



The Heart of Yoga: Developing a Personal Practice

T. K. V. Desikachar

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The first yoga text to outline a step-by-step sequence for developing a complete practice according to viniyoga--yoga adapted to the needs of the individual.

- A contemporary classic by a world-renowned teacher.
- This new edition adds thirty-two poems by Krishnamacharya that capture the essence of his teachings.

Sri Tirumalai Krishnamacharya, who lived to be over 100 years old, was one of the greatest yogis of the modern era. Elements of Krishnamacharya's teaching have become well known around the world through the work of B. K. S. Iyengar, Pattabhi Jois, and Indra Devi, who all studied with Krishnamacharya.

Krishnamacharya's son T. K. V. Desikachar lived and studied with his father all his life and now teaches the full spectrum of Krishnamacharya's yoga. Desikachar has based his method on Krishnamacharya's fundamental concept of *viniyoga*, which maintains that practices must be continually adapted to the individual's changing needs to achieve the maximum therapeutic value.

In *The Heart of Yoga* Desikachar offers a distillation of his father's system as well as his own practical approach, which he describes as "a program for the spine at every level--physical, mental, and spiritual." This is the first yoga text to outline a step-by-step sequence for developing a complete practice according to the age-old principles of yoga. Desikachar discusses all the elements of yoga--poses and counterposes, conscious breathing, meditation, and philosophy--and shows how the yoga student may develop a practice tailored to his or her current state of health, age, occupation, and lifestyle.

This is a revised edition of *The Heart of Yoga*.

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Mary Williams:

Typically the book The Heart of Yoga: Developing a Personal Practice has a lot info on it. So when you read this book you can get a lot of profit. The book was published by the very famous author. This articles author makes some research just before write this book. This specific book very easy to read you may get the point easily after reading this book.

John Charles:

Why? Because this The Heart of Yoga: Developing a Personal Practice is an unordinary book that the inside of the book waiting for you to snap it but latter it will distress you with the secret it inside. Reading this book beside it was fantastic author who all write the book in such remarkable way makes the content interior easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of advantages than the other book include such as help improving your expertise and your critical thinking way. So , still want to delay having that book? If I were being you I will go to the book store hurriedly.

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