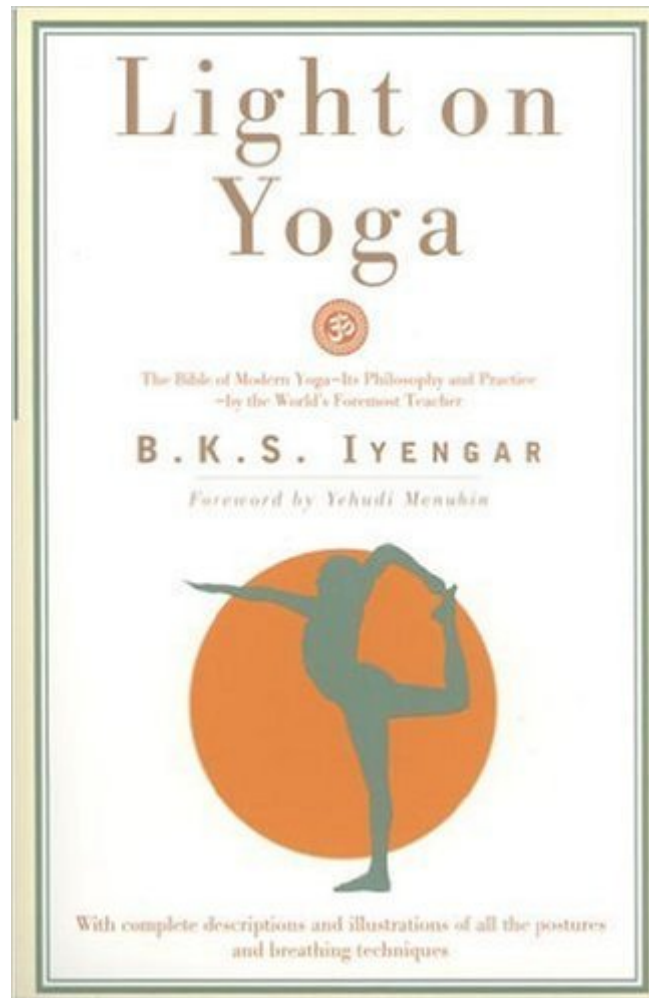


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Light On Yoga: Yoga Dipika



Synopsis

The definitive guide to the philosophy and practice of Yoga--the ancient healing discipline for body and mind--by its greatest living teacher. Light on Yoga provides complete descriptions and illustrations of all the positions and breathing exercises. Features a foreword by Yehudi Menuhin. Illustrations throughout.

Book Information

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Customer Reviews

This is the definitive text on hatha yoga. This is the book you want if you are serious about beginning your yoga practice. This is also a text of reference for professional teachers used throughout the world. It is no exaggeration to say that all yoga instructors in the United States know this book, and most of them own a copy and refer to it regularly. Iyengar's text is characterized by a thoroughness of content, a detailed, precise, step-by-step "how to" for instruction in asana and pranayama. There are 602 photos of Iyengar himself demonstrating the poses with extraordinary flexibility and precision. I have an early, hardcover edition with the photos collected together at the back of the book. The newer editions have the photos spaced appropriately throughout the text. The 34-page Introduction entitled, "What is Yoga?" is a concise overview of the nature, aim and extent of yoga as gleaned from the ancient texts, in particular Pantajali's Yoga Sutras, the Bhagavad Gita and Swatmarama's Hatha Yoga Pradipika (from which Iyengar gets his Sanskrit title, Yoga Dipika). These are the three great texts of yoga and Iyengar knows them well. This Introduction rewards patient study, and is the kind of pithy text that needs to be returned to again and again, and yet it is written in an accessible, inspired, and inspirational style. Iyengar emphasizes precision and careful

technique and a whole body mindfulness as prerequisites to success in hatha yoga. From my experience this mindfulness is absolutely essential for two main reasons. One, you will surely strain or pull a muscle, usually several little ones, if your mind goes astray or if you practice with your attention elsewhere. Count on it.

Both the complete novice and the seasoned yogi will benefit from this book. Mr. Iyengar not only provides simple step by step written instructions, but also enough photographs to completely undertake the study of Yoga on an auto-tutorial basis. As long as diligent, intelligent, careful reading and imitation are observed, the serious student will benefit from the this book tremendously. However, one should pay heed to Mr. Iyengar's advice of ultimately studying with a competent instructor. In your search for books on Yoga, this reviewer urges you NOT to be persuaded by marketable and fashionable products. The dedicated student will learn all the basic lessons of Yoga by carefully reading Light on Yoga, and through the negotiation of all 200+ poses without the aid of special props and without concern for the seemingly gargantuan task. Two important requisites for a beneficial study of Yoga are explicitly stated several times throughout the book: determination and perseverance in all aspects of life lead to success. In its structure and content, Yehudi Menuhin's foreword exemplifies the duality of simplicity and profundity that Yoga can offer. The beauty of this book resides in its minimalistic conciseness. In this respect it is a hidden treasure as well as a faithful embodiment of the ultimate goals of yogic practice: mental, physical and spiritual development. It is also an ancient radicalism aimed at the heart of our modern quick-fixes and 30 minute workouts. In case some of the other readers missed Mr. Iyengar's instructions with respect to the duration of each of the poses, please note the following.

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