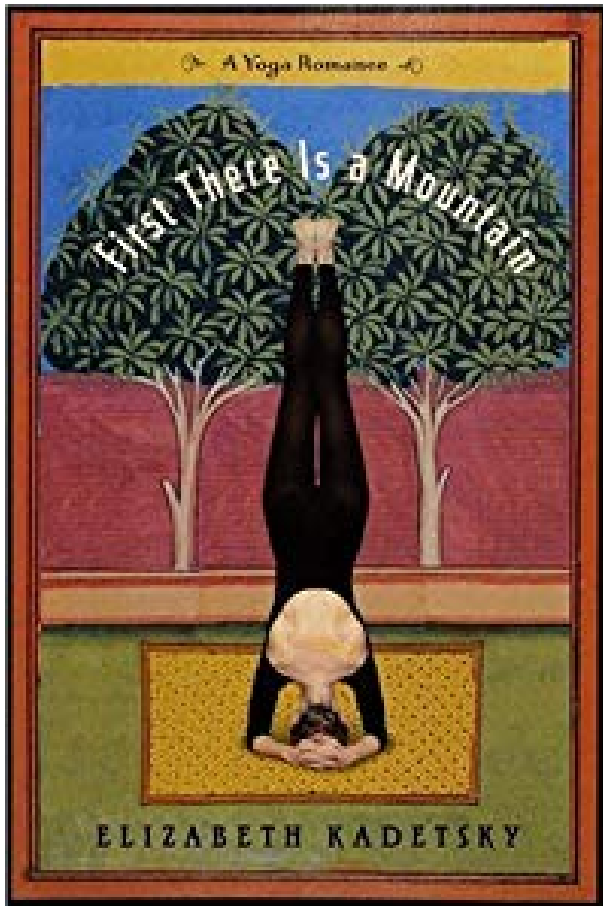


First There is a Mountain: A Yoga Romance



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First There Is A Mountain is a tale of spiritual longing that brought a young American woman to the yoga institute of the renowned B.K.S. Iyengar, the man who introduced yoga to a Western audience. Once there, she became a wayward protegee of this mercurial and demanding teacher, piecing together his life's vision of the ancient Hindu practice and finding her place within yoga as a Western aspirant. In the damp, musty practice rooms of the institute, her exhausted body hanging from ropes or propped up by wooden blocks, she found a spiritual discipline unlike any other. Under Iyengar's tutelage Kadetsky learns the "subtle wisdom" of the body, leaving behind a discordant childhood and starvation diets to discover a kind of peace.