

The Heart Of Yoga Developing A Personal Practice Tkv Desikachar

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The Heart of Yoga: Developing a Personal Practice ...

The Heart of Yoga is divided into four parts. The first two parts form the core of the book, and make up the bulk of its length.

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The first introduces yoga at a basic level and then goes on to impart practical lessons on asana (poses), pranayama (breathing exercises), and bandha (locks.)

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