



Yoga Mat Companion 3 Anatomy for Backbends and Twists

By Ray Long

Bandha Yoga. Paperback. Condition: New. 224 pages. Dimensions: 10.6in. x 8.4in. x 0.6in. Master the science behind the backbends and twists 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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