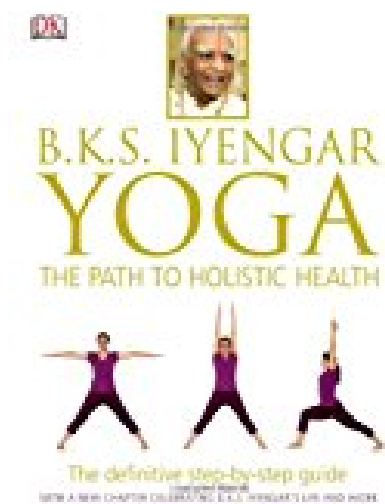


B.K.S. Iyengar Yoga The Path to Holistic Health



BOOK DETAILS

- Author : B.K.S. Iyengar
- Pages : 432 Pages
- Publisher : DK
- Language : English
- ISBN : 1465415831

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BOOK SYNOPSIS

Updated to celebrate the Yogi's 90th birthday, this perennial bestseller is the only illustrated practical Iyengar yoga guide written by the master himself. B.K.S. Iyengar Yoga: The Path to Holistic Health is the complete, authoritative teachings of B.K.S. Iyengar for mind, body, and health, and is suitable for every level of ability, age, and physical conditions. The book includes all the classic asanas, which are illustrated with 360^o views of step-by-step sequences. There are also yoga sequences devoted to help ease the symptoms of more than 80 ailments, from asthma and arthritis to IBS and varicose veins. This edition's new material includes a chapter of reportage-style photography focusing on the life and works of B.K.S Iyengar, chronicling his path from a sickly childhood to a worldwide yoga authority. B.K.S. Iyengar was born in India in 1918 and has been teaching yoga since the age of 17. He has been one of the world's leading teachers of yoga for over 70 years and is internationally recognized as a leading authority of hatha yoga. His own style of teaching, "Iyengar Yoga", is followed by certified teachers across the world. Today, at the age of almost 90, Iyengar still practices and teaches yoga, and also travels the world teaching and lecturing. His bestselling title Yoga: The Path to Holistic Health has been translated into 18 languages and he is the author of 14 other books.

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