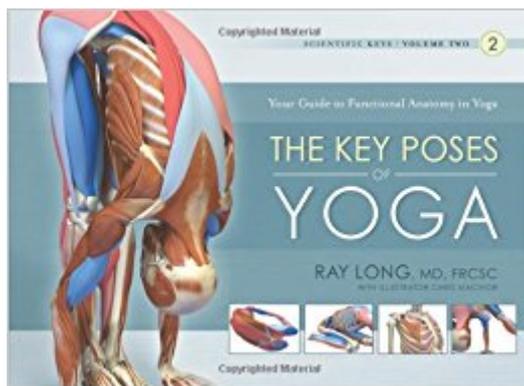


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# The Key Poses Of Yoga: Scientific Keys, Volume II



## Synopsis

This book offers a scientific approach to understanding the practice of hatha yoga. Through four-color, three-dimensional illustrations of major muscles, tendons, and ligaments, Ray Long describes the practice and benefits of hatha yoga. Specific anatomical and physiological descriptions highlight the agonist, antagonist, and synergist muscles that come into play with each pose. Volume II of the series illustrates the correct muscle use during key poses of hatha yoga. From beginners to experts, this book will become a constant companion.

## Book Information

Paperback: 224 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (171 customer reviews)

Best Sellers Rank: #4,523 in Books (See Top 100 in Books) #19 in [Books > Science & Math > Biological Sciences > Anatomy](#) #19 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

I have taken formal anatomy classes for 14 years between bachelors in kinesiology, massage therapy school, physical therapy school, post-professional fellowship, continuing education training courses in women's health/pelvic health physiotherapy, several yoga teacher trainings and a PhD in movement science. I purchased this book as required reading for a 200 hour yoga teacher training. Because the names of the muscles are already familiar to me, I had not even realized until my classmates (who were learning anatomy for the first time) pointed it out, that this book does not label the muscles (except a few photos at the back of the book that happen to show up in 's "look inside" preview) - and so must be constantly cross-referenced to know what muscular action descriptions are talking about (unless you already have anatomy training and know which muscles are which). The main reason for the negative rating is that reading the muscular actions of the poses resulted in some serious OH NO moments for me. One such moment being a suggestion to create an abdominal "airbag". #1 the rectus abdominus is NOT your core. Static contractions of any of the

core team does not equal stabilization - whether you're talking about the pelvic floor, abdominals, multifidus, etc. Health core control occurs when the team works together in a coordinated way to respond to the movement and gravity demands on it. Healthy core control involves proper intratorso pressure management (that is responsive and reflexive). Cuing practitioners to create an "airbag" leads some of them to cut off the flow of air and create a valsava in the same way someone with constipation might bear down to push out a poo.

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