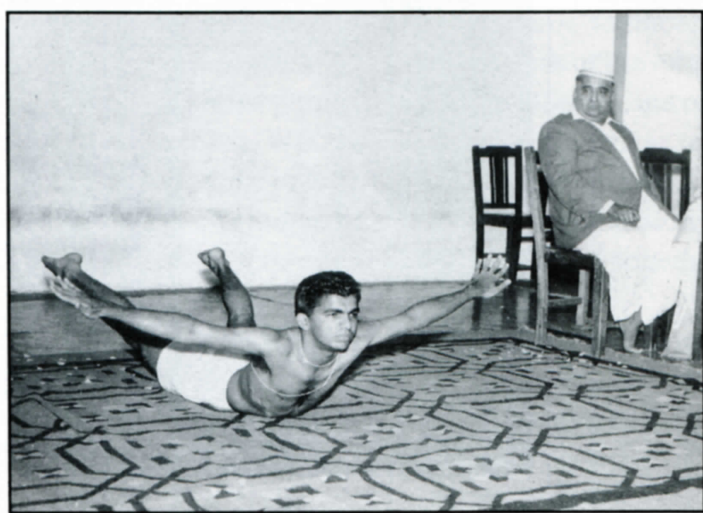
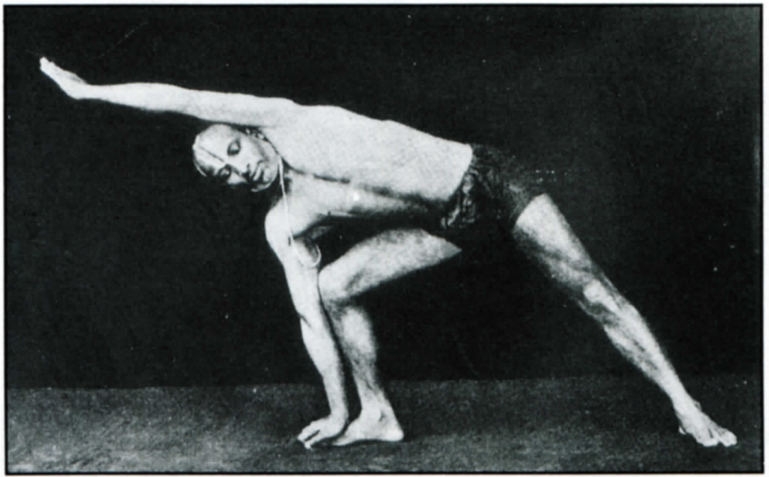
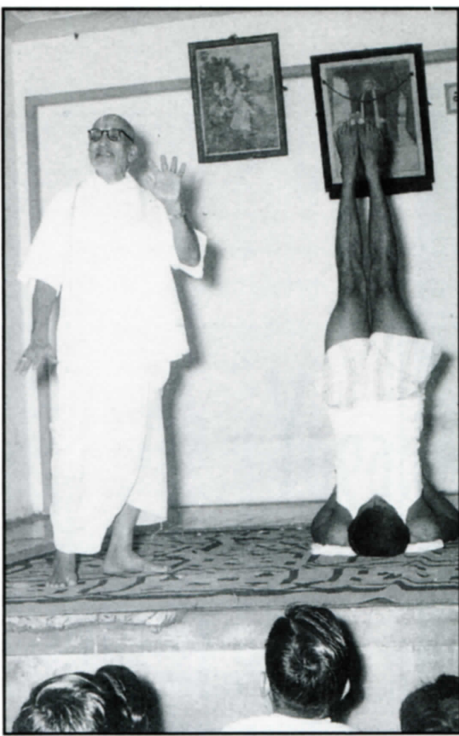


# PART I

## The Practice of Yoga

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*Top: Krishnamacharya lecturing while a student demonstrates śīrṣāsana.*

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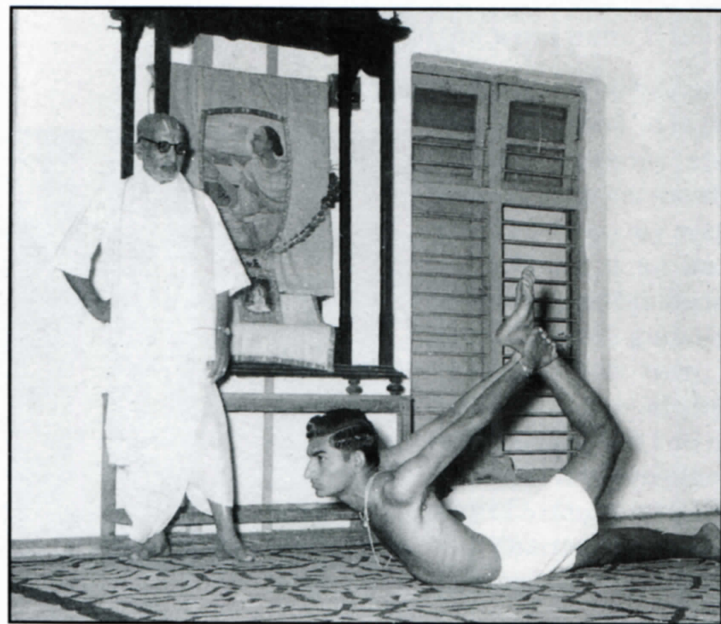
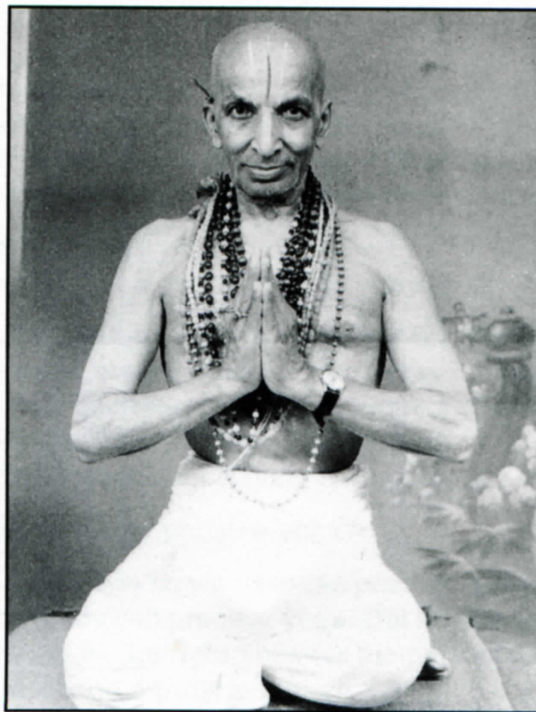
*Center: Krishnamacharya at age 46 demonstrating utthita pārsva koṇāsana.*

