

Yoga Mat Companion 3 Anatomy For Backbends And Twists

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- 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

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November 23rd, 2018 - Anatomy for Backbends and Twists Yoga Mat Companion 3 Ray Long MD The third book in the Mat Companion series explores the art and the science behind backbends and twists

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- Part 3 describes twists and backbends with insightful 3D anatomy images Get the most out of your practice through understanding of these scientific principles

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