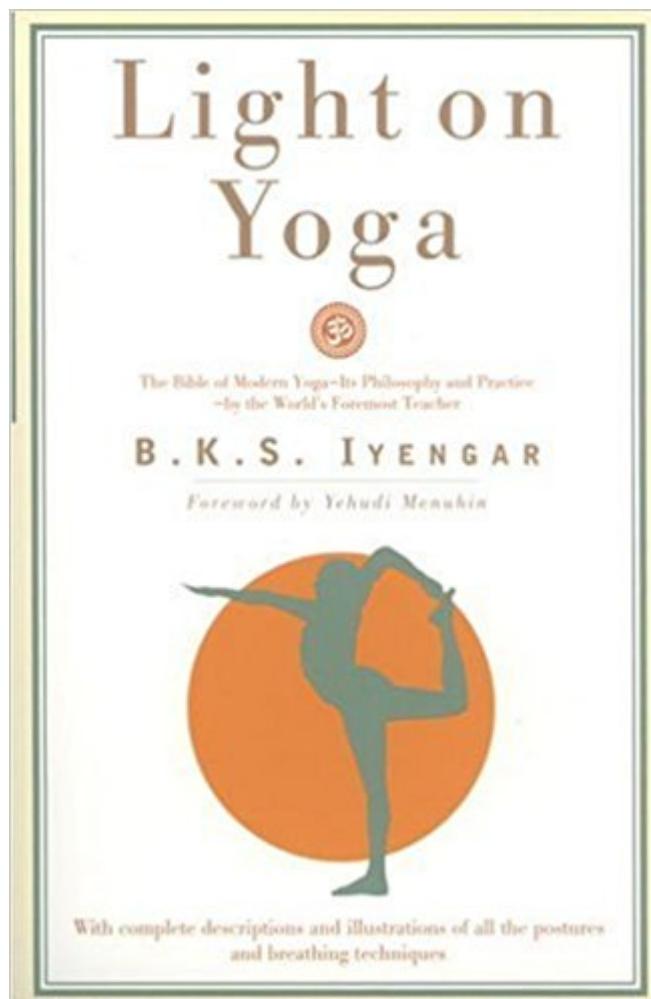


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Light On Yoga: Yoga Dipika



Synopsis

The definitive guide to the philosophy and practice of Yoga--the ancient healing discipline for body and mind--by its greatest living teacher. Light on Yoga provides complete descriptions and illustrations of all the positions and breathing exercises. Features a foreword by Yehudi Menuhin. Illustrations throughout.

Book Information

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Customer Reviews

The definitive guide to the philosophy and practice of Yoga--the ancient healing discipline for body and mind--by its greatest living teacher. Light on Yoga provides complete descriptions and illustrations of all the positions and breathing exercises. Features a foreword by Yehudi Menuhin. Illustrations throughout.

B. K. S. Iyengar, for whom hundreds of Iyengar Institutes all over the world are named, headed his own institute in India until his death in 2014.

I go back to this book time and time again. Iyengar had a way of getting to the point without getting bogged down in the esoteric. This book inspires and challenges me, and I love the suggested sequences in the back of the book. A classic.K. Kris Loomis is the author of How to Sneak More Yoga Into Your Life and several short fiction collections.

This is THE book for an understanding of yoga. What most people associate yoga with is the

"asanas" (poses). There is a lot more to it, which Mr. Iyengar outlines in this book. My primary uses are for deeper understanding of the proper alignment of these poses as well as a few pranayama (breath work) methods. Also included are asanas for common ailments and many sequences. Whether you are a beginner or an experienced yogi, this book is a fantastic reference. Mr. Iyengar was a master.

You will never read something so valuable to your yoga future! GREAT book! Thank you!

A great book with info. and photos on yoga by Iyengar. It also has good reference grouping in back of book, for pages of certain category, like back pain, etc.

This is my third copy of Light on Yoga. I'm an Iyengar-tradition based teacher, and it is truly a must have for any serious yogi from any tradition - Iyengar is a part of all of them. Buy this, you'll soon not be able to live without it. I have an at-home copy, a teaching copy, and a reference copy....maybe I need another one...

After practicing yoga for a few years, I finally got around to reading about yoga. I took the advice of a few reviewers and purchased this book. Great (inspiring) pictures with concise/precise descriptions for each pose. Most helpful to me are the "Effects" sections; I am needing exercises to help with lower back, abdominal strengthening and to quiet sciatica problems. I am a cautious yoga student, and so I always ask yoga instructors for modifications so that I can lead up to some of the poses that seem a bit out of my range. All poses in the book are ranked in difficulty (explained in the intro somewhere), another great aspect of this purchase.

amazing book

Light on Yoga is a wonderful, comprehensive guide to all that is yoga; a must read for yogis of any level. For me, the best part of this book is the in-depth explanations of both pranayama and asanas. The how-to's for each asana are more than enough reason to purchase this book, but Iyengar's intense love for yoga, his description of the history of yoga, and the descriptions of the bandhas and pranayama exercises are great bonuses as well.

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