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*Bottom: A young Desikachar demonstrates vīmanāsana.*

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*Krishnamacharya,  
1966.*

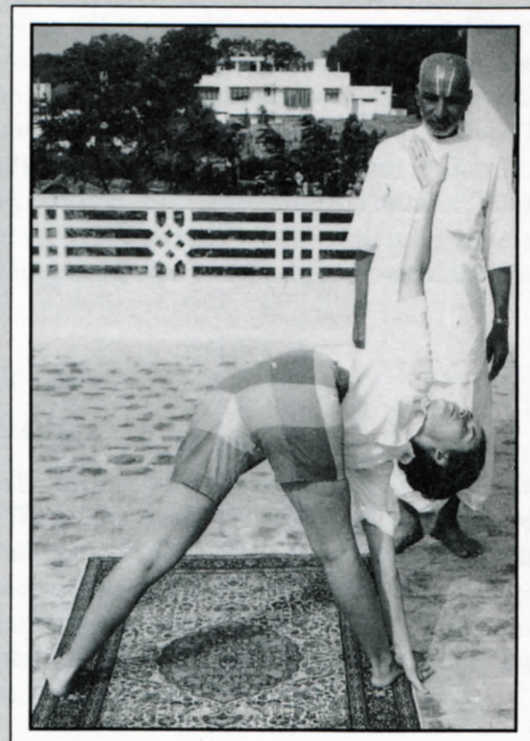


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*Center:  
Krishnamacharya with  
his son Shribhāsyam in  
eka pāda dhanurāsana.*

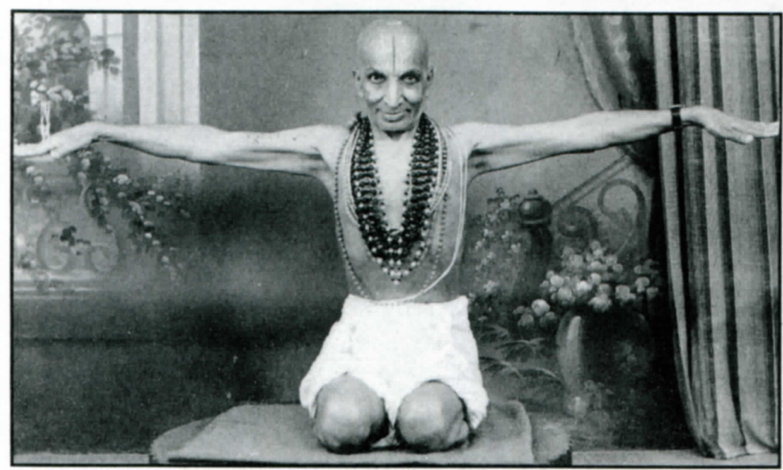
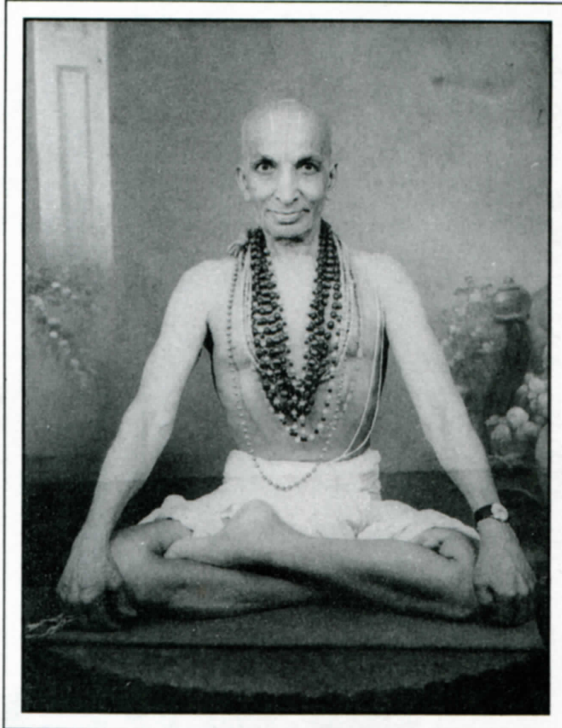
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*Bottom:  
Krishnamacharya  
with student in  
trikonāsana.*



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*Krishnamacharya  
in siddhāsana.*



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*Krishnamacharya  
demonstrating  
a variation of  
vajrāsana.*

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*Krishnamacharya  
in samasthiti.*

