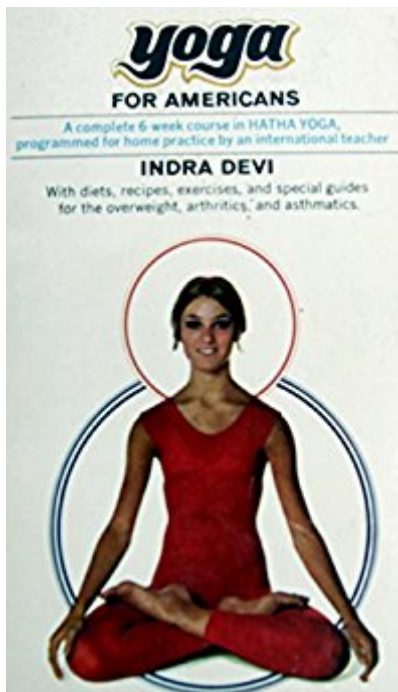


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# Yoga For Americans



## Synopsis

Originally from Riga, Latvia, Yoga practitioner, author and teacher Indra Devi (born Eugenie Peterson) lived to 102 years! She became fascinated with India at age 15 and set out to India in 1927 to become a disciple of Sri Tirumalai Krishnamacharya, after which time she moved to different parts of the world and taught Yoga. She comes from the renowned tradition of Mysore. For thousands of years the culture of Yoga has existed in India, bringing to its practitioners remarkable health and spiritual well-being. In *YOGA FOR AMERICANS* Indra Devi has brought this ancient art to those who need it most: Americans, victims of a driving, competitive, tension-ridden society which suffers from its own superabundance. Here, in the richest country in the world, an alarming number of people still die from malnutrition and allied diseases; obesity, underactivity, and psychosomatic illness are commonplace; tension-inspired heart attacks are the worst killers of all. Here is an invaluable book, packed with sound, proven advice, including many extras such as an introductory question-and-answer session, lavish illustrations, special diets, and constructive advice for those suffering from arthritis, asthma, and overweight.

## Book Information

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## Customer Reviews

This is a wonderful book. It was written in 1959 but it reads current to the world today, it's accessible and it is truly thought provoking. Indra Devi was the first woman to ever learn yoga from Krishnamacharya, the father of modern yoga. Anyone interested in yoga should read her books! Not just because they're beautifully written but because she's such an important and inspiring piece of Yoga's modern history.

Indra Devi is a yoga icon. This work does feel a bit dated but the bones are still good. And you get a feeling of what a real pioneer Devi was. Devi's personal story is fascinating. She was an omniglot and her travels and influence spanned the globe. She was the only female student of Krishnamacharya. This book was one of the first to advocate and to give any book buyer access to a yoga.

This book, the original low-cost paperback, was my introduction to Yoga in the 1970s. With Indra Devi's guidance, I taught myself Yoga from her wonderfully inspiring book and wanted more and more of Yoga as I progressed. This is pure, non-commercialized Yoga instruction, and I heartily recommend it to anyone.

I love this book. My friend Bruce gave it to me decades ago - it got me started practicing yoga. I took a hiatus from practice because of health issues. Now I'm back into stretching with this simple, easy to follow book by the mother of yoga practice in the US.

This is a replacement for my old copy that I lost somewhere along the way. I originally got this book in high school and used it to help with my running track. Now in my sixties I need to get more flexibility and this easy to use guide aids me with that. As an added bonus it compliments my practice of Tai Chi.

If you are new to yoga, you can learn everything you need with this book. One caveat: I first bought it when I was 16, and learned all the lessons in 6 weeks quite easily. Now I'm 65, it's been a decade or 2 since I quit, and I wanted to review the basics since it's been so long. Well I'm pretty stiff, and at my age & in my condition, each lesson is taking more like six weeks. But I am making progress.

It is hard to surprise a reader with a yoga book nowadays. However the authors of modern yoga manuals are of small stature and of doubtful credentials. It is a rare find to discover a complete yoga

course written by a master of that magnitude as Indra Devi. She lived 102 years, so she knows a thing or two about health. But for her yoga was first and foremost a spiritual science, a holy path, rather than a mere fitness. Yet she certainly knew the secrets of the fitness part of this ancient philosophic teaching. She knew how to make exercises effective yet simple. You will not find glossy covers and bright digital pics in this modest looking book. But you will find precious gems of knowledge coming out of every page. Indra Devi studied yoga long before it was commercialized, in the days when it was a secret teaching for the lucky few. When yoga was adapted for the Western students it changed dramatically and turned into something it was never intended to be. Reading this book you get the feel and the flavor of the real thing.

Written by a master of yoga. The review of physical fitness of Americans in the 1960s is very similar to what it is today. Indra's insight and practice suggestions are very compelling.

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