

LIGHT ON YOGA

B.K.S. IYENGAR

REVISED EDITION

SHROVE'S BOOKS / 5636

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Good used condition.



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Excellent text and reference guide for Yoga and Breathing techniques This is a classic and the most comprehensive text of Yogasanas. What I loved about the book in addition to intricately detailed methods of achieving poses is normally -- (1) For challenging poses, it also gives substitute preparatory poses that a beginner can start pursuing to graduate to the real pose, (2) Towards the finish of the publication, Shri Iyengar has provided week-by-week yoasana guidebook to start following and go from being a total novice to the innovative practitioner. On normal it takes 3-6 weeks to accomplish decent skill, and up to 2-3 years to become master. An absolute must have! (4) The guidance given on how best to practice Yogasanas and Pranayama together is excellent. If you fully apply the teachings in this publication daily you can be far more than simply a flexible body (-Apply as much or less than youd like but be confident that this book and the Master that wrote it knows what he's discussing and has produced a convenient map that you should follow that even includes an 'Asana Courses' in the appendix that map out your entire 300 week Hatha Yoga program. I am so disappointed with this buy. I recommend this text by the founder of Iyengar yoga exercise and I understand that I will reread it again. Those who have criticized this book saying it's not for the newbies, should note my point #2 over. Iyengar is a genuine yoga master. The one thing I wish was there is categorization of Asanas according with their focus muscle or organ groups, e.g. I might never get to the pretzel demonstrated, but enjoy the process of breathing my method into each one of the stages along the way there. But aside from this, the publication is gold and an absolute must have possession for anyone who's serious about following Yoga!. Changed my Yoga Practice! By the end are tips for asana methods, and asanas for particular medical conditions. Part One touched on everything in the stages of yoga exercises (from the niyamas and yamas to samadhi) and how to obtain enlightenment. I experienced B. Inspire your practice and your teachings by selecting something that looks impossible This book helps inspire my practice over and over again. S Iyengar was extremely compassionate and loving in his words to the reader.) before life became as well complicated - unfortunately, it really is difficult to find t' ai chi classes in the suburbs and Iyengar yoga exercises is fulfilling spiritually as well as physically - in the event that you had been a t' ai chi player and miss the stillness of the moving meditations, look into Iyengar yoga... From A Newbie My massage therapist is also a certified Iyengar yoga instructor. After a season plus of massage therapy, she recommended that I might have greater benefits working with her private in Iyengar yoga. Great reference book for each yoga lover Great reference book. Poor shipping quality control The books is excellent but the back cover was ripped. Let me start by saying Yoga can be an entire system, not only Hatha Yoga poses. Highly recommended read for all those on the spiritual path of yoga. Not for everyone I was looking more for a easy instructional yoga publication and this one was a touch too wordy for me. There is also an entire section focused on pranayama and the technique.. Two thumbs up! This is actually the most essential publication for all yogis.. Well I am weeks into dealing with my instructor and it had been a good decision for me, between the use of blocks, the yoga exercises strap, the 3-minute-egg, the folding seat, the ropes anchored to the wall structure, and an amazing, patient teacher, I could do that! PS: I acquired studied t' ai chi for several years back in the '90s (remember those? Light on Yoga is definitely a extensive read for the yogi and offered the photographs of every posture (along with the reasoning behind each asana (dedication), and how exactly to safely get into the posture and the consequences each posture has on the body. The only thing is usually that the photos are small, and a bit grainy (you can tell that they were taken a log time ago). This book is wonderful! In order to find out more about Iyengar yoga exercise, I purchased this reserve - it was extremely illuminating and answered many of my queries - the lead one of which was ' what am I obtaining into '. Not merely does this book supply the Asanas (Hatha Yoga poses) preformed perfectly by the author, but BKS also does an excellent work explaining the Yogic philosophy (which is a must if you are looking to have the full advantage of Hatha Yoga). It displays the depth of which Iyengar himself had studied the idea of yoga and pranayama! Supply the book a try, you' ll be happy you did. The section that talks about ailments and the yoga poses to alleviate said issues was worth the price of this book alone! This book is a treasure trove of information for beginning yogis such as for example myself! A Treasure Trove of Yoga exercises knowledge! K. Yoga exercises is much more than just asana practice, and in case you are unfamiliar with this concept this part should assist you to understand it., "back-bending", "forward bending", "aspect twisting", "inverted poses" etc. I read a few other comments saying what were cut off and such. A Traditional Reference for Serious Yogis and Yoginis This book is a classic yoga manual. In case you are very serious

about yoga this is essential for your bookshelf. There exists a long introduction that switches into great detail about the philosophy and goals of yoga. Just flip it available to some amazing pretzelly pose, and then read through the instructions for how to get there. Each pose has the real (Sanskrit) name, an image or group of photos, and a detailed description of step by step how exactly to properly practice the pose. MANY THANKS BKS Iyengar! But they are plenty of to see the appropriate form. I think these people have not taken notice of ALL the sections in the publication, and therefore have felt discouraged. I have also enjoyed his publication "Light on Lifestyle." The book also contains instructions for pranayama. The poses go in order from newbie to advanced, and the advanced ones seem VERY advanced. Aside from the fundamental knowledge that I've received from the yoga asanas out of the book, the Introduction (Part 1) was this enjoyable go through! I was very hesitant to try this but she has taken extra classes in dealing with people like me. I had to tape up a whole new book. (3) Also towards the end of the book are given particular Yogasanas to be done for specific health issues, like migraines, heart difficulty, high/low BP, backaches etc. If you train, practice or want to comprehend yoga.. A huge selection of postures and benefits for every. In my own early 60s, I've had lumber medical procedures and a cervical spine fusion. The first 40-60 pages cover everything about yoga exercises, its origin, some sanskrit explanations, what it means to become a yogi. I really recommend this publication for anyone that is starting out to do yoga. I bought a new publication and it came used in combination with the written text highlighted. Excellent!. An absolute must have for Yogis! Another great addition to my assortment of Yoga resources I love this book The book came fast and in perfect condition. Definitely helps when I've run out of tips for a course I have to teach. My reserve came perfect and promptly. The rest of the book goes through each yoga exercises pose explaining the benefits each one has, how to get into the pose step by step and other aspects I bought a new publication and came used and Highlighted. My body. Not into yoga.



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