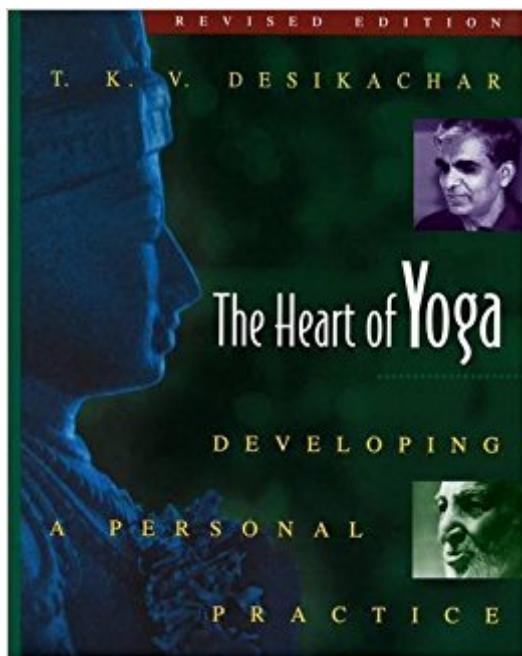


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# The Heart Of Yoga: Developing A Personal Practice



## 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 Krishnamacharya's 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. Krishnamacharya's son T. K. V. Desikachar lived and studied with his father all his life and now teaches the full spectrum of Krishnamacharya's yoga. Desikachar has based his method on Krishnamacharya's fundamental concept of viniyoga, which maintains that practices must be continually adapted to the individual's changing needs to achieve the maximum therapeutic value. In *The Heart of Yoga* Desikachar offers a distillation of his father's 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*.

## Book Information

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## Customer Reviews

" . . . a milestone in the transmission of yoga from the ancient masters to the modern world." (Bodhi

Tree Book Review, Winter 1999 / Spring 2000) "Read this book from cover to cover and you will begin to understand what yoga is all about." (The Sunday Times) "Those who are interested in understanding what yoga is about, those who are looking for a larger context and focus for their hatha practice, those who look to the Yoga Su-tra for guidance, and all those who have loved and benefited from Krishnamacharya and/or Desikachar, directly or indirectly, will want this book." (Yoga International) "An invaluable source of information regarding the theory and practice of yoga. A must for students and teachers alike." (Indra Devi, author of *Yoga for You*) "Desikachar speaks from the heart with tenderness as well as an engineer's careful attention to details and individuality." (LA Yoga, January 2011) "I can think of no better book to recommend to a friend beginning to be excited by yoga but bewildered by the plethora of different schools and their sometimes-conflicting teachings. In addition, I would be hard-pressed to think of a book I would recommend more highly to any yoga student seeking to deepen a yoga practice . . . The great gift of *The Heart of Yoga* lies not simply in the depth of Desikachar's learning, but in the compassion, gentleness, practicality, and down-to-earth spirit that permeate the book." (Yoga Journal)

YOGA "I can think of no better book to recommend to a friend beginning to be excited by yoga but bewildered by the plethora of different schools and their sometimes conflicting teachings. In addition, I would be hard-pressed to think of a book I would recommend more highly to any yoga student seeking to deepen a yoga practice . . . The great gift of *The Heart of Yoga* lies not simply in the depth of Desikachar's learning, but in the compassion, gentleness, practicality, and down-to-earth spirit that permeate the book." --Yoga Journal "Read this book from cover to cover and you will begin to understand what yoga is all about." --The Sunday Times "Those who are interested in understanding what yoga is about, those who are looking for a larger context and focus for their hatha practice, those who look to the Yoga Su-tra for guidance, and all those who have loved and benefited from Krishnamacharya and/or Desikachar, directly or indirectly, will want this book." --Yoga International "An invaluable source of information regarding the theory and practice of yoga. A must for students and teachers alike." --Indra Devi, author of *Yoga for You* ... *ÀjrÀ* Tirumalai Krishnamacharya, who lived to be over 100 years old, was one of the greatest yogis of the modern era. Elements of Krishnamacharya's 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 in their early years. Krishnamacharya's son T. K. V.

Desikachar lived and studied with his father all his life and now teaches the full spectrum of Krishnamacharya's yoga. Desikachar has based his method on Krishnamacharya's fundamental teaching, which maintains that practices must be continually adapted to the individual's changing needs to achieve the maximum therapeutic value. In *The Heart of Yoga* Desikachar offers a distillation of his father's 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. Krishnamacharya placed the highest value on *Patanjali's Yoga Sutra*, which is included here in its entirety, with a translation and commentary by Desikachar. Added to this second edition of *The Heart of Yoga* is the *Yoga-nāṭkaliśāram*--thirty-two poems composed by Krishnamacharya that capture the essence of his teachings and further make *The Heart of Yoga* a milestone in the transmission of yoga from the ancient masters to the modern world. A structural engineer by training, T. K. V. Desikachar lived and studied with his father until Krishnamacharya's death in 1989. He has devoted his life to yoga instruction for people of all backgrounds and all levels of ability, and currently teaches at the school founded in his father's memory in Madras, as well as in Europe, the United States, Australia, and New Zealand.

For anyone looking to get more out of their yoga practice than the physical aspects, this book introduces yoga philosophy and the concepts that lead to mental and spiritual well-being.

*The Heart of Yoga* is a great book explaining topics like the history of yoga, koshas, yamas, niyamas etc. If you want to dig deeper in your yoga practice, I'd definitely recommend!

This book is the prerequisite for anyone beginning a physical yoga practice as well as yoga meditation.

An AMAZING book for anyone wanting to know more about yoga. It takes classic literature (sutras of Patanjali) and the philosophy of the yoga practice and makes it so clear and easy for anyone to

understand, even us "westerners". I would recommend it to anyone!

This book lives up to its title. It provides a true understanding of how to practice yoga.

This book gives an excellent review of the basics of yoga, the tradition, and practical applications of basic techniques to achieve real-world results. The translation of the yoga sutras at the end of the book is my favorite part, as Desikachar is able to convey the essence of the text in a way that is universal to all people, showing us that yoga as a method can be just as easily applied to seeking self-realization as to making us better at our professions and loving our family members. I recommend this book to all beginners, all you middle-aged-ladies who work 40 hours a week have very little time and energy but want gentle exercise that helps restore you, ALL students going through teacher training, philosophy nuts, and anyone who is wondering whether yoga might be able to help them with a problem or weakness in their life but they aren't sure how to approach it. If you are looking for a book that will teach you power yoga, strong vinyasas, tips and tricks for getting into better headstands, or how to do anything with your kundalini, this book does not contain much on those avenues.

The Heart of Yoga is easy to read and understand. He gives real life examples when explaining things. The book dose not force the yogi way onto you. It explains all the Origins or yoga. It goes in to depth about asanas, breathing practices, about 8 limbs of yoga, and much more. I haven't started my YTT yet, but I feel that this book has changed me. If you practice yoga and want to deepen your practice this is what you need to read. I recomend this book for everyone!The book was in great condition when I received. It is a great size and very durable for a paper back.

An important work about Yoga, to be sure. Definitely one for the collection for any serious student of Yoga. This is about the REAL Yoga, and not just about asanas.

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