



The Concise Light on Yoga

B.K.S. Iyengar

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The Concise Light on Yoga introduces 57 key asanas and provides a brief summary of pranayama (breathing exercise). The book is fully illustrated. Appropriate photographs for each exercise accompany the text. Students can, therefore, practice the postures without the aid of a teacher. An appendix provides an asana course for the continuing student. This is a comprehensive yet straightforward introduction for the beginner by the acknowledged expert on the subject.

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