

# Light On Yoga

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with a description of the different yoga poses (asanas) and is focused on the practice.

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demonstrating these.

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unknown edition, The word Yoga is derived from the Sanskrit root yuj meaning to bind, join, attach and yoke, to direct and concentrate one's attention on, to use and apply.

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It was B.K.S. Iyengar's unique teaching style, bringing precision and clarity to the practice, as well as a mindset of 'yoga for all', which has made it into a worldwide phenomenon. 'Light on Yoga' is widely called 'the bible of yoga' and has served as the source book for generations of yoga students around the world.

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