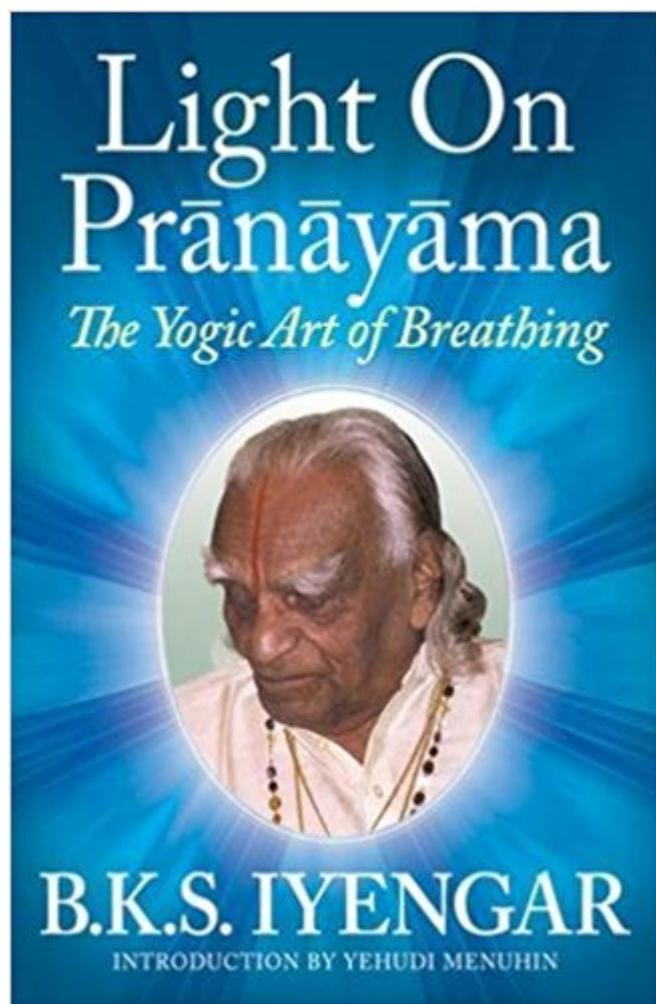


The book was found

# 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

Publisher: The Crossroad Publishing Company; First Thus Used edition (June 1, 1985)

Language: English

ISBN-10: 0824506863

ISBN-13: 978-0824506865

Product Dimensions: 5.4 x 1.6 x 8.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 55 customer reviews

Best Sellers Rank: #35,021 in Books (See Top 100 in Books) #15 in Books > Politics & Social Sciences > Philosophy > Eastern > Indian #107 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #1029 in Books > Gay & Lesbian

## **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.

[Download to continue reading...](#)

Light on Pranayama: The Yogic Art of Breathing Light on Prāṇāyāma: The Yogic Art of Breathing Yoga Breathing: Guided Instructions on the Art of Pranayama Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Breathing Free: The 5-day Breathing Programme That Can Change Your Life Breathing: Breathing Techniques: For Happiness and Healthy Living (For Anxiety, Stress, Energy, Focus, Depression) Barely Breathing (The Breathing Series, Book 2) Training the Wisdom Body: Buddhist Yogic Exercise Pranayama for Self-Healing Asana Pranayama Mudra Bandha/2008 Fourth Revised Edition Prana And Pranayama The Essence of Yoga: Essays on the Development of Yogic Philosophy from the Vedas to Modern Times Eye Yoga, Vol.1: Yogic Eye Exercises for Strong, Healthy and Relaxed Eyes Day Light, Night Light: Where Light Comes From (Let's-Read-and-Find-Out Science 2) Light Therapy: Teach Me Everything I Need To Know About Light Therapy In 30 Minutes (Light Therapy - Season Affective Disorder - SAD - Vitamin D) Advanced Recorder Technique: The Art of Playing the Recorder - Volume 2: Breathing and Sound Breathing Under Water: Spirituality and the Twelve Steps Breathing Under Water Companion Journal: Spirituality and the Twelve Steps Runner's World Running on Air: The Revolutionary Way to Run Better by Breathing Smarter Angry Octopus: An Anger Management Story introducing active progressive muscular relaxation and deep breathing

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)