



# **The Power of Ashtanga Yoga II: The Intermediate Series: A Practice to Open Your Heart and Purify Your Body and Mind**

*Kino MacGregor*

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**A user's guide to intermediate-level practice of Ashtanga Yoga—by the dynamic yoga teacher Kino MacGregor.**

In this follow-up to her popular first book, *The Power of Ashtanga Yoga*, Kino MacGregor presents and explains the Intermediate Series of Ashtanga Yoga practice. MacGregor, a disciple of Sri K. Pattabhi Jois, the founder of the method, gives a basic introduction to Ashtanga Yoga philosophy; provides essential background information on the Intermediate Series; gives tips on how to know when you are ready to take on this next stage of practice; explains the purification aspects of the practice; and gives instructions for the pranayama techniques associated with the practice, along with other key points. She also describes and demonstrates the entire Ashtanga Yoga Intermediate Series in over 250 photographs. This solid, engaging entrée into intermediate-level practice is a wonderful resource for both practitioners and teachers.



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