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B.K.S. Iyengar's Yoga: The Path to Holistic Health

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props and so called "restorative" poses, the therapeutic use of yoga asanas, and precise attention to anatomical detail in the poses. To accomplish this, the book is divided into three sections: the

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â€¢ Hatha Yoga is known as the purification path to Self-Realization or Kaivalya. â€¢ Hatha deals with understanding the nature of not only the body but the elements of Creation. â€¢ By doing so, we learn to give the body what it needs to flourish and thrive.

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B.K.S. Iyengar Yoga: The Path to Holistic Health covers the complete teachings of BKS Iyengar for mind, body, and health, and is suitable for every level of yoga ability, age, and physical condition. Fully illustrated throughout with unique 360-degree views of classic Iyengar asanas, B.K.S PDF.

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Yoga: the Path to Holistic Health by B.K.S. Iyengar (1970)

In essence, raja yoga is a systematic process of molding our character and life to the experience of enlightenment. The Four Paths . Even though these four paths appear different, there is really only one yoga, one union. We may be drawn to one path more than the others but they complement each other.

The Four Paths of Yoga - chopra.com

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.

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