

Light On Yoga

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Light on Yoga: The Definitive Guide to Yoga Practice ...

Light on yoga by B. K. S. Iyengar, unknown edition, The word Yoga is derived from the Sanskrit root yuj meaning to bind, join, attach and yoke, to direct and concentrate one's attention on, to use and apply.

Light on yoga (1966 edition) | Open Library

It was B.K.S. Iyengar's unique teaching style, bringing precision and clarity to the practice, as well as a mindset of 'yoga for all', which has made it into a worldwide phenomenon. 'Light on Yoga' is widely called 'the bible of yoga' and has served as the source book for generations of yoga students around the world.

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