



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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Playing with family in a very park, coming to see the water world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try issue that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Heart of Yoga: Developing a Personal Practice, you may enjoy both. It is great combination right, you still need to miss it?

What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't understand it, oh come on its called reading friends.

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