



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

By Kino MacGregor

Shambhala. Paperback. Condition: New. 240 pages. Dimensions: 10.9in. x 8.4in. x 0.8in. Ashtanga Yoga is a graceful, athletic type of yoga that 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 and shows 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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