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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 sync 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

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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

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The yoga practice has the power to open your mind, heal your body, and transform your whole world. I would like my book to help make Ashtanga Yoga more accessible to more people and to be an invitation to the inner journey of yoga. Beginners will find a friend to be their guide into the world of yoga.

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## **The Power of Ashtanga Yoga - Shambhala Publications**

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, demonstrating how Ashtanga is fundamentally a path of spiritual transformation and personal development.

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