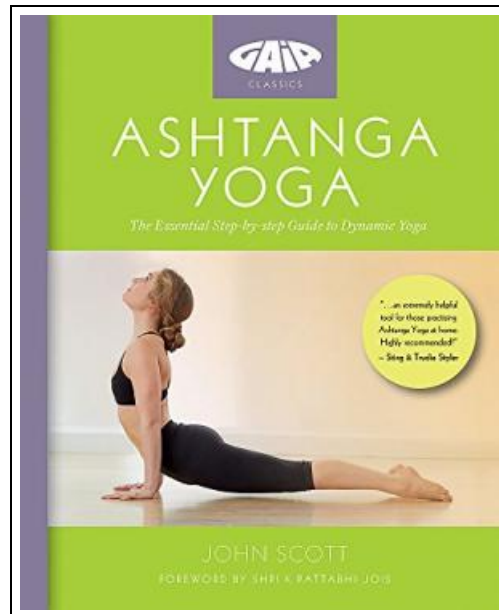


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Octopus Publishing Group, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. John Scott s Ashtanga Yoga is a step-by-step illustrated guide that takes you through the balanced exercise routines and breathing techniques of this dynamic form. Carefully structured, this course starts with a simple sequence for beginners which, once mastered, provides the foundation for moving on to the next level.- Purify your body with dynamic movement and precise postures- Develop physical and mental strength, increased stamina and greater flexibility- Includes a foreword by Shri K Pattabhi Jois, founder of Ashtanga Yoga- This new edition has been fully revised and updated This essential guide is the perfect introduction to yoga or the ideal gift for those who want to take their yoga practice to the next level.Author John Scott studied with yogi Shri K Pattabhi Jois at the Ashtanga Yoga Research Institute in India, where he qualified to teach Ashtanga Yoga around the world. He has instructed many people in Ashtanga Yoga, including high-profile celebrities Madonna and Sting. John now spends much of his time teaching international workshops and undertaking teacher trainings.



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