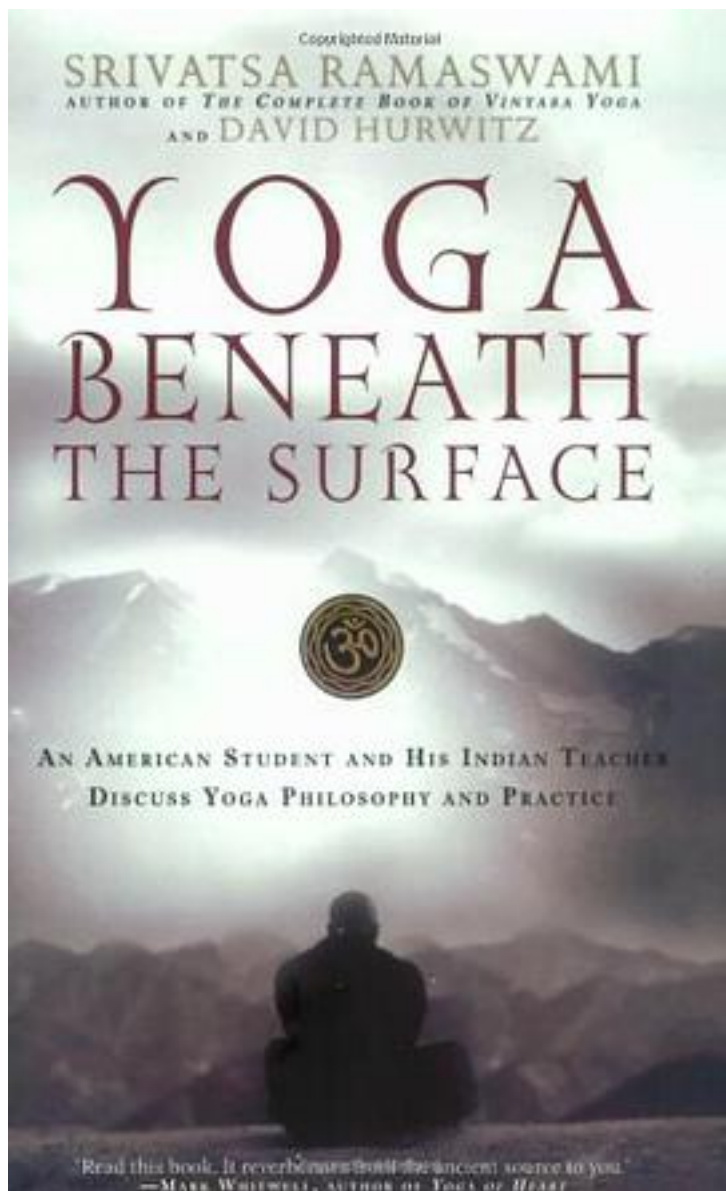


Yoga Beneath the Surface



[Yoga Beneath the Surface_下载链接1](#)

著者:Ramaswami, Srivatsa/ Hurwitz, David

出版者:Transition Vendor

出版时间:2006-6

装帧:Pap

isbn:9781569242940

The first-ever complete question-and-answer guide to yoga- based on the tradition established by the legendary master Sri. T. Krishnamacharya. One of the best ways to learn about yoga is through direct study with a guru, but for many current and aspiring yogis that is simply not possible. As a result, many questions are left unanswered. Now, Yoga Beneath the Surface solves the dilemma by presenting a comprehensive teacher-student dialogue on the basics and finer details of yoga philosophy and practice. In his previous book, The Complete Book of Vinyasa Yoga , Srivatsa Ramaswami presented the full breadth of yogasana teachings as taught by Sri. T. Krishnamacharya- the father of modern yoga and Ramaswami's teacher for over thirty years. Here, for the first time, Ramaswami imparts his vast yoga experience and knowledge of Krishnamacharya's distinct vinyasa krama system in an accessible Q&A format with experienced California yogi David Hurwitz. In a beautifully clear and conversational style, Ramaswami and Hurwitz delve deeply into various topics related to yoga philosophy and practice, shedding light on even the most confusing concepts. The over 250 questions are drawn directly from Hurwitz's private study with Ramaswami and include: Does yoga lead to happiness? How do we achieve the famous ahimsa (non-violence)? and What is the role of breath in Asana? This is the next best thing to studying directly wiht one of yoga's true gurus- and a must-read for every serious yoga student.

作者介绍:

目录:

[Yoga Beneath the Surface_ 下载链接1](#)

标签

评论

[Yoga Beneath the Surface_ 下载链接1](#)

[Yoga Beneath the Surface 下载链接1](#)