

THE HEART OF YOGA DESIKACHAR



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For everyone. June 21, 2018 would have been T. K. V. Desikachar s 80th birthday. In honor of that event, Kripalu and The Breathing Project have joined forces to host an unprecedented celebration bringing together some of Desikachar s best-known students to pay tribute to the life and work of this exemplary teacher of yoga.

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What Is Hatha Yoga A Beginners Guide SoMuchYoga com

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