



Ashtanga Yoga: The Definitive Step-by-Step Guide to Dynamic Yoga

By John C. Scott

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John Scott's **Ashtanga Yoga** draws on his expertise as a teacher of this most energetic form of yoga. An easy-to-use guide, it features color photographs and a series of step-by-step exercise sessions -- starting with a simple sequence designed for beginners that, once mastered, provides the foundation for moving to the next cycle.

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Editorial Review

About the Author

John Scott first became a student of Ashtanga yoga in 1989 when he took classes with world-renowned yogi Shri K. Pattabhi Jois in Mysore, India. An internationally known teacher, he conducts classes and workshops at his school in London.

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