

HEART OF YOGA DESIKACHAR%0A

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[TKV Desikachar \(1938-2016\) | Heart of Yoga](#)
Then, one day while we were walking on Adyar beach in Chennai, Desikachar suddenly declared, The Heart of Yoga is the correct title! He later explained that the heart of yoga is the relationship between student and teacher. In this relationship, it is essential that the teacher is not a social or personal identity, it is a function a natural function of nurturing between people in

[The Heart of Yoga: Developing a Personal Practice: T. K. V ...](#)

In The Heart of Yoga Desikachar offers a distillation of his father's system as well as his own practical approach, which he describes as "a program for the spine at every level—physical, mental, and spiritual." This is the first yoga text to outline a step-by-step sequence for developing a complete practice according to the age-old principles of yoga. Desikachar discusses all the elements of [The Heart of Yoga: Developing a Personal Practice by T.K.V ...](#)

This book's author, T.K.V. Desikachar, was the son and student of T. Krishnamacharya. If you're not a well-read and/or Indian yoga practitioner, there's a good chance the latter name means nothing to you, and yet your practice has likely been influenced profoundly by him.

[The Heart of Yoga Quotes by T.K.V. Desikachar - Goodreads](#)

[The Heart of Yoga Quotes Showing 1-19 of 19](#) Whenever you are in doubt, it is best to pause. Few things are so pressing that they cannot wait for a moment of breath. T.K.V. Desikachar, [The Heart of Yoga: Developing a Personal Practice](#), 7 likes. Like In education the first requirement is the teacher, the second is the student. What should happen between them is learning. How it [The Heart of Yoga: Developing a Personal Practice by T. K ...](#)

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