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Product Description: Ashtanga
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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

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In this follow-up to her popular
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Yoga, Kino MacGregor presents
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Series of Ashtanga Yoga practice.

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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

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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

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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

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movements. Jois established his
Ashtanga Yoga Research Institute
in 1948. The current style of
teaching is called Mysore style
after the city in India.

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Ashtanga vinyasa yoga -
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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,

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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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of the practice and shows how
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MacGregor delves into the history
and tradition of Ashtanga Yoga
and reveals how its philosophy
manifests in contemporary

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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,

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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

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and her devotion to yoga as a path of self-realization in a way that will inspire all practitioners.

A user's guide to intermediate-level practice of Ashtanga Yoga, from the dynamic yoga teacher Kino MacGregor In her first book,

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Kino MacGregor introduced readers to Ashtanga Yoga, a popular and athletic type of yoga developed by her mentor, Sri K. Pattabhi Jois. Now, she returns with this informative follow-up to present and explain the Second—or Intermediate—Series

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to practitioners who wish to take
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or the ideal gift for those who want to take their yoga practice to the next level. Author John Scott studied with yogi Shri K Pattabhi Jois at the Ashtanga Yoga Research Institute in India, where he qualified to teach Ashtanga Yoga around the world. He has

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instructed many people in
Ashtanga Yoga, including high-
profile celebrities Madonna and
Sting. John now spends much of
his time teaching international
workshops and undertaking
teacher trainings.

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Ashtanga Yoga: Practice and Philosophy is the first book of its kind, presenting a comprehensive guide to all eight limbs of Ashtanga Vinyasa Yoga. Join author Gregor Maehle, a seasoned yogi and compassionate teacher, as he

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guides you through: □ the history and lineage of yoga □ the fundamentals of breath, bandhas (energy locks within the body), drishti (the focal point of the gaze), and vinyasa (sequential movement) □ a detailed breakdown of the asanas of the

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A section, Maehle illuminates the Yoga Sutra using the major ancient commentaries as well as his own insights. This volume makes the entire path of Ashtanga Yoga accessible to modern practitioners. Both practical guide and spiritual

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A Treatise, Ashtanga Yoga is an excellent introduction to the eight limbs of yoga and an invaluable resource for any yoga teacher or practitioner.

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Yoga is a healthful, stress-busting, powerfully life-changing practice

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that is truly for everyone! You don't need to be young, flexible, or athletic to do yoga, and you don't need to spend hours on the mat. You just need to be yourself and commit to practicing at least five minutes a day. Here, renowned yogi Kino MacGregor

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A practice that will bring you strength, flexibility, and inner peace. Includes a complete practice series through step-by-step instructions, over two hundred color photographs, and modifications for different

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discipline. There is a yoga boom in
America, and Sri K. Pattabhi Jois is
at the heart of it. One of the great
yoga figures of our time, Jois

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brought Ashtanga yoga to the West a quarter of a century ago and has been the driving force behind its worldwide dissemination. Based on flowing, energetic movement, Ashtanga and the many forms of vinyasa yoga that grow directly out of

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it--have become the most widespread and influential styles of practice in the United States today. Mala means "garland" in Sanskrit, and Yoga Mala--a "garland of yoga practice"--is Jois's distillation of Ashtanga. He first outlines the ethical principles

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and philosophy underlying the discipline and explains its important terms and concepts. Next he guides the reader through Ashtanga's versions of the Sun Salutation and its subsequent sequence of forty-two asanas, or poses, precisely

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describing how to execute each position and what benefits each provides. Brought into English by Eddie Stern, a student of Jois's for twelve years and director of the Patanjali Yoga Shala in New York City, Yoga Mala will be an indispensable handbook for

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students and teachers of yoga for
years to come.

In this much-anticipated follow-up
to his first book, Ashtanga Yoga:
Practice and Philosophy, Gregor
Maehle offers a detailed and
multifaceted guide to Ashtanga

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Intermediate Series Maehle meticulously explores all twenty-seven postures of the Intermediate Series through photos, anatomical line drawings, and practical, informative sidebars. He also discusses the philosophical and spiritual

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background of Ashtanga Yoga and places the practice within the context of Indian cultural history. With passionate erudition, Maehle will prepare you to reap physical, spiritual, and mental fulfillment from your evolving practice.

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An inspirational 30-day yoga and lifestyle program that will challenge your mind, body, and spirit--by one of the most dynamic and high-profile contemporary Ashtanga yoga teachers, Kino MacGregor. "The brave heart of a yogi is defined by

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actions that make the world a better place." Live with authenticity, practice patience, let go of negativity—these are some of the core tenets of a yoga lifestyle, on and off the mat. Yoga is about much more than twisting yourself into shapes—the heart of

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this ancient practice is an inner journey, one of reflection, spiritual awakening, and ultimately a calm, clear mind. The Yogi Assignment is a 30-day introduction to these life-affirming and simple, yet revolutionary, principles. Led by master teacher

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Kino MacGregor, this journey will challenge and uplift your body, mind, and spirit. Each day offers a practice and meditation that will help you confront your emotional, physical, and mental limitations and inspire real change in your life. MacGregor is a fierce, loving

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for modern lifestyle-related disorders elaborated upon in this book make it a valuable aid for the modern-day practitioner, more so since it is presented in simple language without diluting the authenticity of the techniques. Structured primarily

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as a Sequence Manual, this book offers customised yoga routines to help people cope better with their day-to-day demanding schedules. The sequences are also categorised and visually depicted for a better understanding. Ultimately, The

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Power of Yoga seeks to enlighten the readers on the deeper significance of yoga by encouraging them to further explore it as a time tested and an established science.

Ashtanga Yoga is one of the most

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drishti (point of focus), and a list of benefits. A fold-out introduction card explains Ashtanga's history and tradition; the essential connection of breath, posture, and gaze that is the core of the practice; and how Ashtanga is fundamentally a path of spiritual

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