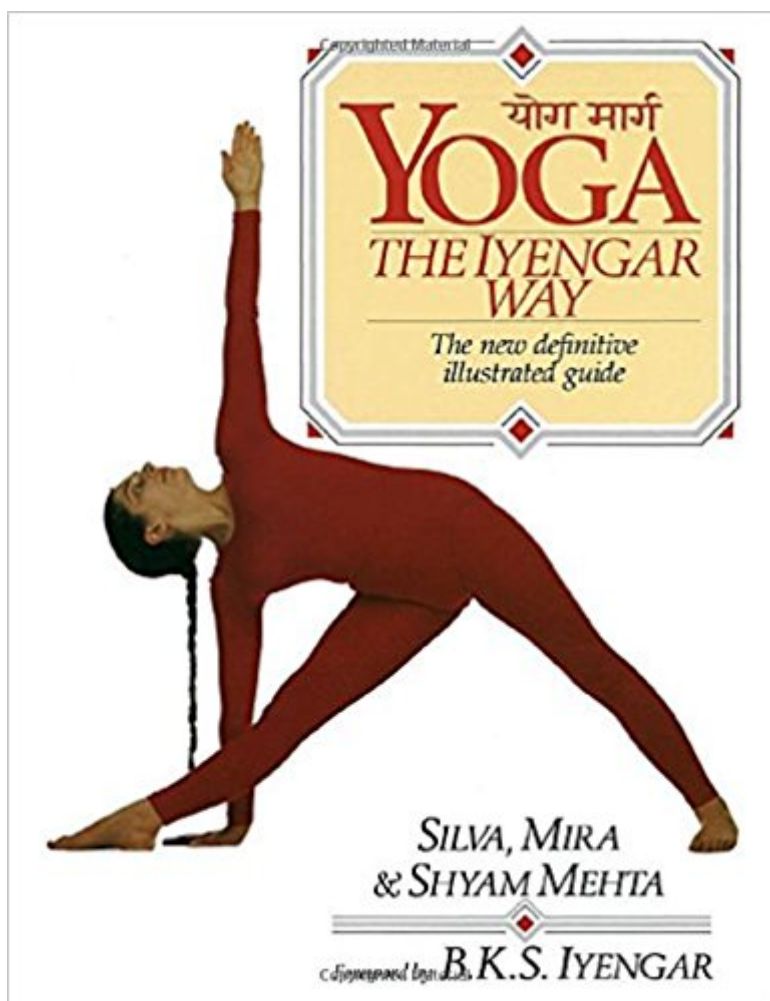


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Yoga: The Iyengar Way: The New Definitive Illustrated Guide



Synopsis

A comprehensive, practical, and authoritative guide to the method developed by Iyengar. 100 key postures with detailed step-by-step instructions and photographs. This is our most recently published yoga book and has quickly become a backlist bestseller.

Book Information

Paperback: 192 pages

Publisher: Alfred A. Knopf; 1st edition (April 7, 1990)

Language: English

ISBN-10: 0679722874

ISBN-13: 978-0679722878

Product Dimensions: 8.6 x 0.5 x 10.9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 161 customer reviews

Best Sellers Rank: #29,947 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Reference #82 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

A comprehensive, practical, and authoritative guide to the method developed by Iyengar. 100 key postures with detailed step-by-step instructions and photographs. This is our most recently published yoga book and has quickly become a backlist bestseller.

SILVA MEHTA was an important figure in the spreading of yoga throughout the world, especially the West. She was a disciple of B. K. S. Iyengar and helped found the Iyengar Yoga Institute in Maida Vale, London. She died in September 1994. MIRA MEHTA, founder of and teacher at The Yogic Path in London, has studied yoga since childhood with B. K. S. Iyengar.

I purchased this book because it was required as part of the yoga training I am enrolled in. Although it doesn't cover too many poses, those included are mostly accurately photographed, adequately explained, and modifications are given. The book is well laid out with poses divided up into classifications. There is also a very helpful section on how to pronounce the names of the poses when calling them by their sanskrit names. This is a very useful and valuable tool for yoga teachers and students alike.

Wow, this book has great pictures and descriptions. I'd started about 6 weeks ago with "The Complete Idiot's Guide to Yoga Illustrated, 4th Edition" and I do recommend that book to beginners like myself, especially if going to class at first is not practical (which it isn't for me). But after working with the "idiots" guide, I wanted something with more advanced positions and real pictures, instead of the drawn artwork in the guide book (which isn't bad, but it lacks what an actual photo can show). Anyway, I haven't read all the extra stuff in this book, I'm sure it's good, but I wanted to write a review based upon the reasons I bought the book, the excellent pictures and the well written descriptions of how to achieve, safely, the position pictured. In that sense, a beginner could start with this book as well, or in conjunction with one more styled to a newbie, but in any case, if you're interested in yoga and want a good book for descriptions and pictures of a variety of poses, this is a great book, I'm sure I'll be going back to it for directions over and over again.

I have been studying Iyengar yoga for some time, but never really paid attention to the names of the poses. Now I am studying with instructors who use the Sanskrit names for the asanas. I had to do something; boy, am I fortunate this book was available. I have it right by my yoga mat at home. It beats the heck out of stick figures, and it's well-written and very easy to understand. Best of all, the photographs are of real people, not skinny Yoga Magazine cover models. It's real, it's explanatory, and it's the only book you really need your first few years as an Iyengar (or any other yoga) student. I also bought "Light on Yoga" to round out my understanding of Iyengar himself and his philosophy and methods. Those two books gave me the tools I needed to improve and understand my yoga practice better. Beyond these two books, a trip to India is the only other thing you'll need!

A great first book for the why and how of the Iyengar way.

An excellent book on yoga with comprehensive descriptions and diagrams. I have already recommended it to others. This is not a "sit in your chair" yoga book. Although I don't expect ever to stand on my head or otherwise do extremely difficult poses, the exercises are clearly marked with beginners, intermediate or advanced poses. They are all there for those who will be able to advance. I find the beginning exercises have increased my flexibility. And I am 80 yrs. old. In good condition the price was minimal, much less than the shipping charge.

Fantastic book! A must have source of information for yoga teachers and advanced practitioners. Yoga positions are explained in systematic way and in details. In addition all details how to work in

the posture are explained for every asana. Recommended especially for Iyengar yoga students.

This is an excellent book for home practice of yoga, provided you have moderate experience through classes and previous home study. The photos and explanations of asanas are very clear, though the practitioner may not possess the same degree of flexibility as the models. The asanas cover a reasonable range of difficulty: there's some challenge, but a diligent student would have hopes of learning all of them. The scattered "reflections" are extremely helpful. The textual explanation of underlying yoga principles, though good, could be expanded somewhat, but one can't expect everything in a book this size. Comparing with Iyengar's "Light on Yoga", the present book is shorter, more user-friendly, has a more modern look, contains fewer asanas, and has less (but more easily readable) discussions of yoga principles. Serious students will likely purchase both in the long run, but the present book is a better first buy.

There is a wealth of information in this book. It's an old book, but certainly more than helpful and relevant to any Iyengar yoga student. There are courses for a home practice included which are great. Anyone getting into Iyengar yoga would benefit from this book. Coupled with a strong live, classroom teacher, the two can work hand-in-hand to develop a strong Iyengar yoga practice.

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