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K. Pattabhi Jois (26 July 1915 – 18 May 2009) was an Indian yoga teacher and Sanskrit scholar who developed and popularized the vinyasa style of yoga referred to as Ashtanga Yoga. In 1948, Jois established the Ashtanga Yoga Research Institute (now known as the K Pattabhi Jois Ashtanga Yoga Institute) in Mysore, India. Pattabhi Jois is one of ...

K. Pattabhi Jois - Wikipedia

Ashtanga Vinyasa Yoga is a style of modern yoga created by K. Pattabhi Jois during the 20th century, often promoted as a modern-day form of classical Indian yoga. The Sanskrit word "Ashtanga" or "eight limbs" is representative of the eight-fold path of yoga outlined in the Yoga Sutras of Patanjali.

Ashtanga vinyasa yoga - Wikipedia

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History of Yoga – Yoga Basics

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Ashtanga (Vinyasa) Yoga ist ein indisches Hatha-Yoga-System in der Tradition von T. Krishnamacharya, welches für westliche Schüler hauptsächlich Asana (Körperhaltungen) und Pranayama (Atemkontrolle) beinhaltet.

Ashtanga (Vinyasa) Yoga – Wikipedia

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Voir aussi Bibliographie. Yoga Mala - Sri K. Pattabhi Jois (Broché) Ashtanga Yoga - John Scott (Le courrier du livre). Ashtanga Yoga - Le Guide Pratique: Un Guide Illustré Destiné à une Pratique Personnelle, Première et Deuxième... de David Swenson.(relié)

Ashtanga Vinyasa Yoga – Wikipedia

In hatha yoga wordt de volledige ademhaling tijdens de beoefening van de Zonnegroet gebruikt. Volgens Van Lysebeth kan iemand die moeite heeft met de volledige ademhaling, deze het beste in de Tafelhouding of op de rug oefenen.

Zonnegroet - Wikipedia

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