



Yoga Mala: The Original Teachings of Ashtanga Yoga Master Sri K. Pattabhi Jois

By Sri K. Pattabhi Jois

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The seminal treatise and guide to Ashtanga yoga by the master of this increasingly popular discipline

One of the great yoga figures of our time, Sri K. Pattabhi Jois brought Ashtanga yoga to the West more than thirty years ago. Based on flowing, energetic movement coordinated with the breath, Ashtanga and the many forms of vinyasa yoga that grow directly out of it have become the most widespread and influential styles practiced today.

Yoga Mala?a "garland of yoga"?is Jois's authoritative guide to Ashtanga. In it, he outlines the ethical principles and philosophy underlying the discipline, explains important terms and concepts, and guides the reader through Ashtanga's Sun Salutations and the subsequent primary sequence of forty-two asanas, or poses, precisely describing how to execute each position and what benefits each provides. It is a foundational work on yoga by a true master.

To coincide with publication of *Guruji: A Portrait of Sri K. Pattabhi Jois Through the Eyes of His Students* by Guy Donahaye and Eddie Stern, this new edition of *Yoga Mala* includes a foreword by Jois's grandson Sharath Rangeswamy, currently co-director of the famous school Jois founded in Mysore, the Ashtanga Yoga Institute.

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Editorial Review

Review

“A treasure . . . Jois's discourses, at once authoritative and devout, [describe] the philosophy of yoga and the spiritual implications of its practice . . . For those who walk the Ashtanga path, this is the real thing.” ?*Yoga Journal*

About the Author

Sri K. Pattabhi Jois, a master of Ashtanga Yoga and a professor of Sanskrit, studied for twenty-five years with T. Krishnamacharya. He passed away in 2009 at the age of ninety-three.

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YOGA MALA

YOGA ASANAS

The *asanas* that follow the *Surya Namaskara* should be practiced in the manner described below.

1. PADANGUSHTASANA

Padangushtasana has three *vinyasas*, of which the 2nd is the state of the *asana* (*see figure*).¹

METHOD

First, stand up straight, inhaling through the nostrils deeply, jump the legs apart as much as half a foot, slowly let the breath out, reach down and take hold of the big toes, lift the head and chest up completely without bending the knees, and stay in position while inhaling; this is the 1st *vinyasa*. Then, letting the breath out, take in the lower abdomen, place the head in the region between the two knees, straighten the knees, and stay in position, doing *puraka* and *rechaka* as much as possible; this is the 2nd *vinyasa* (*see figure*).² Next, inhaling, slowly lift the head, remaining in position with the fingers holding the big toes; this is the 3rd *vinyasa*. Then exhale and return to *Samasthiti*. While in the state of this *asana*, the lower abdomen should be drawn in and held tightly, and *rechaka* and *puraka* should be done slowly and as much as possible. This is the way to do *Padangushtasana*.

BENEFITS

Padangushtasana dissolves the fat of the lower abdomen, and purifies both the *kanda*, or egg-shaped nerve plexus in the anal region, and the rectum.

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