
What is really \"Ashtanga Yoga\"?

Posted by Shimoda - 2008/08/18 11:09

This thread discusses the Content article: What is really "Ashtanga Yoga"?

Hi!

Very interesting article!

It is incredible that the so called "Ashtanga Yoga Vinyasa" of Pattabhi Jois is so popular in the world but very few know that the Yoga Kurunta don't even exists and that the Patanjali's Ashtanga yoga is something completely different... I wonder what the Yoga's masters in India are saying about this misunderstanding...

Anyway, have a nice day to all of you whatever is your yoga style! There is always something to learn.

Om Shanti

Shimoda

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