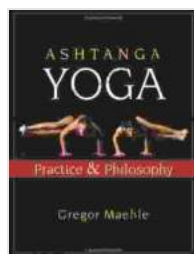


# Ashtanga Yoga Practice Philosophy: A Comprehensive Guide to the Eight Limbs of Yoga

By Gregor Maehle

Ashtanga yoga is a dynamic and challenging style of yoga that is practiced by millions of people around the world. This book is a comprehensive guide to the eight limbs of Ashtanga yoga, offering a deep understanding of the philosophy and practice of this ancient tradition.

The book begins with an to the history and philosophy of Ashtanga yoga. Maehle then goes on to explore each of the eight limbs of yoga in detail, providing clear instructions and insights into their practice.



## Ashtanga Yoga: Practice & Philosophy by Gregor Maehle

★★★★☆ 4.7 out of 5

Language : English  
File size : 6456 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 322 pages



The eight limbs of yoga are:

1. Yama (ethical guidelines)
2. Niyama (personal observances)

3. Asana (physical postures)
4. Pranayama (breath control)
5. Pratyahara (sense withdrawal)
6. Dharana (concentration)
7. Dhyana (meditation)
8. Samadhi (enlightenment)

Maehle's book is a valuable resource for anyone interested in learning more about Ashtanga yoga. This book is written in a clear and concise style, and is packed with practical advice and insights.

### **What You Will Learn from This Book**

- The history and philosophy of Ashtanga yoga
- The eight limbs of yoga and their practice
- How to develop a daily Ashtanga yoga practice
- How to overcome challenges in your practice
- The benefits of Ashtanga yoga

### **Who This Book Is For**

This book is for anyone who is interested in learning more about Ashtanga yoga. Whether you are a beginner or an experienced practitioner, you will find valuable information in this book.

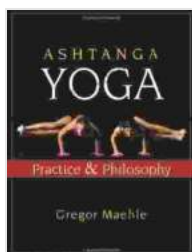
### **About the Author**

Gregor Maehle is a certified Ashtanga yoga teacher with over 20 years of experience. He is the founder of the Ashtanga Yoga Center in Berlin, Germany, and has taught workshops and retreats all over the world.

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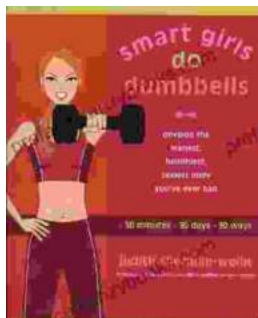
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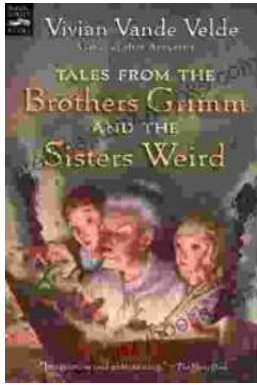
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