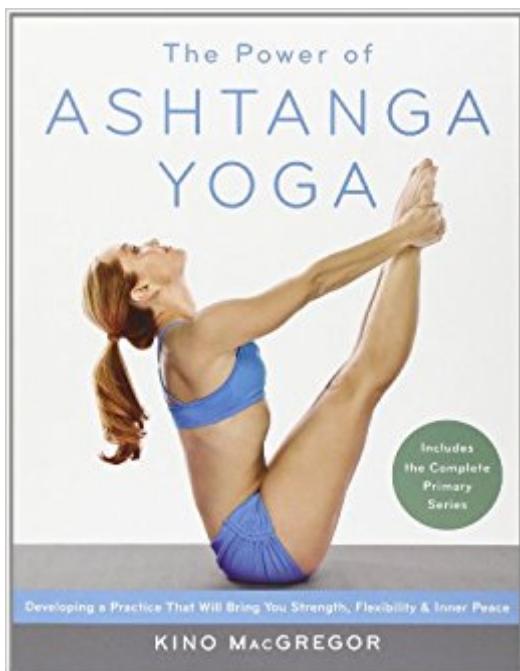


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# The Power Of Ashtanga Yoga: Developing A Practice That Will Bring You Strength, Flexibility, And Inner Peace--Includes The Complete Primary Series



## Synopsis

Ashtanga Yoga is a graceful, athletic type of yoga that has become extremely popular in recent years. Here, Kino MacGregor, a disciple of Sri K. Pattabhi Jois, the great modern guru who developed Ashtanga Yoga, gives a comprehensive view of the practice and shows how Ashtanga is fundamentally a path of spiritual transformation and personal development. MacGregor delves into the history and tradition of Ashtanga Yoga and reveals how its philosophy manifests in contemporary lifestyle and dietary choices. She also explains the essential connection of breath, posture, and gaze that is the core of the practice. Her clear, step-by-step instruction of the Ashtanga Yoga Primary Series— including standing, seated, backbending, twisting, hip-opening, and closing postures—is a wonderful initiation for those who are new to the practice, and it will motivate experienced yogis toward perfection of the form. Throughout, MacGregor shares her own personal yoga journey and her devotion to yoga as a path of self-realization in a way that will inspire all practitioners.

## Book Information

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## Customer Reviews

“The Power of Ashtanga Yoga accomplishes something fantastic . . . Kino manages to incorporate everything you ever wanted to know from a yogi. She seamlessly incorporates personal experiences, useful gems of wisdom, and detailed technical knowledge of the practice.”  
Huffington Post  
Kino MacGregor is a dedicated student and teacher of Ashtanga Yoga and she has wonderfully shared her insights, thoughts, and guidance in

this book. •David Swenson, author of *Ashtanga Yoga: The Practice Manual* “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 sync with the breath. Its presentation of the subtle and deeper aspects of yoga is clear and accessible, making this book useful for all types of practitioners.” •Richard Freeman, author of *The Mirror of Yoga* “Kino MacGregor is gifted not only as a practitioner of asana but also as a writer and portrayer of the deeper aspects of yoga. She easily traverses such diverse terrains as spirituality, scripture, health, relationships, anatomy, and of course postural alignment and technique.” •Gregor Maehle, author of *Ashtanga Yoga: Practice and Philosophy* and *Pranayama: The Breath of Yoga* “An excellent, well-researched book that explores the philosophical, spiritual, and physical dimensions of Ashtanga Yoga in a way that is informative, inspirational, non-dogmatic, and easy to understand.” •Tim Miller, Director of the Ashtanga Yoga Center, Encinitas, California “In this marvelous book, Kino MacGregor shows us why she is so highly esteemed worldwide among Yoga teachers. She is not only a miraculously proficient practitioner, but also a skilled and compassionate teacher who knows the heart and essence of Yoga as a spiritual path leading to enlightenment.” •Jack Forem, author of *Transcendental Meditation* “Anyone with an interest in yoga •from a bookstore browser to a dedicated practitioner •will find something to engage their mind, open their heart, and nourish their spirit in *The Power of Ashtanga Yoga*. •Inspirational, heartfelt, and practical, it is an invaluable roadmap to your infinite potential.” •Frances Cole Jones, author of *How to Wow* “

Kino MacGregor is one of only fourteen people •and the youngest woman •in the United States to receive certification to teach Ashtanga Yoga from its founder Sri K. Pattabhi Jois. She has an international following of her own, and a busy schedule of teaching gigs at seminars and yoga conferences worldwide. She is a life coach and has a Master’s Degree from New York University. MacGregor and her husband, Tim Feldmann, are the founders of the Miami Life Center ([www.miamilifecenter.com](http://www.miamilifecenter.com)), where they teach daily classes, workshops, and intensives together. MacGregor was featured in *Yoga Journal* as one of the top twenty-one rising stars of yoga. Her website is [www.kinoyoga.com](http://www.kinoyoga.com).

I found this book to be very helpful when I began my Ashtanga practice, and I read it from cover to

cover. I also refer back to it now sometimes to check on small details of the movements as Kino has described the techniques in minute detail. She does things slightly differently from my Ashtanga teacher, but still this works great as a reference manual.

The title says it all. The Power of Ashtanga Yoga. Kino has always said that ashtanga made her tap into her inner power, and power is what this book is all about. Kino has also stated that she was quite flexible from the onset, so extremely stiff people -like yours truly- will find less insights on flexibility than on power, but still this book is amazing for its combination of philosophy, detailed practical advice, dietary points and many-many-MANY other gems of ashtanga wisdom. It is also extremely reader-friendly. In a word, one of the best ashtanga practice manuals available.

Very good explanation of each posture - almost too detailed (which is not a critic), Kino is really a great teacher and has very pedagogic (excuse my English) way of sharing her knowlege. She is really a devoted practioner and this book really demonstrate it, I recomend it to anyone interested in ashtanga. The only think I could critisise is that I think the blakc and white pictues and rather corse paper does not do it justice as this is a book I will want to keep.

The book is well written organized and informational.

My wife was starting to get into Yoga and was looking for a book to point her in the right direction. Almost everything in this book goes hand in hand with what she is currently learning in class, and I've seen her studying from it multiple times. It's extremely informative, and filled with loads of great information. If you're looking for an informative read on Ashtanga Yoga to help you learn, this is the book for you.

I am a yoga practitioner , but when I read this book , I have found a new and wonderful view about yoga spirituality and physically. I strongly recommend it to everyone interested in yoga. Thanks Kino.

Book was much bigger than I expected. I'm loving it. She's so sincere. There's so many details on not only each posture but the lifestyle as well.

Beautifully written! Having done ashtanga yogo in the past, and desiring a guide which helps me to understand the history to a greater degree, Kino has provided both a historical context to this

amazing endeavor, as well as a clearly illustrated sequence of moves for the beginning and experienced yoga student- This one well researched guide will be a capstone of all others!!

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