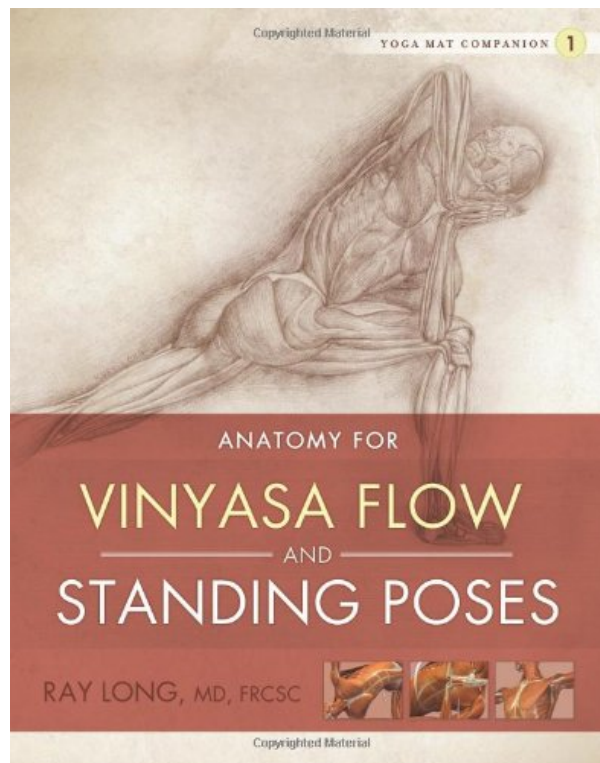
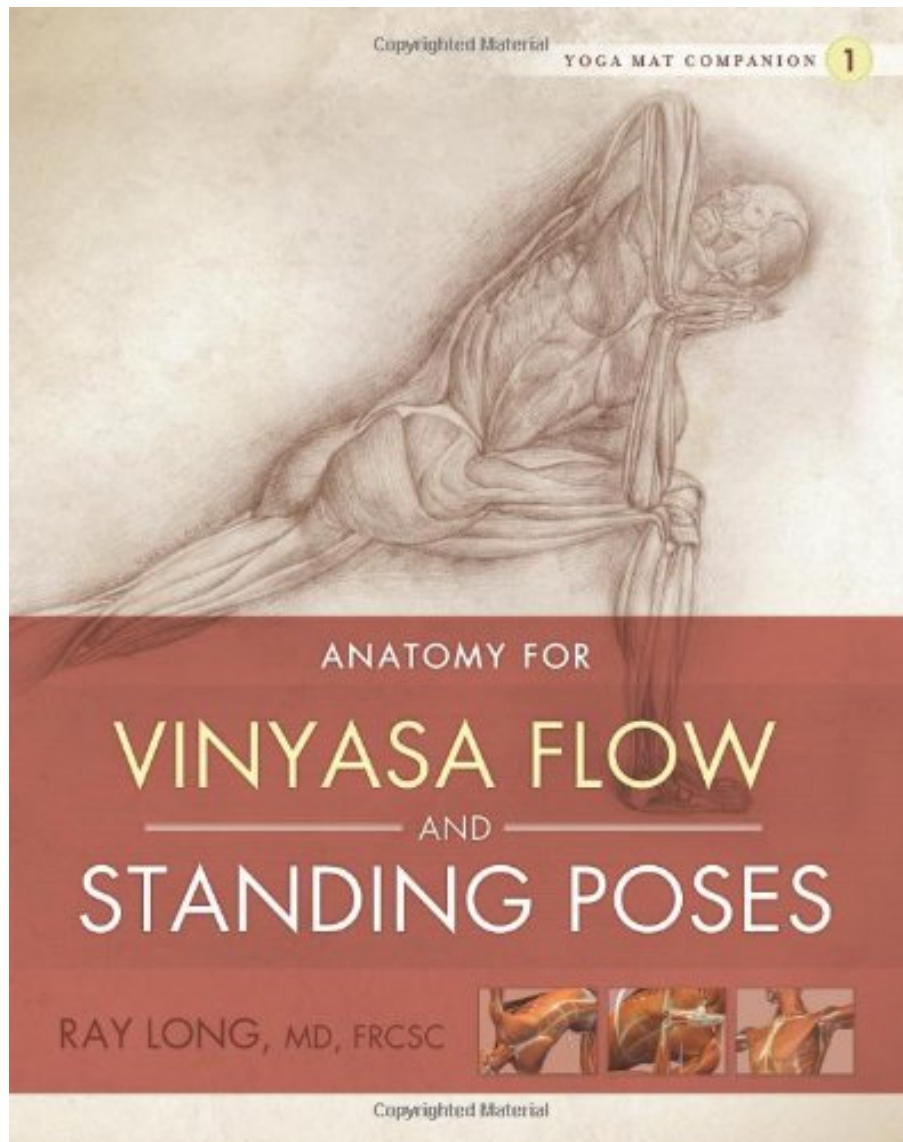


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About the Author

Ray Long, MD, FRCSC, is a board-certified orthopedic surgeon and the founder of Bandha Yoga. He is the author of the bestselling series, The Key Muscles of Yoga and The Key Poses of Yoga.

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About the Author

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difficult to adequately review such a superlative ground breaking series[!]

everything is well laid out appropriately to learning and enjoying these unique books.. holding/looking thru a volume while writing this, i cant get over the level of excellence in everything..

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i am a student of simon borg-olivier and his excellent yogasynergy teachers and also hold second dan black belt in traditional okinawa gojuryu karate which has refined stretching and so on.. im not easily impressed, yet can recognise quality in teaching material when i see it..

rather than describing everything with a long list of superlatives, my advice to anyone interested in stretching and refined body mechanics and practices is to simply go to the website; bhandayoga.com where these volumes are available, together with specific and marvelous imagery of muscles and joints in motion, plus 3D rotating figures of yogis in various asanas from 'scientific keys' and as also included in these volumes..

having attempted sanskrit i appreciate the use of sanskrit asana names together with the typical english versions, including nice sanskrit script with titles of asana sections, plus a page on pronunciations.. the 25 page anatomy section is also superb and typical.. back cover title; 'COMBINE MODERN WESTERN SCIENCE with the ANCIENT ART of HATHA YOGA' gives an idea of [successful] intention here..

without doubt one of the best works of its kind, probably the, best.. these volumes cost me \$23 each, plus postage :)

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namaste

carl

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