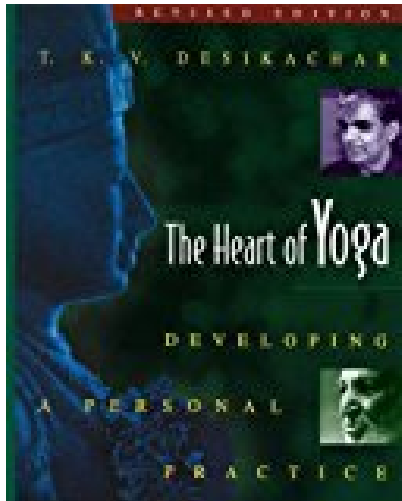


# The Heart of Yoga Developing a Personal Practice

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## BOOK DETAILS

- Author : T. K. V. Desikachar
- Pages : 244 Pages
- Publisher : Inner Traditions
- Language : English
- ISBN : 089281764X

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## BOOK SYNOPSIS

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 Krishnamacharyas 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. Krishnamacharyas son T. K. V. Desikachar lived and studied with his father all his life and now teaches the full spectrum of Krishnamacharyas yoga. Desikachar has based his method on Krishnamacharyas fundamental concept of viniyoga, which maintains that practices must be continually adapted to the individuals changing needs to achieve the maximum therapeutic value. In The Heart of Yoga Desikachar offers a distillation of his fathers 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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