

The Power of Ashtanga Yoga: Developing a Practice That Will Bring You Strength, Flexibility, and Inner Peace--Includes the complete Primary Series

A foremost Ashtanga Yoga teacher tells you everything you ever wanted to know from a yogi in this guide for beginners and experienced practitioners alike (Huffington Post) Go inside the philosophy, history, and practices of a popular and athletic type of yoga with step-by-step instructions and gems of wisdom for starting your own journey to self-realization Ashanga Yoga has become extremely popular in recent years. Here, Kino MacGregor a disciple of Sri K. Pattabhi Jois, the great modern guru who developed Ashtanga Yoga gives a comprehensive view of the practice, demonstrating how Ashtanga is fundamentally a path of spiritual transformation and personal development. MacGregor delves into the history and tradition of Ashtanga Yoga and reveals how its philosophy manifests in contemporary lifestyle and dietary choices. She also explains the essential connection of breath, posture, and gaze that is the core of the practice. Her clear, step-by-step instruction of the Ashtanga Yoga Primary Series including standing, seated, backbending, twisting, hip-opening, and closing postures is a wonderful initiation for those who are new to the practice, and it will motivate experienced yogis toward perfection of the form. Throughout, MacGregor shares her own personal yoga journey and her devotion to yoga as a path of self-realization in a way that will inspire all practitioners.

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Sabine Zange



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