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Book Description : Scientific Keys Volume I: The Key Muscles of Hatha Yoga is a 244 page book with over 650 full color illustrations covering over thirty key muscles as applied to Hatha Yoga including biomechanics and information on the chakras.

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The Key Muscles of Hatha Yoga by Ray Long - Goodreads
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Hot yoga, which is practiced in a room that is typically heated to 105 degrees, enables students to sweat quickly and stretch more deeply as muscles to become looser faster.

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