



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

*By Petri Raisanen*

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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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