

# The Heart Of Yoga Developing A Personal Practice Tkv Desikachar

< 21 January

## Future of Wikinews (potential merger with Wikipedia)

15:55, 11 Oct 2004 Ahoerstemeier deleted "Alarm Master Plus" (content was spam: 'Alarm Master Plus is a [[personal information manager]].It runs on [[Win 95]], [[Win 98]], [[Windows ME]], [[Windows NT]],[[Win2K]], [[Windows XP]],...')

## Feedback on proposals on WMF communication and experimentation

proposals

Media    Organisations    Biography    Society    Web    Games    Science  
Arts    Places    Indiscern. Not-Sorted

## Guide to deletion

Wikipedia:Articles for deletion/Log/2013 January 22

*first edition of TKV Desikachar's Heart of Yoga, Whitwell writes a 5 page introduction to the book as well as the introduction for the Patajali Sutra in*

Recent AfDs: Today Yesterday August 25 (Mon) August 24 (Sun) August 23 (Sat) More...

Advaita Vedanta is a Hindu s?dhan?, a path of spiritual discipline and experience. It states that moksha (liberation from 'suffering' and rebirth...

For a listing of ongoing discussions, see ...

Yoga Yajnavalkya

(1995), *The Heart of Yoga: Developing a Personal Practice*, Rochester: Inner Traditions International, ISBN 978-0-89281-764-1 Desikachar, T. K. V., Translator

The Yoga Yajnavalkya (Sanskrit: ??????????????, Yoga-Y?jñavalkya) is a classical Hindu yoga text in the Sanskrit language. The text is written in the form of a male–female dialogue between the sage Yajnavalkya and Gargi. The text consists of 12 chapters and contains 504 verses.

The 10th or 11th century Goraksha Sataka and the 15th century Hatha Yoga Pradipika identify 84 asanas; the 17th century Hatha Ratnavali provides a different list of 84 asanas, describing some of them. In the 20th century, Indian nationalism favoured physical culture in response...

15:52, 11 Oct 2004 Ahoerstemeier deleted "Brigsoft" (content was: 'its a software...

15:54, 11 Oct 2004 Ahoerstemeier deleted "Brigsoft" (content was spam: 'Brigsoft is a software company. You can reach them at brigsoft.com.')

Yoga may have pre-Vedic origins, but is first attested in the early first millennium BCE. It developed as various traditions in the eastern Ganges basin drew from a common body of practices, including Vedic elements. Yoga-like practices are mentioned in the Rigveda and a number of early Upanishads, but systematic yoga concepts emerge during the fifth and sixth centuries BCE in ancient India's ascetic and ?rama?a movements, including Jainism and Buddhism. The Yoga Sutras...

Updating message box icons to match Codex icons

idea lab

15:53, 11 Oct 2004 Ahoerstemeier deleted "Brigsoft.com" (content was: 'Brigsoft.com is the address for [[Brigsoft]].')

Adding Markdown to speedy deletion criterion G15

Village pumps

Wikipedia:Historical archive/Logs/Deletion log/October 2004 (1)

*request of uploader. It&#039;s not used.) 01:14, 7 Oct 2004 Geogre deleted &quot;T.K.V. Desikachar&quot; (content was: &#039;&#039;&#039;&#039;T.K.V. Desikachar&#039;&#039;&#039; is the great modern Yoga teacher*

15:55, 11 Oct 2004 Ahoerstemeier deleted "Partialism" (content was: 'Partialism has two parts to it. One of them is sexual. It meansbeing obsessed with someones parts. The other is religious. Itmeans thinking about pa...')

policy

Nathamuni

*Sastri (1964). The culture and history of the Tamils, p.149 Desikachar, T.K.V. (2010). The Heart of Yoga: Developing a Personal Practice, p.231. Inner*

Nathamuni, also known as Sri Ranganathamuni, (823 CE – 951 CE), was a Vaishnava theologian who collected and compiled the Naalayira Divya Prabandham. Considered the first of the Sri Vaishnava acharyas, Nathamuni is also the author of the Yogarahasya, and the Nyayatattva.

The text was influential in the development and practice of the yoga traditions of India before the 12th century.

Centralized discussion

Yoga

2001). *“T.K.V. Desikachar’s English translation of a 700-year-old text introduces Westerners to one of the earliest hatha yoga manuals (Review of Yogayajnavalkya*

Yoga (UK: , US: ; Sanskrit: ??? 'yoga' [jo??] ; lit. 'yoke' or 'union') is a group of physical, mental, and spiritual practices or disciplines that originated with its own philosophy in ancient India, aimed at controlling body and mind to attain various salvation goals, as practiced in the Hindu, Jain, and Buddhist traditions.

Advaita Vedanta

*“Review of Yogayajnavalkya Samhita by TKV Desikachar”.* Yoga. No. March/April. pp. 147–149. Archived from the original on 16 January 2024. Retrieved 8 February

Advaita Vedanta (; Sanskrit: ?????? ??????, IAST: Advaita Vedānta) is a Hindu tradition of Brahmanical textual exegesis and philosophy, and a monastic institutional tradition nominally related to the Daśanami Sampradaya and propagated by the Smarta tradition. Its core tenet is that jivatman, the individual experiencing self, is ultimately pure awareness mistakenly identified with body and the senses, and non-different from ātman/Brahman, the highest Self or Reality. The term Advaita literally means "non-secondness", but is usually rendered as "nonduality". This refers to the Oneness of Brahman, the only real Existent, and is often equated with monism.

tech

T. K. V. Desikachar

*Venkata Desikachar (21 June 1938 – 8 August 2016), better known as T. K. V. Desikachar, was a yoga teacher, son of the pioneer of modern yoga as exercise*

Tirumalai Krishnamacharya Venkata Desikachar (21 June 1938 – 8 August 2016), better known as T. K. V. Desikachar, was a yoga teacher, son of the pioneer of modern yoga as exercise, Tirumalai Krishnamacharya. The style that he taught was initially called Viniyoga although he later abandoned that name and asked for the methods he taught to be called "yoga" without special qualification.

WMF

23 January &gt;

Like Patanjali's Yogasutras, the Yoga Yajnavalkya describes the eight components of yoga; however, it has different goals. The text contains additional material that is not found in Yogasutras, such as the concept of kundalini. The Yoga Yajnavalkya contains one of the most comprehensive discussion of yoga components such as the Pranayama, Pratyahara, Dhyana, and Dharana.

Asana

*Iyengar Yoga; T.K.V. Desikachar, his son, who continued his Viniyoga tradition; Srivatsa Ramaswami; and A. G. Mohan, co-founder of Svastha Yoga & Ayurveda*

An ?sana (Sanskrit: ???) is a body posture, originally and still a general term for a sitting meditation pose, and later extended in hatha yoga and modern yoga as exercise, to any type of position, adding reclining, standing, inverted, twisting, and balancing poses. The Yoga Sutras of Patanjali define "asana" as "[a position that] is steady and comfortable". Patanjali mentions the ability to sit for extended periods as one of the eight limbs of his system. Asanas are also called yoga poses or yoga postures in English.

misc

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