know how to teach to prevent major joint damage. Dr. Long does.

Love it

amazing book, thanks

We bought these for our daughter who is an instructor. They came just as they said, new. She was so happy to get all 3 of the Yoga books. The rest we are saving for Christmas gifts. Everything arrived in less than a week except for the two belly dancing shirts which said up to two weeks I believe. I will always look at her Wish List before we by in a store.

Excellent

This book is amazing for anyone looking to deepen your understanding of body mechanics within postures!

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

Yoga Mat Companion 1: Anatomy for Vinyasa Flow and Standing Poses 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: 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: 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) 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 Art of Vinyasa: Awakening Body and Mind Through the Practice of Ashtanga Yoga Journey Into Power: How to Sculpt your Ideal Body, Free your True Self, and Transform your life with Baptiste Power Vinyasa Yoga 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 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 Yoga: For Curvy Girls Guide - Easy Beginner's Poses for Women with Curves (Yoga for Stress Relief, Anxiety, Sleep & Weight Loss) Kundalini Yoga: The Flow of Eternal Power: A Simple Guide to the Yoga of Awareness as taught by Yogi Bhajan, Ph.D. 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) MAT Secrets Study Guide: MAT Exam Review for the Miller Analogies Test MAT -- The Best Test Preparation for the Miller Analogies Test (Miller Analogies Test (MAT) Preparation) MAT -- The Best Test Preparation for the Miller Analogies Test: 5th Edition (Miller Analogies Test (MAT) Preparation) MAT Flashcard Study System: MAT Exam Practice Questions & Review for the Miller Analogies Test

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)