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The Power of Ashtanga Yoga answers some of these questions. Written by Kino MacGregor, one of the youngest teachers to have received her certification to teach the style from Ashtanga Yoga founder, the late K. Pattabhi Jois, it shares a comprehensive look at the the history, theory, and physical practice of Ashtanga's Primary Series.

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In this follow-up to her popular first book, The Power of Ashtanga Yoga, Kino MacGregor presents and explains the Intermediate Series of Ashtanga Yoga practice. MacGregor, a disciple of Sri K. Pattabhi Jois, the founder of the method, gives a basic introduction to Ashtanga Yoga philosophy; provides essential background information on the Intermediate Series; gives tips on how to know when you are ready to take on this next stage of practice; explains the purification aspects of the practice ...

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" I highly recommend The Power of Ashtanga Yoga. Not only is it chock-full of practical advice and tips for the beginner and for those with injuries or obstacles, it also treats asana practice as a fine contemplative art by its emphasis on smooth, focused movement in and out of the postures in synch with the breath.

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Ashtanga Vinyasa Yoga is a style of yoga as exercise created by K. Pattabhi Jois during the 20th century, often promoted as a modern-day form of classical Indian yoga. He claimed to have learnt the system from his teacher, Tirumalai Krishnamacharya. The style is energetic, synchronising breath with movements. The individual poses are linked by flowing movements. Jois established his Ashtanga Yoga Research Institute in 1948. The current style of teaching is called Mysore style after the city in I

Ashtanga vinyasa yoga - Wikipedia

Ashtanga yoga is a popular and athletic type of yoga developed by Sri K. Pattabhi Jois, one of the great modern gurus. In this book, Kino MacGregor, one of Jois's disciplines, explains Ashtanga's history and tradition; the essential connection of breath, posture, and gaze that is the core of the practice; how Ashtanga philosophy manifests in dietary and lifestyle choices; and how Ashtanga is ...

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