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Ashtanga Vinyasa Yoga is a style of yoga as exercise created by K. Pattabhi Jois during the 20th century, often promoted as a modern-day form of classical Indian yoga. He claimed to have learnt the system from his teacher, Tirumalai Krishnamacharya. The style is energetic, synchronising breath with movements. The individual poses are linked by flowing movements. Jois established his Ashtanga Yoga Research Institute in

1948. The current style of teaching is called Mysore style after the city in I

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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