



The Heart of Yoga: Developing a Personal Practice

T. K. V. Desikachar

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The **Heart of Yoga** is the first book to present the teachings of revered yogi Sri Tirumalai Krishnamacharya (1888-1989) from the unique perspective of his son and principal student. Here, T.K.V. Desikachar shows how to use Krishnamacharya's system of viniyoga to develop a personal practice that is responsive to your own needs and adaptable to your age, health, and lifestyle. Krishnamacharya based his teachings on a number of scriptural sources, but of them all he placed the highest value on Pata-jali's Yoga Sutras. **Heart of Yoga** makes available for the first time in the West Desikachar's commentary on Pata-jali, as taught to him by his father.

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