


# The Key Poses of Yoga: Scientific Keys, Volume II

*By Ray Long*

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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 that come into play with each pose. Volume II of the series illustrates the correct muscle use during key poses of hatha yoga. From beginners to experts, this book will become a constant companion.

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## Editorial Review

About the Author
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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