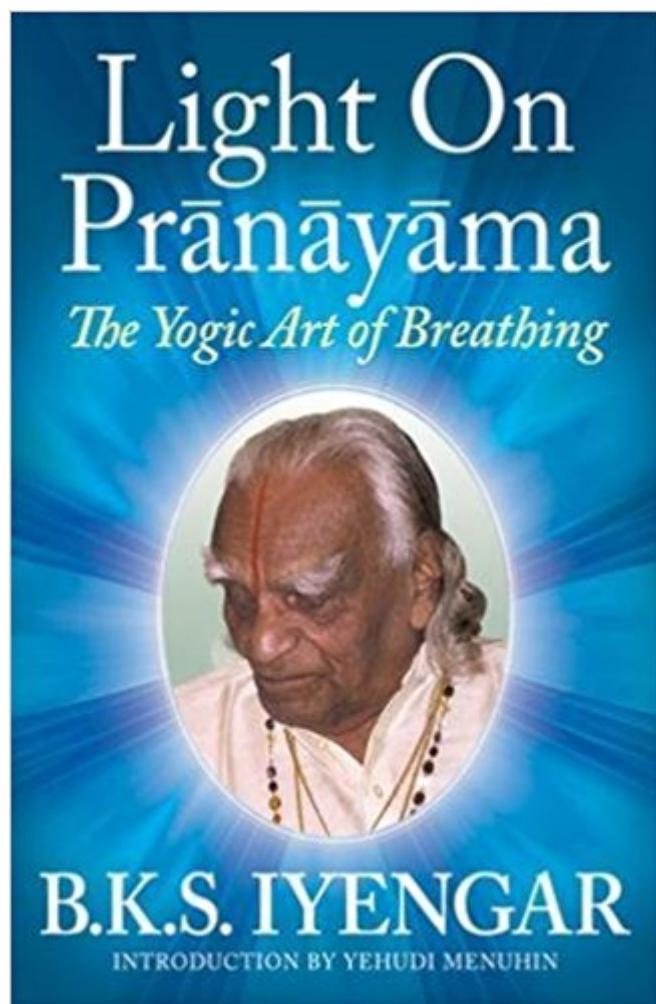


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# Light On Prāṇāyāma: The Yogic Art Of Breathing



## **Synopsis**

In this classic yoga best-seller a world-renowned yoga master shares the techniques of breathing together with a comprehensive background of yoga philosophy. B. K. S. Iyengar is a legend who has practiced yoga in a unique way, and today "Iyengar Yoga" is taught around the world by certified instructors.

## **Book Information**

Paperback: 320 pages

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## **Customer Reviews**

Outstanding introduction into yoga breathing. A great guide, step by step details, enlightening your journey. A great combination with yoga sutras and his yoga instructional book.

The man who taught Menuhin to keep on performing.

a must have for any yogi who wants to cover the foundation of yoga 101

great

Thank you very much!

Well written, easy to follow, very inspiring

This book deals with a very detailed and in depth description of pranayama practice. It is an

invaluable document for those who are interested in learning more about yogic breathing practice. In this edition the type is really small (7pts) which is tiring to read.

I had an experienced teacher show me how to do 6 pranayam exercises before I began my practice; but, I wanted to know more about the science, mechanics and how to develop in my practice. This book answered those questions and my practice has grown each day, as well as my health.

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