



## Light on Yoga: Yoga Dipika

By B. K. S. Iyengar

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The definitive guide to the philosophy and practice of Yoga--the ancient healing discipline for body and mind--by its greatest living teacher. *Light on Yoga* provides complete descriptions and illustrations of all the positions and breathing exercises. Features a foreword by Yehudi Menuhin. Illustrations throughout.

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#### About the Author

B. K. S. Iyengar, for whom hundreds of Iyengar Institutes all over the world are named, headed his own institute in India until his death in 2014.

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