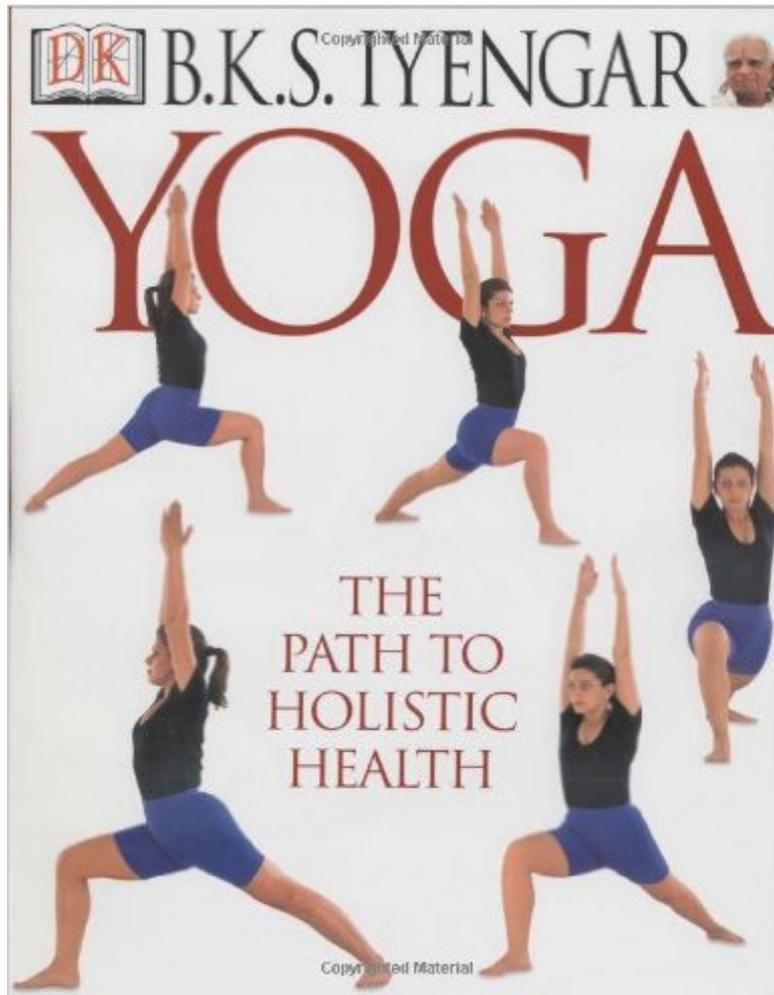


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# Yoga: THE PATH TO HOLISTIC HEALTH



## Synopsis

Around the world, increasing numbers of people are turning to yoga as a means of keeping fit and reducing stress. In this comprehensive and highly illustrated guide B.K.S. Iyengar, the world's leading teacher of yoga, shares his unique, holistic approach. For Iyengar, yoga is more than just a form of exercise; it is a holistic experience that benefits the body, mind, and spirit. He outlines the philosophy and ideals behind this ancient practice and explains how yoga can help to counter the stresses of modern living. Designed for every level of ability, age, and physical condition, there are detailed instructions for beginner, intermediate, and advanced students. Clearly illustrated, step-by-step instructions explain how to perform each yoga asana, or posture, correctly, while a unique 360-degree view of the final pose shows exactly how to position each part of the body. A special section introduces B.K.S. Iyengar's innovative use of props, enabling beginners or the less flexible to practice the classic yoga asanas more easily and effectively. A further section illustrates sequences of asanas to treat or prevent a wide range of ailments. In addition, there is a 20-week yoga course, personally formulated by B.K.S. Iyengar, which progresses from simple to more challenging postures. Without a doubt, *Yoga: The Iyengar Way* is the definitive guide to the practice of yoga by the master.

