



Light on Yoga: The Classic Guide to Yoga by the World's Foremost Author

By Iyengar, B.K.S.

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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.

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Editorial Review

Review

This book is popularly known as a definitive guide for the practice of the physical aspects of Yoga - Yoga Asanas, and with good reason - it most certainly deserves this popularity --Narayan Kulkarni on Jan 9, 2012

Please buy this book if you want to improve your life. BKS Iyengar is the world's foremost guru and this book is a classic. I religiously follow this book. The asanas are described in detail with accompanying photos that show each position in depth. Buy it with your eyes closed. --Rupak Bhamray on Oct 17, 2011

Awesome book for yoga , its a yoga bible , i loved it and would recommend it anyday .. For each asana , the history behind, technique and effects are given which educates the reader and doer... I especially loved the way it segregates the asanas into levels namely beginner,intermediate and advanced --Reshma on Aug 16, 2012

About the Author

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.

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