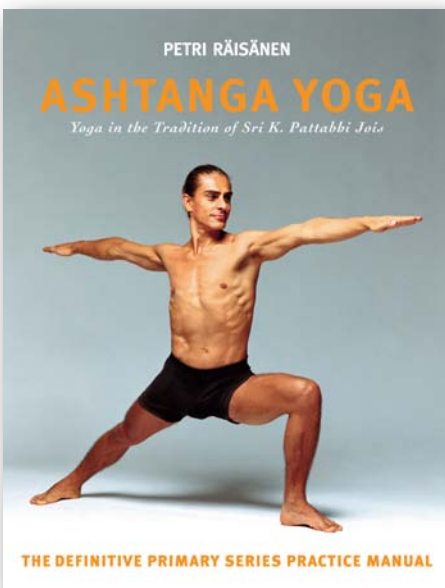


Ashtanga yoga guide from one of the world's leading yoga teachers



## Ashtanga Yoga

The yoga tradition of Sri K. Pattabhi Jois

The definitive primary series practice manual

**Petri Räisänen**

### Key selling points:

- ▶ Authoritative, beautifully illustrated guide to Ashtanga Yoga
- ▶ Written by a renowned, senior Ashtanga teacher, who studied extensively in India with his guru, Sri K. Pattabhi Jois
- ▶ More than 100 illustrations
- ▶ Over 10,000 hardbacks sold of original Finnish edition

### Cover blurb:

In this stunning new book, one of the world's most popular yoga teachers offers a complete guide to the yoga poses, breathing techniques and philosophy of Ashtanga yoga.

A physical and dynamic form of yoga, Ashtanga combines an impressive sequence of yoga poses with special breathing techniques to heat the body internally and allow safe stretching of the muscles. Ashtanga's enthusiasts point to the powerful impact of the practice on their overall health and well-being. Regular practice tones and strengthens the muscles, detoxifies the body, calms the mind and increases concentration.

Each of the yoga poses in the Primary Series is presented both separately and as part of complete practice. The reader will 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, packed full of knowledge and insight, that will delight beginners, advanced students and yoga teachers alike.

### Marketing & publicity:

- ▶ Advertising and reviews in specialist yoga press
- ▶ Author available for interviews and special events
- ▶ Exposure through Yogamatters, one of the UK's largest yoga-product retailers, sister company to YogaWords

### Bibliographic information

**Publication:** 4th June 2013  
**ISBN:** 978-1906756-05-5  
**Price:** £22.99  
**Binding:** hardback  
**Format (mm):** 230 x 250  
**Page extend:** 186  
**Illustrations:** throughout  
**Rights:** world  
**Category:** Yoga  
**BIC Code(s):** VFMG

### Readership/Market

- yoga teachers
- beginner & experienced yoga students

### 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.

[www.ashtangabook.com](http://www.ashtangabook.com)