



## The Power of Ashtanga Yoga: Developing a Practice That Will Bring You Strength, Flexibility, and Inner Peace--Includes the complete Primary Series

*By Kino MacGregor*

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Ashtanga Yoga is a graceful, athletic type of yoga that has become extremely popular in recent years. Here, Kino MacGregor, a disciple of Sri K. Pattabhi Jois, the great modern guru who developed Ashtanga Yoga, gives a comprehensive view of the practice and shows how Ashtanga is fundamentally a path of spiritual transformation and personal development.

MacGregor delves into the history and tradition of Ashtanga Yoga and reveals how its philosophy manifests in contemporary lifestyle and dietary choices. She also explains the essential connection of breath, posture, and gaze that is the core of the practice. Her clear, step-by-step instruction of the Ashtanga Yoga Primary Series—including standing, seated, backbending, twisting, hip-opening, and closing postures—is a wonderful initiation for those who are new to the practice, and it will motivate experienced yogis toward perfection of the form. Throughout, MacGregor shares her own personal yoga journey and her devotion to yoga as a path of self-realization in a way that will inspire all practitioners.

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### Editorial Review

#### Review

*"The Power of Ashtanga Yoga* accomplishes something fantastic . . . Kino manages to incorporate everything you ever wanted to know from a yogi. She seamlessly incorporates personal experiences, useful gems of wisdom, and detailed technical knowledge of the practice."—*Huffington Post*

"Kino MacGregor is a dedicated student and teacher of Ashtanga Yoga and she has wonderfully shared her insights, thoughts, and guidance in this book."—David Swenson, author of *Ashtanga Yoga: The Practice Manual*

"I highly recommend *The Power of Ashtanga Yoga*. Not only is it chock-full of practical advice and tips for the beginner and for those with injuries or obstacles, it also treats asana practice as a fine contemplative art by its emphasis on smooth, focused movement in and out of the postures in synch with the breath. Its presentation of the subtle and deeper aspects of yoga is clear and accessible, making this book useful for all types of practitioners."—Richard Freeman, author of *The Mirror of Yoga*

"Kino MacGregor is gifted not only as a practitioner of asana but also as a writer and portrayer of the deeper aspects of yoga. She easily traverses such diverse terrains as spirituality, scripture, health, relationships, anatomy, and of course postural alignment and technique."—Gregor Maehle, author of *Ashtanga Yoga: Practice and Philosophy* and *Pranayama: The Breath of Yoga*

"An excellent, well-researched book that explores the philosophical, spiritual, and physical dimensions of Ashtanga Yoga in a way that is informative, inspirational, non-dogmatic, and easy to understand."—Tim Miller, Director of the Ashtanga Yoga Center, Encinitas, California

"In this marvelous book, Kino MacGregor shows us why she is so highly esteemed worldwide among Yoga teachers. She is not only a miraculously proficient practitioner, but also a skilled and compassionate teacher who knows the heart and essence of Yoga as a spiritual path leading to enlightenment."—Jack Forem, author of *Transcendental Meditation*

"Anyone with an interest in yoga—from a bookstore browser to a dedicated practitioner—will find something to engage their mind, open their heart, and nourish their spirit in *The Power of Ashtanga Yoga*. Inspirational, heartfelt, and practical, it is an invaluable roadmap to your infinite potential."—Frances Cole Jones, author of *How to Wow*

#### About the Author

Kino MacGregor is one of only fourteen people—and the youngest woman—in the United States to receive certification to teach Ashtanga Yoga from its founder Sri K. Pattabhi Jois. She has an international following of her own, and a busy schedule of teaching gigs at seminars and yoga conferences worldwide. She is a life coach and has a Master's Degree from New York University. MacGregor and her husband, Tim Feldmann, are the founders of the Miami Life Center ([www.miamilifecenter.com](http://www.miamilifecenter.com)), where they teach daily classes, workshops, and intensives together. MacGregor was featured in *Yoga Journal* as one of the top twenty-one rising stars of yoga. Her website is [www.kinoyoga.com](http://www.kinoyoga.com).

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#### **Betsy Aguilar:**

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