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Título: B. K. S. Iyengar Yoga: The Path To Holistic Health

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Sinopsis

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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. Iyengar Yoga: The Path to Holistic Health includes a 20-week course introducing beginners to the most widely practiced form of yoga in the world, specially developed sequences to help alleviate more than 80 common ailments, and all classic asanas illustrated and supervised by B.K.S. Iyengar himself.

B.K.S. Iyengar Yoga: The Path to Holistic Health has been refreshed and updated to include a new chapter celebrating Iyengar's life and work.