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The Heart of Yoga is divided into four

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In The Heart of Yoga TKV Desikachar

Page 15/35

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T.K.V. Desikachar. The Heart of Yoga
Quotes Showing 1-21 of 21.

“ Whenever you are in doubt, it is best to pause. Few things are so pressing that they cannot wait for a moment of breath. ” . T.K.V.

Desikachar, The Heart of Yoga:
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Desikachar

Rooted in the teachings of Sri
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and U.G. Krishnamurti, the Heart of
Yoga association was formed to help

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Heart of Yoga | Mark Whitwell

The great gift of The Heart of Yoga

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

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Heart of Yoga - New Edition:

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Chapter 3 of The Heart of Yoga by
T.K.V. Desikachar describes some
important aspects of asana practice –
beginning where we are at a

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particular time; linking breath and movement; consciously making our breath full and deep; and feeling the breath during practice as a form of meditation and paying attention. Understanding each of these fundamental parts of asana practice is essential to the practice of yoga.

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