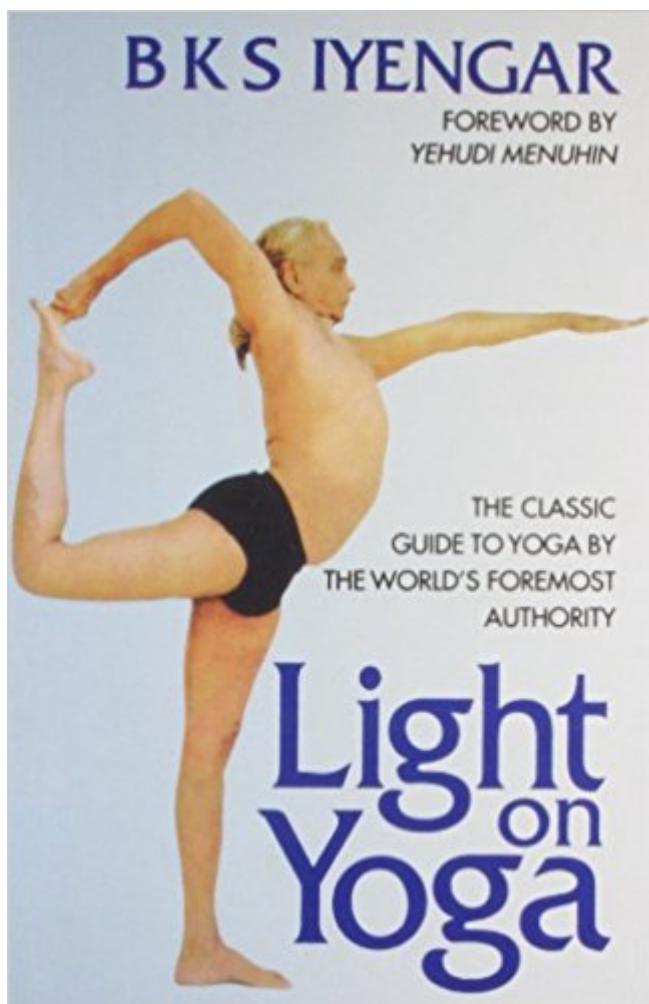


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Light On Yoga: The Classic Guide To Yoga By The World's Foremost Author



Synopsis

Light On Yoga is a classic text on the philosophy and practice of Yoga. Light On Yoga is a definitive guide about Yoga, a rigorous discipline for attaining physical, mental, and spiritual well-being. It is aimed at beginners as well as advanced practitioners of Yoga. The book begins a foreword by Yehudi Menuhin, a famous violinist and a friend of the author. It is divided into three parts. The first part contains an introduction to Yoga, tracing its historical origin to ancient India. The second part is dedicated to yogasanas, bandhas, and kriyas. It covers numerous asanas or poses in great detail. Each asana is illustrated by a photograph. This is followed by step-by-step instructions that will help with perfecting the asana. The benefits of each pose, the ailments it cures, and the precautions it requires are also included. The third part of the book is dedicated to the concept of Pranayama, a form of yogic breathing. It covers the technique of pranayama, its precautions, its effects, and its types. The book ends with two appendices. The first one provides the sequence in which the asanas are to be performed. The second appendix recommends specific asanas for targeting and curing specific diseases. Light On Yoga was first published in 1966. Since then, it has been considered to be a must-have for serious practitioners of Yoga. It has been translated into sixteen languages including German, Hebrew, Korean, and Italian. This particular edition is a 2004 reprint by Thorsons. It has been updated to bring a cleaner and more structured look to the original classic.

Book Information

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Customer Reviews

This is one of the finest books on yoga however i dont recommend this for a beginner or someone who just wants to get a basic idea of Yoga as this book is a very detailed study of Yoga. --By _user

on 28 March 2017This is a book I am using as guide for my practice since 1993. Though I do simple asanas only, the book has been excellent guide. I have over the years I have collected other books on yoga. I always return to this book when in doubt. --By N. Udaya Shankar on 14 January 2017The Book is Very light weight and it is really good if you one wants to know about Ashtanga Yoga and Hatha Yoga, All information is there and more than 200 Asanas with Pics so you won't regret buying it. --By Customer on 14 February 2017

B.K.S. Iyengar has been teaching and demonstrating yoga for more than 50 years. He has several million students and has established centres all over the world.

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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