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"I highly recommend The Power of Ashtanga Yoga. Not only is it chock-full of practical advice and tips for the beginner and for those with injuries or obstacles, it also treats asana practice as a fine contemplative art by its emphasis on smooth, focused movement in and out of the postures in synch with the breath.

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Ashtanga vinyasa yoga - Wikipedia

Ashtanga yoga is a popular and athletic type of yoga developed by Sri K. Pattabhi Jois, one of the great modern gurus. In this book, Kino MacGregor, one of Jois's disciplines, explains Ashtanga's history and tradition; the essential connection of breath, posture, and gaze that is the core of the practice; how Ashtanga philosophy manifests in dietary and lifestyle choices; and how Ashtanga is ...

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