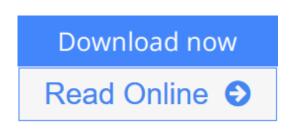


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ANATOMY FOR VINYASA FLOW STANDING POSES

Yoga Mat Companion 1: Anatomy for Vinyasa Flow and Standing Poses

By Ray Long



Yoga Mat Companion 1: Anatomy for Vinyasa Flow and Standing Poses By Ray Long

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Editorial Review

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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