



## The Heart of Yoga: Developing a Personal Practice

*By 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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### **Editorial Review**

From Scientific American

Here, the practice of yoga is directed toward the individual's needs and goals.

Review

Krishnamacharya was one of the greatest yogis of modern times—a master scholar, healer, and spiritual teacher—whose students have changed the face of yoga in the West. Now Krishnamacharya's son, himself a renowned teacher, talks about his father's unique vision of yoga. -- *Yoga Journal*

About the Author

In addition to years of yoga training under his father, T. K. V. Desikachar holds a degree in structural engineering and in his earlier years worked for a Danish engineering firm. Beginning in the 1960s he devoted himself to yoga instruction. Desikachar continued to live and study with his father until Krishnamacharya's death in 1989. He currently teaches Viniyoga at the school founded in his father's memory in Madras, as well as in Europe, the United States, Australia, and New Zealand.

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