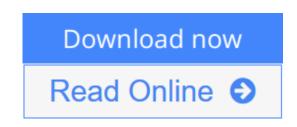


# Ashtanga Yoga: The Yoga Tradition of Sri K. Pattabhi Jois: The Definitive Primary Series Practice Manual

By Petri Raisanen



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One of the world's most popular yoga teachers brings you the definitive guide to Ashtanga Yoga. Petri Raisanen presents each of the yoga poses in the Primary Series both separately and as part of complete practice. You'll gain a deep knowledge of the multidimensional philosophy of Ashtanga yoga and how it relates to everyday life. This is a clearly and simply written guide, beautifully illustrated and packed full of knowledge and insight. It will delight beginners, advanced students and yoga teachers alike.

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#### About the Author

**Petri Räisänen** (born 1967) is an internationally renowned and respected yoga teacher. A devoted student of his guru Sri K. Pattabhi Jois (1915–2009), he is co-owner and director of Ashtanga Yoga Helsinki, one of the world's largest yoga centres. He lives in Helsinki, Finland.

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