



# Ashtanga Yoga: The Yoga Tradition of Sri K. Pattabhi Jois : The Primary Series Practice Manual

*Petri Räisänen*

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New in paperback, Petri Raisanen, one of the world's most popular yoga teachers offers the complete guide to the yoga poses (asana), breathing techniques and philosophy of Ashtanga yoga.

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Each of the yoga poses in the Primary Series is presented both separately and as part of complete practice. The reader will gain a deep knowledge of the multidimensional philosophy of Ashtanga yoga and how it relates to everyday life.

This is a clearly and simply written guide, packed full of knowledge and insight, that will delight beginners, advanced students and yoga teachers alike.



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