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Ray Long, MD, is a board certified orthopedic surgeon and the founder of Bandha Yoga. Ray graduated from The University of Michigan Medical School with post-graduate training at Cornell University, McGill University, The University of Montreal and Florida Orthopedic Institute. A true companion to the Key Muscles of Yoga, The Key Poses of Yoga delves in to specific anatomical and physiological descriptions highlight the agonist, ...

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