



Illustrated Light on Yoga

B.K.S. Iyengar

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The Illustrated Light on Yoga is a comprehensive and invaluable guide to practicing yoga for the beginners. The book is written in an easy-to-understand and step-by-step format for the readers to be able to practice what is explained in the book. The book is packed with several colorful photographs carefully placed in the relevant part of the text for easy reference. In addition, the book also consists of detailed descriptions of over 57 yoga postures. This book will make for an ideal read for anyone interested in yoga and pranayama.

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