



## Anatomy for Vinyasa Flow and Standing Poses

*Ray Long*

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## **Anatomy for Vinyasa Flow and Standing Poses Ray Long**

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.

## **Anatomy for Vinyasa Flow and Standing Poses Details**

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## **From Reader Review Anatomy for Vinyasa Flow and Standing Poses for online ebook**

### **Denise says**

terrific reference! #yoga #vinyasa

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### **Stephanie Spence says**

Excellent yoga companion. Long breaks it down easily and effortlessly. He contributed many poses to my yoga blog when I first started out and I loved working with him. He's as easy to work with in person as his books are helpful. I love the other Yoga Mat Companion books as well.

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### **Nici Zalliski says**

Great book that deserves full credit but I did have to read it twice. This book is full of awesome technical details and is amazingly illustrated. The technical details are great if you understand them. I'm not casually familiar with the given name for every muscle in the body unfortunately. However, once through the first time, the book is much easier to read the second. This has been a great resource in my yoga practice, which has greatly improved. I will be purchasing the subsequent volumes in this collection.

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### **Mahaba Al Saleh says**

Loved this book. It helped in enhancing my yoga practice. Now, I'm more aware of what my body is supposed to do in terms of which muscles to contract and how to adjust alignment.

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### **Sarah Renée says**

I am a yoga teacher and found all of Ray Long's anatomy books extremely helpful! Great pictures along with details on every part of the body involved in poses.

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### **Judith Barbara Gargallo Ewert says**

Hat man so ein Buch jemals zu Ende gelesen?  
Ein Stück weit schon, weil vieles sich wiederholt.  
Aber es lohnt sich immer wieder darin zu lesen.  
Anfangs für die eigene Praxis. Sobald man lehrt immer wieder und wieder.  
Die Menschen kommen mit so vielen immer ähnlichen Vorgeschichten, Beschwerden und so

unterschiedlichen Vorangehensweisen.

Das Buch hilft auch im Unterricht. Für einen selbst. Durch die guten Bilder auch zur Verdeutlichung für jeden. Danke :)

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### **Connie says**

Basically the same review as the others in this series. Really excellent illustrations, helpful cues, and useful references.

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### **Moira Eberle says**

Love this book! As a massage therapist, I have a sense of functional anatomy, but this book puts it all into perspective. Nice, clear illustrations and informative content.

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### **Gina says**

I love yoga and I am a science nerd, these books are great.

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### **Jobie says**

I really enjoy this book as a resource. Though I've had it for several years I finally decided to read through it cover to cover. We have to have a pretty good working Carrie Laird and knowledge of anatomy to follow what he's talking about. If you do it's a little bit easier to follow as far as reading through it. You can practice his suggestions with out as much knowledge but a dry read requires knowing what he's saying.

I would recommend knowing 50 or so basic muscles before starting to read it.

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### **Shannon says**

Awesome book that I wish had been required for yoga teacher training. Concepts are easier to understand with these beautiful pictures.

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### **Coco says**

This is a wonderful book but there is such a frustration in read and rereading it, trying to differentiate between "engage" "isolate" "active" "synergize"

There really needed to be, not simply an anatomical index, but a better explanation of HOW to use the different parts of the anatomy successfully. Every time I reread it, I feel like I'm understanding, but then

another verb arises that doesn't mean anything. And these arrows, sweet christ.

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**Edwina says**

A good book I'm sure, just not a good fit for me. I couldn't get into the technical terminology, but I can see the benefit in learning this.

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