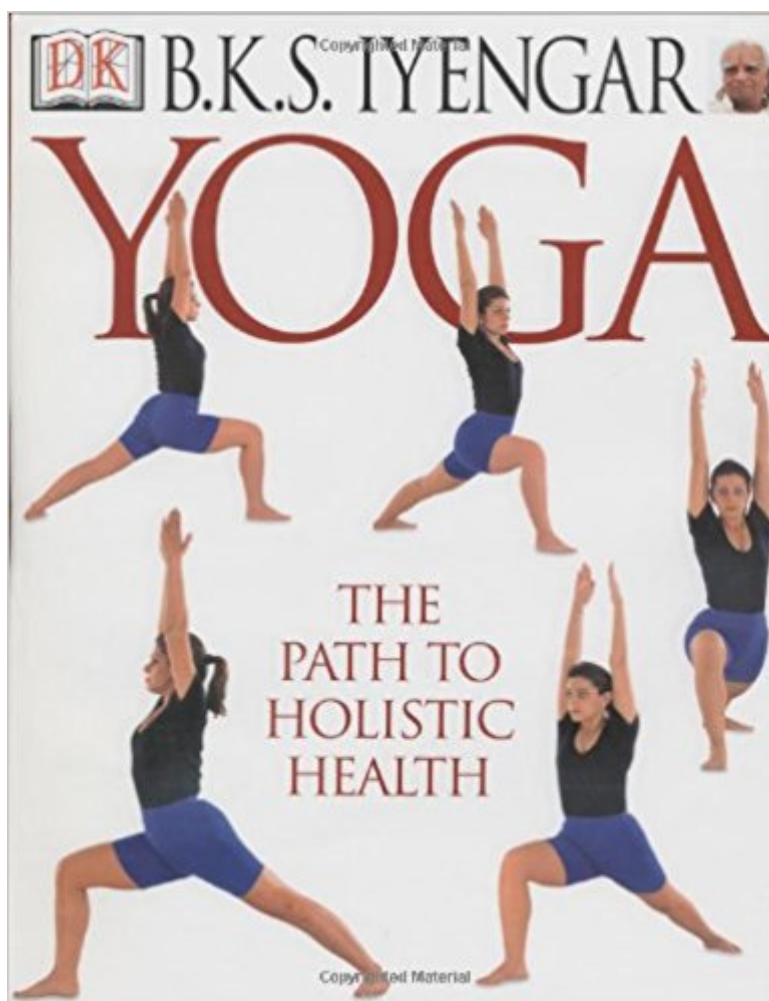


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# Yoga: THE PATH TO HOLISTIC HEALTH



## 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

Yoga is now as mainstream as Madonna, as indispensable to fitness culture as the StairMaster. In *Yoga: The Path to Holistic Health*, 82-year-old Yogacharya B.K.S. Iyengar (*Light on Yoga*; *The Tree*

of Yoga), one of the world's leading yoga teachers, makes it even more accessible, offering detailed instructions for postures of all levels of difficulty, illustrated by color photos and accompanied by helpful explanations of their health benefits. The basic Adhomukha Svanasana (Sanskrit for "downward-facing dog posture") stimulates the nervous system, while the more daunting Salamba Sirsasana (headstand) promotes clarity of thought and improves your memory. Other postures, according to Iyengar, boost the respiratory and immune systems, tone muscles and, most important, relieve stress. Not only a how-to, Iyengar's book also includes a concise explanation of yoga's spiritual dimension. (Mar.) Copyright 2001 Reed Business Information, Inc.

One of Iyengar's (The Illustrated Light on Yoga) goals is to connect the practice of yoga's asanas ("postures") with its spiritual side. The opening section of the book deals with the spiritual side of yoga and its importance in bringing the body into balance with itself and the environment. However, the simplistic discussion lacks the depth of Donna Farhi's Yoga Mind, Body & Spirit (LJ 4/15/00). The strength of Iyengar's book is its photographs and texts, which illustrate and explain how to perform yoga postures correctly and safely. The author shows the postures being performed with props that help beginners slowly develop the necessary flexibility and strength. The book also contains a section on yoga therapy, illustrating different series of postures aimed at alleviating and preventing certain physical ailments and stress. The last section is a 20-week course that slowly fosters and develops muscle tone, flexibility, and inner peace. Since the postures are listed using transliterations of their Hindi names, the most difficult aspect of this course is stopping to look up each posture. This text, which is aimed mainly at beginners, can be adapted to fit the needs of most intermediate and advanced yoga practitioners. Recommended for public libraries and health sciences libraries that support alternative medicine courses. Debra Mitts Smith, Jamaica Plain, MA Copyright 2001 Reed Business Information, Inc.

