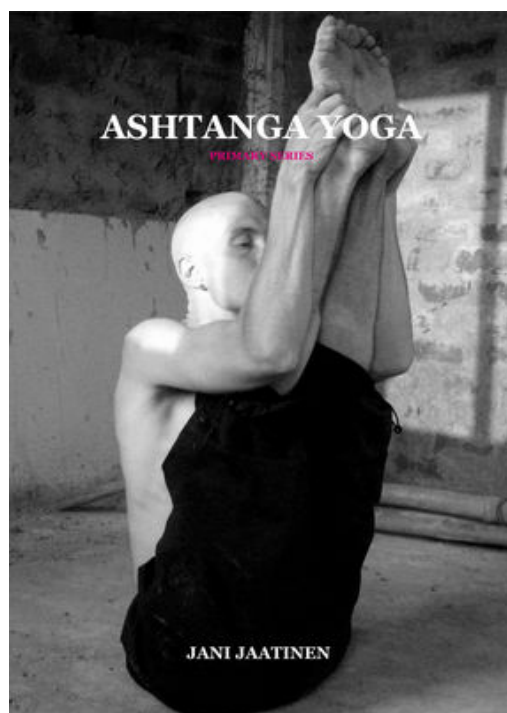


# Baixar livros gratuitos Ashtanga Yoga - Jani Jaatinen (DBSBOOK)



This book works well as a handbook for those, who already do Mysore-practice as well for those, who want to start to practice the Mysore-style. If you haven't done Ashtanga-yoga before, we recommend you to start the practice with qualified yoga instructor. Build your practice slowly and practice on regular basis. Focus on bandhas, dristis and ujjayi breathing. Try to maintain mula- and uddiyana bandha active during the whole practice. Work economically in the poses ie. do not overwork (or underwork).

Because some of the poses might be quite challenging (like kurmasana, bhujapidasana and Garbha Pindasana), proceed slowly without forcing yourself! Try to stay in every pose at least 5 breaths. Practicing relatively slow pace helps to you develop more strength and flexibility. Be fixed and regular in your practice. If it is possible, practice same time every day. Rest one day (unless you know how to do restorative practice properly). Keep your breath regular and stable. Try to avoid

the pain. Practice relaxed way, so that movement is connected with the breath. Let your breath lead the Vinyasa. Proper yoga-practice has three parts: theory, practice itself and the goal. So try to practice consciously. Practice without attachment to the results and balanced way.

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