



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

By 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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Editorial Review

Review

"Kino MacGregor's *The Power of Ashtanga Yoga II* is a wonderful gift for anyone who wants to really make their yoga work. Her approach gives the understanding, patience, courage, and technique to practice in a way that will allow us to actually evolve step-by-intelligent-step toward transforming not only our bodies, but our hearts and minds. Please study this book deeply and then practice and practice."—Richard Freeman

"You could not ask for a better guide to the Ashtanga method than Kino MacGregor, whose expertise, patience, compassion, and skillful teaching are at the highest level, and are all distilled in this book."—Jack Foreman, author of *Transcendental Meditation: The Essential Teachings of Maharishi Mahesh Yogi*

"This book is inspiring. Readers will benefit from Kino's unparalleled mastery of asanas and her thorough understanding of the wisdom contained in Ashtanga's Intermediate Series."—David Robson, creator of "Learn to Float"

About the Author

KINO MACGREGOR is one out of only a handful of people to ever practice the Ashtanga Yoga Fifth Series. She was the youngest woman to receive certification to teach Ashtanga Yoga from its founder, Sri K. Pattabhi Jois. She teaches extensively at seminars and yoga conferences worldwide. MacGregor and her husband, Tim Feldmann, are the founders of the Miami Life Center (www.miamilifecenter.com). MacGregor writes for the Huffington Post and has produced numerous yoga DVDs. She was featured in *Yoga Journal* as one of the top twenty-one rising stars of yoga. Her website is www.kinoyoga.com.

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Your Body and Mind is much recommended to you to read. You can also get the e-book from official web site, so you can more easily to read the book.

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