

GURUJI A PORTRAIT OF SRI K PATTABHI JOIS THROUGH THE EYES HIS STUDENTS EBOOK GUY DONAHAYE

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[Guruji A Portrait Of Sri K Pattabhi Jois Through The Eyes His Students Ebook Guy Donahaye](#)

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Sri K. Pattabhi Jois was such a soul, and through his teaching of yoga, he transformed the lives of countless people. The school in Mysore that he founded and ran for more than sixty years trained students who, through the knowledge they received and their devotion, have helped to spread the daily practice of traditional Ashtanga yoga to tens of thousands around the world.

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Guy is author of the book *Guruji: A Portrait of Sri K Pattabhi Jois Through the Eyes of his Students* - a collection of 30 interviews with senior students and close family of Pattabhi Jois. He is director of the Ashtanga Yoga Shala NYC - a school dedicated to the Mysore style of teaching with the goal of presenting the complete ashtanga yoga system. SRUTI Berkshire Yoga Center. 268 Main Street ...

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Guruji: A Portrait of Sri K. Pattabhi Jois Through the Eyes of His Students is a biography of Sri K. Pattabhi Jois, a Yoga teacher, who was instrumental in the popularization of Yoga in the Western World. Guy Donahaye and Eddie Stern, students of the yogi wrote this biography.

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Surya Namaskar is a sequence of around twelve yoga asanas connected by jumping or stretching movements, varying somewhat between schools. In Iyengar Yoga, the basic sequence of asanas is Tadasana, Urdhva Hastasana, Uttanasana, Uttanasana with head up, Adho Mukha Svanasana, Urdhva Mukha Svanasana, Chaturanga Dandasana, and then reversing the sequence to return to Tadasana; other poses can be ...

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About The Book Sri K. Pattabhi Jois (1915-2009) was a rare and remarkable soul who became legendary (luring the course of his life by virtue of great service to others. Known affectionately as *Guruji*, Jois founded and ran a yoga school in Mysore, India, for more than sixty years. In *Guruji*, we follow his journey from a simple teacher of yoga in a Sanskrit college to a world-recognized ...

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Guy Donahaye became a student of Sri K. Pattabhi Jois in 1991. He is the director of the Ashtanga Yoga Shala NYC and with Eddie Stern is the co-author of *Guruji: A Portrait of Sri K. Pattabhi Jois Through the Eyes of His Students*. Eddie Stern became a student of famed yoga instructor Sri K. Pattabhi Jois in 1991.Stern is director of the Ashtanga Yoga New York and Sri Ganesh Temple, and ...

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