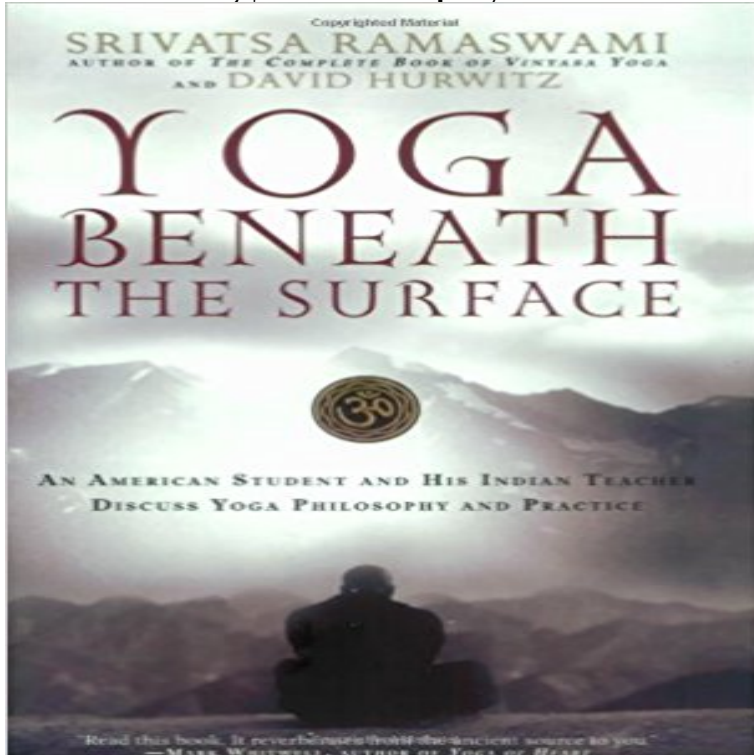


Yoga Beneath the Surface: An American Student and His Indian Teacher Discuss Yoga Philosophy and Practice



In The Complete Book of Vinyasa Yoga Srivatsa Ramaswami presented the full breadth of yogasana teachings as taught by Sri. T. Krishnamacharya (1888-1989) the father of modern yoga. Now, for the first time, Ramaswami imparts his vast yoga experience and knowledge of Krishnamacharya's distinct vinyasa krama system in an accessible question-and-answer format with experienced California yogi David Hurwitz. In a beautifully clear and conversational style, Ramaswami and Hurwitz delve deeply into various general and specific topics relating to yoga philosophy and practice, shedding light on even the most confusing concepts. The nearly 240 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)? How does the yogi see his soul? What is the role of breath in Asana? Where does willpower come in? and Was Krishnamacharya happy? Yoga Beneath the Surface is the next best thing to studying directly with one of yoga's true gurus and a must-read for every serious yoga student.

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