



## Yoga Mat Companion 2: Anatomy for Hip Openers and Forward Bends

By Ray Long

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Master the science behind the hip openers and forward bends 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 to obtain the maximum benefit from your practice. Each book includes the Bandha Yoga Codex, a simple five-step process that can be applied to any pose to improve strength, flexibility, and precision -- no matter what style of yoga you practice.

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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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