## Book Information

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## Customer Reviews

I have long been expecting a book from Mr. Iyengar that addresses the changes in his yoga since the publication the now classic *Light on Yoga*. This book clearly speaks to three major factors that Iyengar yoga is now famous for, but which are not covered in depth in *Light on Yoga*: the use of

props and so called "restorative" poses, the therapeutic use of yoga asanas, and precise attention to anatomical detail in the poses. To accomplish this, the book is divided into three sections: the Introductions, Yoga for You, and Yoga for Stress. The introductions are somewhat superficial with oddly anomalous photos, perhaps useful only to those who know nothing about yoga. The introduction to Light on Yoga, while dense, is much more rewarding. Yoga for You gives detailed anatomical instruction in around 27 of the most basic and important asanas. This section has more pictures and more instructional information per asana than any other book I've seen. I was initially put off by seemingly trite little offset "advice from the Guru" sections but they eventually won me over, simply because Mr. Iyengar's advice is really, really good. However, this section omits so many asanas that are also important, that it becomes difficult to give it a full endorsement as anything but a supplement to other Iyengar books. In addition, it is geared towards beginners, so intermediate and advanced students might wish to look elsewhere for further instruction. Yoga: the Iyengar Way by Silva and Mira Mehta, for instance, has slightly less detail, but covers more like 100 asanas with more some intermediate instruction (even this work, however, cuts corners). Yoga for Stress is the most thorough work on the use of props in existence.

Many people come to yoga from the perspective of health improvement. I am one of them. The path to yoga is often difficult in this case. You don't feel well, and those who instruct you are usually not yoga teachers. You get just a little dab to help you relax before meditating or as a supplement to an improved diet. Without knowing more, you do not know if you want to take on a lot of yoga. Yoga, The Path to Holistic Health is perfect for such health seekers. You will learn what asanas (poses or postures) can be used for what ailments, and the illustrations will help you use these asanas without an instructor. I wish I had seen this book before having surgery recently. I did not know that there were asanas for improving my condition, and I might have avoided a procedure that has caused me much discomfort and inconvenience. This book is a beginner's work, aimed at those who know almost nothing about yoga. As such, it is perfect for those who want to try some yoga to see what the health benefits might be. In my case, my brief exposure to yoga during meditation training led me to be interested in doing more. I found, though, that some asanas seemed to be hurting me. I was doing something wrong, but had no way to correct myself. Now, with this volume, I can see how to self-correct my practice. I also found asanas for what I want to accomplish that are easier on my middle-aged physique. The illustrations give you the asana from 360 degrees, which is very helpful. He uses a range of models, so you will see both women and men performing the asanas. You are also told how to do them as a beginner. Each asana contains a caution section about who and

when you should avoid this position. Mr.

Let's take a little journey. I'll do all the work and you can do all the listening. After we search our brains out on the web for the ultimate hatha yoga teacher, we will come to this man. It is inevitable. It seems that there are Iyengar Yoga Institutes all over the world. Start searching or just listen to me. And now he has written a book which requires no teacher. You will be introduced to a 20-week yoga program. I've done the five rites and some Power Yoga, but it really comes down to a firm commitment. And I know I will never be able to do better than this in health care. In order to help you decide whether to buy the book, I will need to give you some facts. Yes. The book does cost .... It also has 1,900 color photographs. And it is so heavy that I am using it as a bookend for my other books. True! It's worth the .... Believe me. Iyengar believes in the Yoga Sutras by Pantanjali. This is Hindu Yoga. The book goes into some detail about this. His Holiness the Dalai Lama states in "The World of Tibetan Buddhism" that this is a "Brahma" Vehicle. This is a path that will lead you into the realm of form (astral rebirth) and the formless realm (causal rebirth). But that is it. There is no "wisdom-realizing" emptiness as in Tibetan Buddhism. Afterwards, you will return to one of the hells since you burned up all your good karma. Whether these hells are real or a projection of one's own mind is a moot point since one will experience them regardless. So be responsible for the philosophy if you decide to go further into yoga. You do not need to use props. They are highly desirable. But not essential. Addresses of where you can buy these cushions, blocks, and so forth are listed in the back of the book on page 416.

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