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Through full-color, three-dimensional illustrations of the skeleton, major muscles, tendons, and ligaments, Dr. Ray Long describes the science behind yoga. A board certified orthopedic surgeon who has studied yoga for more than 20 years, Dr. Long combines his knowledge of anatomy with his understanding of yoga to present the anatomic structures that are key to your practice of this discipline.

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Volume I of the series describes the key muscles of hatha yoga and how they are utilised. From beginners to experts, this book will become a constant companion. About the Author Ray Long, MD FRCSC, is a board certified orthopaedic surgeon and the founder of Bandha Yoga.

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