Yoga Wisdom & Practice by B.K.S. Iyengar

Iyengar Yoga Wisdom & Practice is a practical and an inspiring anthology of Iyengars insights into yoga, life and the path to peace and happiness. Yoga practice lies at the heart of the book, and it is illustrated with over 60 new step-by-step sequences of yoga postures specially shot in India and accompanied by Iyengars illuminating observations on technique, their significance, and their benefits. This book not only presents Iyengars practical advice on how to perform key yoga postures, but also draws on a wide range of other material taken from interviews and world lecture tours, to the many texts Iyengar has written about yoga and about his own lifes journey.

Features:
* Click here to view our Condition Guide and Shipping Prices

My Personal Review:
This book has become my favorite Iyengar book, possibly my favorite yoga book, for many reason.

1) it's a beautiful book. the colors, the font, the paper, photographs... it's easy and pleasing to the eye.

2) The language is beautiful and clear. Every line I read, I feel as if I am taking a breath of freshest and cleanest air that clears up confusion. Page 26, "if I have to do Tadasana... it often happens that one leg appears strong, attentive, steady, and straight whereas the other leg remains inattentive. One can feel that one leg is in a passive, non-violent state and the other is in a violent or aggressive state. Hence, it becomes necessary to balance the two legs evenly so that one will not be able to differentiate between activity and passivity, or violence and non-violence... Secondly, if you keep the legs unevenly, the mind remains unstable. Establish
alignment in the body; align the muscles, joints, and intelligence, energy and attention."

3) Iyengar talks about his life and the honesty is so touching and refreshing.

Page 10, he writes, "The interest in yoga came not from the love of yoga, but for the sake of earning my livelihood."

4) Simplicity
Page 86, "Yoga is an inner bath. Blood gives us a bath inside the body. To do this, the blood has to circulate extremely well, and with a constant, even power or force. Think of a waterfall, how much energy it generates. By the practice of yoga, we have to generate energy in our blood to nourish every part. Then the cells sense comfort and freedom, and send the message: 'I am happy.'"

5) Imagery and precision of language.
Page 178, on preparing for Salamba Sirsasana (headstand): "One has to begin by introducing the asana where the flow of blood does not rush toward the brain cells but is made to percolate or seep through them..."

If you enjoy practicing yoga or enjoy reading about yoga, you probably want to explore this book. That said, if you are just about to begin yoga, then you probably want one that's more for beginner, although you can still benefit from this book as a support to get to a deeper level.

For More 5 Star Customer Reviews and Lowest Price:
Yoga Wisdom & Practice by B.K.S. Iyengar - 5 Star Customer Reviews and Lowest Price!