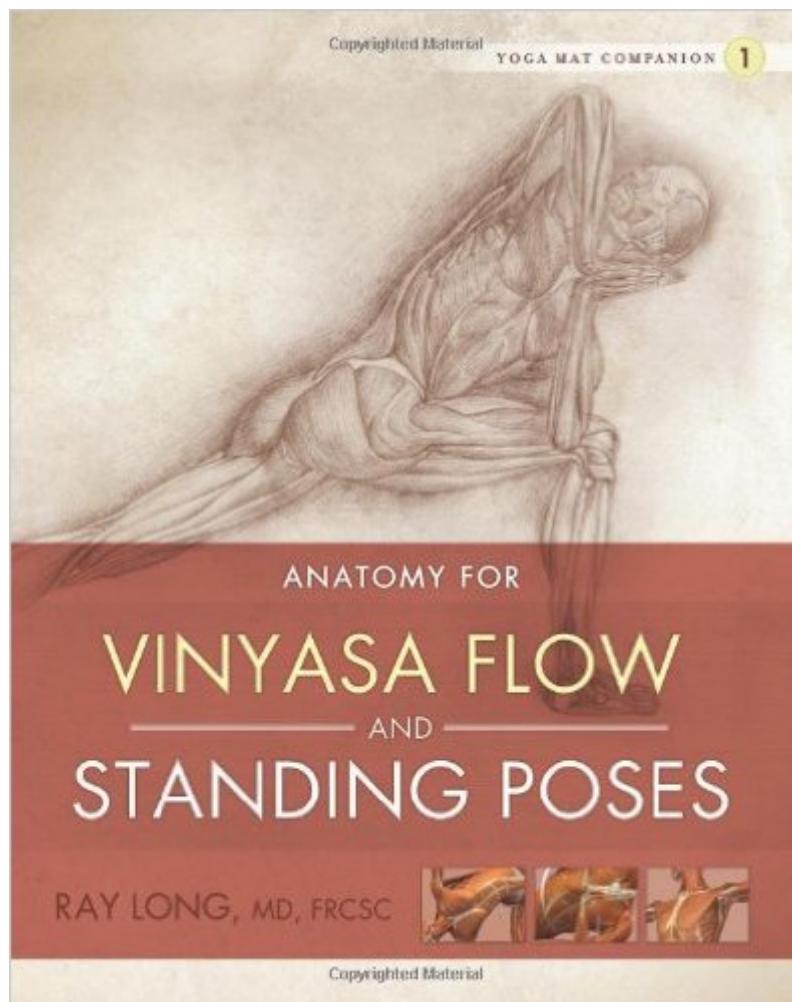


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# **Yoga Mat Companion 1: Anatomy For Vinyasa Flow And Standing Poses**



## 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

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## Customer Reviews

first three volumes arrived before time at my door securely packed, with air bags, in perfect new condition, via [to australia]..large magazine size, well bound paperback, printed in canada on quality acid-free paper, 220 pages.. nice slightly heavy feel, bound to lie flat, solid cover for paperback with understated interesting pencil anatomy of bodies in asana relevant to volume content, clearly titled in large enough print, eg 'anatomy for BACKBENDS and TWISTS' on colour coded lower half of cover..volumes look and feel good..difficult to adequately review such a superlative ground breaking series[!]everything is well laid out appropriately to learning and enjoying these unique books.. holding/looking thru a volume while writing this, i cant get over the level of excellence in everything..example; section 'key concepts' repeated in each volume, clearly explains'agonist/antagonist relationships', 'reciprocal inhibition', 'the muscle spindle', 'facilitated stretches', 'key co-activations', 'bandhas', using specific asana with wonderfully clear large images

together with easily digestible text explanations of exactly how, these key concepts and processes actually work in your body, and how to translate this to your own practice and investigation of the asana and concepts.. it isn't just the typical dry text, with inadequate illustrations of many attempts at yoga and stretching texts.. the imagery alone, combined with well thought out clear explanations and directions, creates or enhances your own in-brain imagery of your own muscles and joints in action as you innervate them.. this is one unique standard setting feature or these standard setting volumes..

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