Iyengar was a master; the photographs are incredible as they show clearly every aspect of a pose. Iyengar's text is rich with details of what a pose does to help the body, how to hold a pose correctly, and who should not attempt a particular pose. His philosophy of Yoga pervades every page. Iyengar firmly believes in the use of aids in all different forms to help the practitioner gain better stretch and benefit, as well as to stay safe. At the end of the book are detailed charts on different daily practice routines, as well as 2 illustrations of the body's muscle system. A thoroughly absorbing book, solid details....

I am a complete beginner to yoga...less than 6 months of practice and I'm 64 years old... Even with an excellent yoga teacher and a once a week class, I felt I needed some type of guide so I could do yoga at home. Videos went too fast for me and often I'd be unable to see the TV from the floor.. This book was absolutely perfect....as yoga requires a lot of practice in order to become more limber and competent. After taking many different yoga books out of the library and this being one of them, I felt I had to own it because this was the only book where I could find a specific pose, read exactly what to do (and what not to do), see beautiful photographs of someone doing the pose and adapt any of the poses to my own level by adding my own props. In no way are all the poses easy and many are advanced, but with props like blankets, blocks and belts, most are adaptable to a person's age and fitness level. Also, I like the fact that many variations are shown for each pose so I have easier options if I need it. I would honestly say this book is as appropriate for a beginner as it might be for an advanced student. This book is quite large, actually more of a coffee table book, and if I had to say one negative thing about it, it would be that it's a little cumbersome, having to prop it up somewhere in order to see the photograph while practicing. The advantage of the book being large is that I am seeing a large detailed photo of a person doing each pose, step by step. This book has so much information about each pose that I find myself reading it just to learn what health issues a pose might help. For example for better digestion, a whole group of poses are categorized together and then broken down into specific ailments, specifically if someone had an ulcer or irritable bowel syndrome there are specific poses on different pages for each. There is a guide for those who want to do an individual yoga practice, suggesting 20 weeks of asanas (poses) to do if someone wanted to completely learn yoga without a teacher at all. There is always a list of cautions with each pose and always a list of benefits. Very few yoga books I've read explained this much and often I just do poses for women's health or mind and emotions. There are wonderful uplifting quotes interspersed throughout the book, like, "Yoga is the golden key which unlocks the door to peace, tranquility and joy". I like looking at the photos of the skeletal system and muscular system which are located in the back of the book and there is an extensive glossary that translates sanskrit terms. Every pose is listed in sanskrit and has an English translation. Important information like how to come out of the pose is rarely included in other yoga books but I found it immensely important for a beginner. I love this book and would recommend it to anyone who wants to own a really complete, well written, and definitively illustrated yoga guide, written by a wonderful master teacher, B.K.S. Iyengar.

This book provides very comprehensive descriptions of 23 classic asanas, with a series of color

photos for each pose from a 360 degree perspective. It also has a lengthy section on poses for specific ailments. The focus in this text, as with Iyengar's teachings, is on the details of correct form, thus avoiding disuse or injury to the body. If you have been taking yoga classes by video, or with an instructor leading at the front of the room instead of coaching you by your side, then you will find as I have that you have many harmful habits. This book will help to show you how to correct those and get so much more out of your yoga practice.

By far the most colorful book on Yoga. A nice and colorful introduction to Yoga. In contrast to his original book, *Light on Yoga*, Yogacharya BKS Iyengar has presented the contents in a more usable way. The discussion of asanas is easily understood with a number of photographs and visual hints. From his vast teaching and practice experience, he has pointed out an exhaustive list of contra-indications. Many of the postures has an 'all-round' view that helps the beginner in following the directions quite easily. As in his original book, a series of asanas are presented for different ailments. However, the postures are presented with photographs and in sequence which helps one practice much more easily than just referring to a list. An large number of ailments are covered. The hard cover helps the book spread and stay open while one can glance and practice. You can expect the book to refer to and use a great number of props. While it may appear that the use of so many props in virtually every asana to be detrimental to a smooth practice, the author points out that in course of time one will be able to practice without the props, which is very reassuring. A nice compendium of translation of Sanskrit to English names of the asanas adds to the book's usability. All in all, a very inspiring and essential addition to the list of yoga books for the beginner, adept and the teacher.

This is probably the best illustrated Iyengar style yoga book I have ever looked at. I love the 3 dimensional pictures showing every single possible angle for every pose. There is a section showing the same poses using props which, I find especially helpful when trying a harder pose or when I am not feeling as limber. I highly recommend this book to anyone new or seasoned yogi. This of course, does not take the place for a live yoga class with a qualified Iyengar certified instructor.

What a fantastic and in depth book to learn more about this ancient practice. An absolute must have for anybody that is learning to become a yoga teacher or for someone that simply wants to improve the asanas.

The book offers a lot of poses and describes how to get in and out of them properly. It also suggests how long to hold each pose and the benefits of them. The book walks you through the history and philosophy of yoga. In the back it has a glossary for alignments that can be helped with certain yoga poses. Be mindful though because the book does not offer modified positions for newbies!

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