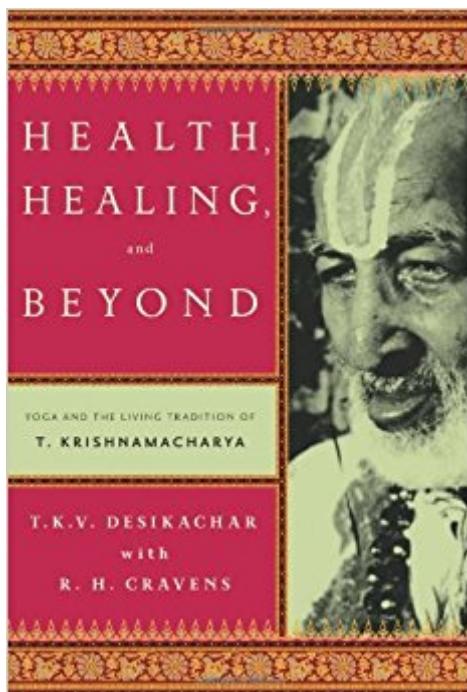


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Health, Healing, And Beyond: Yoga And The Living Tradition Of T. Krishnamacharya



Synopsis

The much-sought-after, greatly beloved exploration of the work of Krishnamacharya, teacher of many of twentieth-century yoga's greatest and most influential exponents, Health, Healing, and Beyond is filled with deep wisdom. An indispensable guide to the philosophy, principles, and limitless possibilities of yoga. First published in 1998, it is now available again to yogis, students, and teacher trainees everywhere.

Book Information

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Customer Reviews

"Health, Healing, and Beyond is a beautifully crafted tribute to the life and teachings of Krishnamacharya, epic in scope yet intimate in nature. Desikachar speaks with quiet wisdom and a profound sense of purpose that keeps our interest continually engaged. He introduces us to the basic texts and concepts of yoga, gives insight into a variety of yogic practices, presents a yogic theory of health and healing, and explores the nature of the student-teacher relationship. Through Desikachar's affectionate humor and sensitive writing, we learn as much from the lives of father and son as from their teachings."--Donald Moyer, Director of The Yoga Room in Berkeley, CA "My father's teaching first and foremost was based on the truth that each student must be taught according to his or her individual capacity at any given time. And each step is to be experienced for what the Bhagavad-Gita shows it to be: an episode in the greatest of all adventures, the eternal journey of the soul."--T. K. V. Desikachar. --This text refers to the Hardcover edition.

T.K.V. Desikachar, Krishnamacharya's son and longtime student, is one of the world's foremost teachers of yoga. A renowned authority on the therapeutic uses of yoga, he is the founder of the Krishnamacharya Yoga Mandiram and the cofounder of the Krishnamacharya Healing and Yoga Foundation, both of which are based in Chennai. R.H. Cravens was born in Salinas, Kansas, in 1940. His early career included stints at the Associated Press and Time/Life Books, as well as speechwriting for the United Nations. He had a long affiliation with the fine art photography publisher Aperture, as both a writer and a contributing editor. Cravens died in Albuquerque, New Mexico, in April 2009.

Such Profound wisdom and compassion from an amazing teacher whom I had the honour to study, learn and grow with. You are a part of the deepest place in my heart Desikachar, from you honoured and privileged student Marion.

I have found in this book and in "The Heart of Yoga:" also from Dr.'s Desikachar very important and helpful different information regarding Yoga, Vedanta and Patanjali Sutras .Beautiful Flexible, realistic and practical approach.

What an inspiring and informative marvell! Thanks to Desikachar ji for providing us such intimate and valuable insight into life of a great saint, who almost single-handedly kept alive the tradition of yoga during a very tumultuous era in Indian history.

My yoga instructor gave me this book as a gift. I'm learning so much about the man who brought yoga to the Western world. Definitely a must read for someone who is really interested in yoga.

fantastic book full of knowldge

Very interesting book. Thank you!

You can't loose with this guy.

Awesome

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