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Yoga Mat Companion 4: Anatomy for Arm Balances and Inversions [Ray Long] on Amazon.com. *FREE* shipping on qualifying offers. Master the science behind the arm balances and inversions of Hatha Yoga. Dr. Ray Long guides you on a visual narrative through the anatomy Anatomy for Arm Balances and Inversions: Yoga Mat Companion 4 - Kindle edition by Ray Long MD FRCSC, Chris Macivor. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Anatomy for Arm Balances and Inversions: Yoga Mat Companion 4. The Mat Companion series provides a methodical approach for using science to balance and connect the body and mind in yoga. The fourth book concludes the series with arm balances and inversions—two pose categories that clearly integrate opposites within the body. The Mat Companion series provides a methodical approach for using science to balance and connect the body and mind in yoga. The fourth book concludes the series with arm balances and inversions—two pose categories that clearly integrate opposites within the body. In our bipedal form, the...