

*One of the world's most acclaimed yoga gurus and the grandson of Pattabhi Jois shares health and wellness lessons from the great yogis*

T. Krishnamacharya, the father of modern yoga, lived a hundred years. His student, the great Ashtanga master K. Pattabhi Jois, who taught celebrities like Madonna and Gwyneth Paltrow, was ninety-three when he died.

For the first time ever, Sharath Jois, the head of Ashtanga Yoga and Pattabhi Jois's grandson, reveals the secrets behind the long and healthy lives of yogis.

Packed with wisdom from the Vedas, anecdotes, a wealth of practical advice, tips and asana sequences, *Ageless* is the ultimate book on how we can prevent sickness and live healthy and peaceful lives.

**juggernaut**

Cover design by Tavishi Sahu

Cover photograph by Babu Photography, Mysore



SHARATH JOIS AGELESS

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*From the source of Ashtanga Yoga*

AGELESS



A YOGI'S SECRETS TO  
A LONG AND HEALTHY LIFE

SHARATH  
JOIS

With ISHA SINGH SAWHNEY