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Scientific Keys Volume I The Key Muscles of Hatha Yoga

Scientific Keys Volume I The Key Muscles of Hatha Yoga
Ray Long MD FRCSC With Illustrator Chris Macivor.

Patanjali, the patron saint of yoga, said that mastery combines a balance of science and art. Knowledge of science is like the colors on an artist's palette the greater the knowledge, the more colors available. The body is the canvas and the asanas are the art we create. Always

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