



# The Heart Of Yoga Developing A Personal Practice Tkv Desikachar

THE HEART OF YOGA DEVELOPING A PERSONAL PRACTICE TKV DESIKACHAR

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I was calling the book "The Art 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.

## TKV Desikachar (1938-2016) | Heart of Yoga

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## Heart of Yoga | Mark Whitwell

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.