



1 Percent Theory: An Attempt to Reconstruct the Forgotten Lessons of Ashtanga Yoga as Taught by Shri K. Pattabhi Jois

Thomas Still

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This is not another book about how to practice *asanas* (yoga postures). At the price of one yoga class, this handy overview compiles the essence of the author's own long lasting research of the theory behind Ashtanga Yoga as taught by Shri K. Pattabhi Jois and his family. It fills a gap in the literature about Ashtanga Yoga and helps yoga students as well as teachers to better understand its history, theory and philosophy.

The topics covered in this book include:

The History of Ashtanga Yoga

Ashtanga Yoga - The Doctrine

What *Is* Yoga, Anyway?

Ashtau Anga - The Eight Limbs

The Ashtanga Yoga *Mantras*

Important Concepts from Other Sources

An Art of Healing

Prana, Nadis and *Bandhas*

Healing the Physical Body

Healing the Mind

Healing the Soul

Ashtanga Yoga - The Method

"Do Your Practice and All Is Coming"

Shri K. Pattabhi Jois' Teaching Style

1 Percent Anatomy

Things to Ponder (Recommended for Students)

Things to Ponder (Recommended for Teachers)

WARNING: Reading this book may change your practice of Ashtanga Yoga!

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