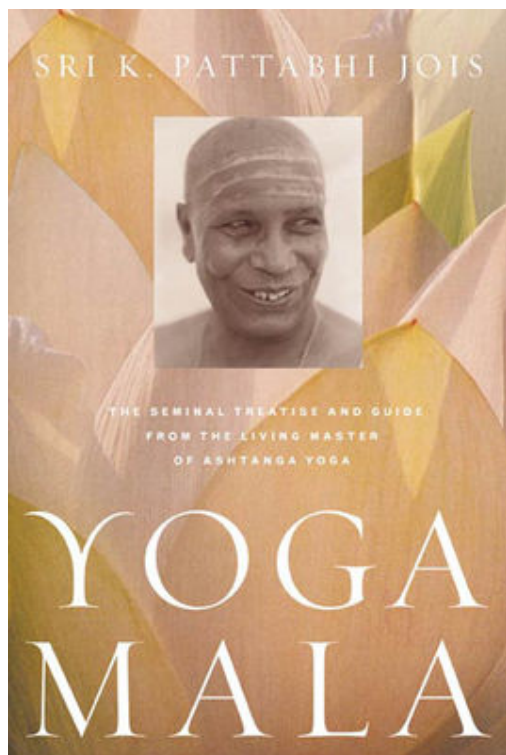


Baixar livros gratuitos Yoga Mala - Sri K. Pattabhi Jois (DBSBOOK)



The seminal treatise and guide to Ashtanga yoga by the master of this increasingly popular discipline

There is a yoga boom in America, and Sri K. Pattabhi Jois is at the heart of it. One of the great yoga figures of our time, Jois brought Ashtanga yoga to the West a quarter of a century ago and has been the driving force behind its worldwide dissemination. Based on flowing, energetic movement, Ashtanga and the many forms of vinyasa yoga that grow directly out of it--have become the most widespread and influential styles of practice in the United States today.

Mala means "garland" in Sanskrit, and *Yoga Mala*--a "garland of yoga practice"--is Jois's distillation of Ashtanga. He first outlines the ethical principles and philosophy underlying the discipline and explains its important terms and concepts. Next he guides the reader through Ashtanga's versions of the Sun Salutation and its subsequent sequence of forty-two asanas, or poses, precisely describing how to execute each position

and what benefits each provides.

Brought into English by Eddie Stern, a student of Jois's for twelve years and director of the Patanjali Yoga Shala in New York City, *Yoga Mala* will be an indispensable handbook for students and teachers of yoga for years to come.

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| Title | : | Yoga Mala |
| Author | : | Sri K. Pattabhi Jois |
| Categoria | : | Saúde e fitness |
| Publicado | : | 06/07/2010 |
| Editora | : | Farrar, Straus and Giroux |
| Vendedor | : | Macmillan |
| Páginas impressas | : | 160 páginas |
| File Size | : | 2.39MB |

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