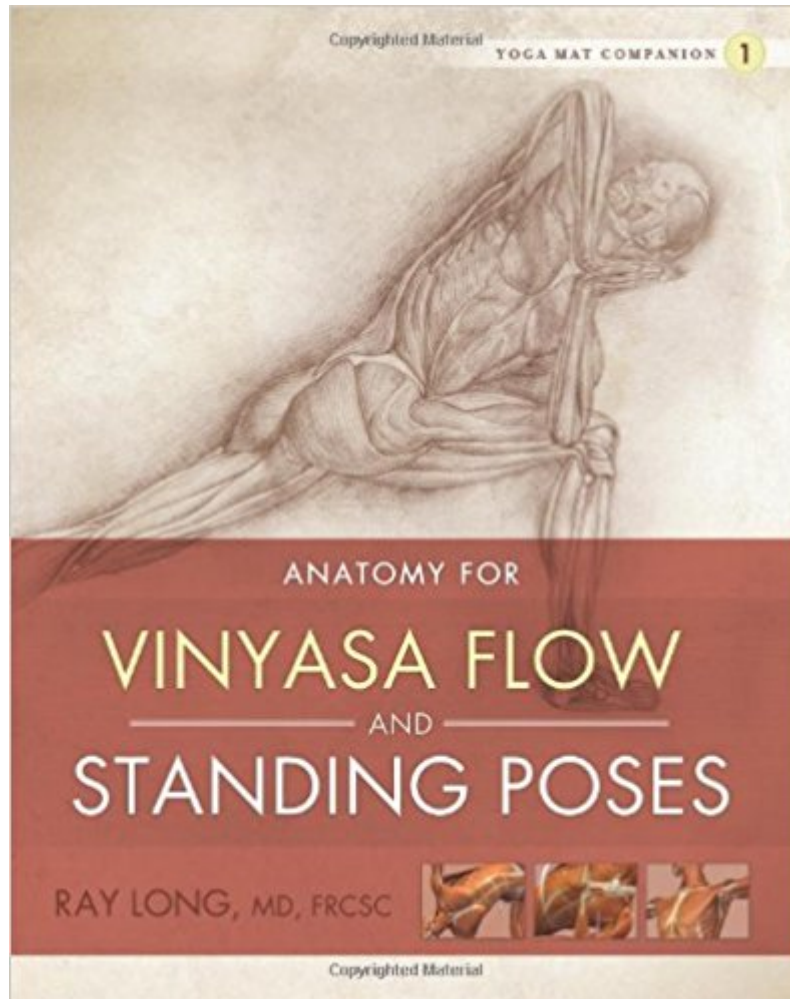


The book was found

# 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: 4.9 out of 5 starsÂ Â See all reviewsÂ (70 customer reviews)

Best Sellers Rank: #20,580 in Books (See Top 100 in Books) #76 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #92 inÂ Books > Science & Math > Biological Sciences > Anatomy

## 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 enjoyingthese unique books.. holding/looking thru a volume while writingthis, 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..

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

Yoga Mat Companion 1: Anatomy for Vinyasa Flow and Standing Poses YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kids) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) VY Vinyasa Yoga Manual de Asanas de Pie: En español. (Spanish Edition) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Anatomy of Yoga: An Instructor's Inside Guide to Improving Your Poses Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Light Scattering, Size Exclusion Chromatography and Asymmetric Flow Field Flow Fractionation: Powerful Tools for the Characterization of Polymers, Proteins and Nanoparticles Teach'n Beginning Offensive Basketball Drills, Plays, and Games Free Flow Handbook (Series 4 Free Flow books 25) Yoga For Pregnancy: Poses, Meditations, and Inspiration for Expectant and New Mothers BETTER SEX WITH YOGA: Exercises, poses and meditations for men, women and couples to improve sex life. (SEX IMPROVEMENT Book 1) The Yoga Zoo Adventure: Animal Poses and Games for Little Kids (SmartFun Activity Books) Prenatal Yoga: Reference to Go: 50 Poses and Meditations The Prenatal Yoga Deck: 50 Poses and Meditations The Kids' Yoga Deck: 50 Poses and Games Yoga for All of Us: A Modified Series of Traditional Poses for Any Age and Ability Yoga for 50+: Modified Poses and Techniques for a Safe Practice

[Dmca](#)