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series with the art and the science behind arm balances and inversions. With this  
companion guide, practitioners will be able to better understand the anatomy of these  
more complex poses.

Anatomy for Backbends and Twists: Yoga Mat Companion 3 ...  
An excerpt from "Yoga Mat Companion 3 - Anatomy for Backbends and Twists". An  
excerpt from "Yoga Mat Companion 3 - Anatomy for Backbends and Twists". Good to  
see you all again. Check back for Part II in the sequence when I will go over the role of  
the deep external rotators and discuss synergistic dominance of the hamstrings in more  
detail.

Yoga Mat Companion 3 Anatomy  
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book in the Mat Companion series explores the art and the science behind backbends  
and twists. This companion provides readers with accompanying visuals and specific  
instructions on how to better understand the anatomy of backbend and twisting poses.

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