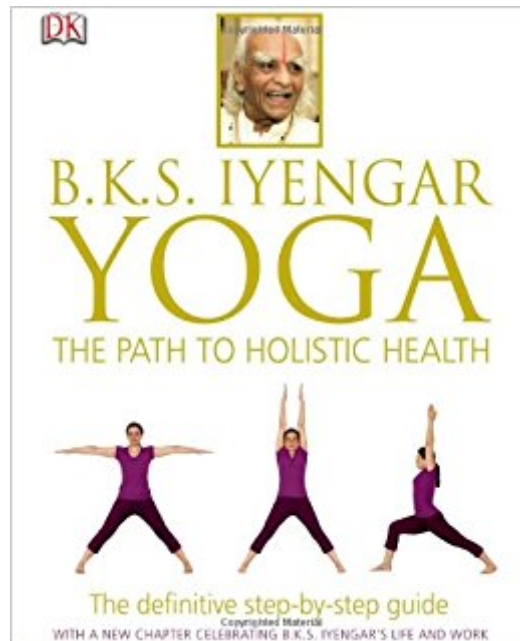




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B.K.S. Iyengar Yoga: The Path To Holistic Health



Synopsis

B.K.S. Iyengar Yoga: The Path to Holistic Health covers the complete teachings of BKS Iyengar for mind, body, and health, and is suitable for every level of yoga ability, age, and physical condition. Fully illustrated throughout with unique 360-degree views of classic Iyengar asanas, B.K.S. Iyengar Yoga: The Path to Holistic Health includes a 20-week course introducing beginners to the most widely practiced form of yoga in the world, specially developed sequences to help alleviate more than 80 common ailments, and all classic asanas illustrated and supervised by B.K.S. Iyengar himself. B.K.S. Iyengar Yoga: The Path to Holistic Health has been refreshed and updated to include a new chapter celebrating Iyengar's life and work.

Book Information

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Customer Reviews

Recognized as one of the world's leading authorities on hatha yoga, and highly respected for his holistic approach and insistence on technical accuracy, B.K.S. Iyengar has been teaching yoga for more than 70 years. He has written many books on yoga practice and philosophy including Light on Yoga, Light on Pranayama, and Light on the Yoga Sutras of Patanjali.

This book is amazing - it shows you how to get into the pose, what the pose is beneficial for, gives you a 360 degree view of each pose and he then provides various modifications for each pose to take you through the months as you build your practice. The last part of the book give you a series of poses that are beneficial for various ailments or issues. This is an amazing book and I wish I had it sooner!

This is the best book on Yoga!!! I have been doing yoga for 25 years and wanted to share this book with my sister for her health concerns! I have the older version. I have to say that I am so happy to have also purchased one for myself! It is so much more detailed than my original copy!! Awesome!! And my sister loves it too!! She has even gotten her husband to use it!! SCORE!!

This book provides an explanation of what Iyengar Yoga is and who BKS Iyengar was, and it also provides detailed information about many asanas and how to achieve them. There are 360-degree sets of photos to illustrate each asana, and suggested series of asanas for different purposes. I found this to be very educational and a good reference as I begin to learn this type of yoga.

A very complete book including informations on the Yoga Practice and BKS Iyengar then a very detailed description of each posture and then series, including amazing ones detailed for each ailments ! There are so many ways that book can be used to benefit everyone it is amazing. I was looking for this book as part as a teacher training program and ended up offering it to a loved one for his own practice and buying another one for myself and I am delighted I did. It is a really good ressource and can be used in so many different ways ! I recommand buying this book and keeping it close to your mat !

I bought this book because of the outstanding notes on correct form in the poses and the excellent notes on the use of props- the Iyengar outstanding contribution to yoga practice. After twenty years of practice I wanted to step back and look at my practice anew. However there is excessive repetition in the approach to various ailments and I wasn't really interested in Iyengars life history. Also Iyengar emphasizes doing the posture in a way to benefit each individual body and not twisting oneself into a pretzel to achieve the classic pose. This is still one of the best basic yoga manuals around.

I LOVE the details of this book, I feel a must for any yogi-yogini who wants to learn more details about yoga, movement, quotes, philosophy, benefits, names of poses-how to, with fantastic photos... a great investment! I saw this book in grocery store and knew I could get it on cheaper...and so I did! =) LOVE!

Incredible book! There is no way I can stress that enough! This is a beautifully illustrated bible for hundreds of yoga positions with 360' color photos of each position. Also included are alternatives to

each pose in true Iyengar fashion. There are even sequences for individual ailments posted at the end. This should have been the first book I bought as a beginner to keep me safe if not ambitious when starting out.

I am nearing the end of my 200 hr yoga teacher training in the Iyengar lineage. I ordered this book after getting an unexpected gift card and I am so glad I did. It is full of wonderful color photos and quotes from Mr. Iyengar, and it includes more recent photos of him doing some asanas as an elder, in addition to seeing him work with students. It contains a lot of detailed instructions that will compliment my teacher training skills. I know I will use this book as a reference and look to it for teaching tips in the coming years. I also have many of the books by Ray Long, which are also informative, but this book is really a comprehensive how to teach and modify poses for entry level students. I also have How To Use Yoga by Mira Mehta and while I have enjoyed that book, this text seems more thorough and covers more poses. This book also provides more clear explanations and includes more modification options than Mr. Iyengar's Light on Yoga, which is another excellent Iyengar must-read.

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