



The Complete Book of Vinyasa Yoga: The Authoritative Presentation-Based on 30 Years of Direct Study Under the Legendary Yoga Teacher Krishnamacha

By *Srivatsa Ramaswami*

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Sri T. Krishnamacharya (1888–1989) was the most influential figure in the last 100 years in the field of yoga. Many of today's best-known yoga teachers—including his brother-in-law B. K. S. Iyengar, his son T. K. V. Desikachar, and Pattabhi Jois, founder of Ashtanga yoga—studied with him and modeled their own yoga styles after his practice and teaching. Yet, despite his renowned status, Krishnamacharya's wisdom has never before been made completely available, just as he taught it. Now, in *The Complete Book of Vinyasa Yoga*, Srivatsa Ramaswami—Krishnamacharya's longest-standing student outside his own family—presents his master's teachings of yogasanas in unprecedented detail. Drawing upon his 33 years of direct study, beginning in 1955 and continuing nearly until his teacher's death, Ramaswami presents more than nine hundred poses and variations in logically structured sequences, precisely describing Krishnamacharya's complete Vinyasakrama system. Along with every movement of each yoga posture, he covers the proper breathing techniques for each pose—something no other book also derived from Krishnamacharya's teaching does. Nearly 1,000 full-color photographs are featured in this authoritative landmark presentation of the study practiced by the "grandfather of modern yoga."

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Editorial Review

From Publishers Weekly

Having studied for more than three decades with renowned yoga master T. Krishnamacharya, and taught for more than two decades, Ramaswami attempts to offer a more complete picture of the practices developed ages ago to heal the body, train the mind and cultivate inner peace. He calls much of Western yoga practice "blatantly aggressive" and altered to appeal to Western tastes, omitting such essential aspects as yoga philosophy, breathing techniques, correct sequencing, chanting and meditation. In his descriptions of more than 900 poses and variations, he guides students on ways to integrate these aspects. While Ramaswami says his book can be used by students of every level (the sequences are rated according to difficulty), some may feel intimidated by the photographs, which show highly advanced yogis in many positions that are rarely taught in the average group class. The author's approach is somewhat didactic, emphasizing the "correct" way to do the poses, without acknowledging differences in body type and structure. The book's format makes it more of a practice manual, and most likely readers without much background will need to read Ramaswami's *Yoga for the Three Stages of Life* to put the instruction into a larger context. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"The masterful and unique presentation of the asanas with all their variations makes it clear that he has absorbed the teachings of Krishnamacharya and is ready to pass them on. No one else in America is teaching from the lineage of Krishnamacharya in this way. Srivatsa Ramaswami has exceptional knowledge and skill in the field of yoga and would contribute significantly in this field."

Users Review

From reader reviews:

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Ida Torres:

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The Authoritative Presentation-Based on 30 Years of Direct Study Under the Legendary Yoga Teacher Krishnamacha is kind of guide which is giving the reader erratic experience.

Donna Bledsoe:

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