

LIGHT ON YOGA



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Light on Yoga The Definitive Guide to Yoga Practice

Light on Yoga recommends that one should always begin by GENTLY, CORRECTLY and RESPONSIBLY negotiating each pose before holding it for at least 20 seconds (a bit longer if you are physically capable). Always keep in mind that Yoga is a physical, mental and spiritual discipline. Therefore, one should take note of his or her own capacity when doing any of the asanas.

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While yoga is her first love, Cathy believes that combining the two practices of Yoga and Barre can bring incredible body changing results. Cathy is 250 hour Hatha Yoga certified and also Barre certified.

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Light on Yoga has become the bible for hundreds of thousands of people who practice Yoga daily with the Iyengar method, for exercise, meditation, or simply relaxation. With more than 600 photographs depicting all the postures and breathing exercises, it remains the fullest, most practical, and most profusely illustrated guide by the world's foremost yoga teacher.

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B.K.S. Iyengar was a world-renowned yoga guru who brought the art of yoga to the West. Now referred to as Iyengar yoga, his style and teachings emphasize precision and alignment, planned sequencing, timing, and the use of props.

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Iyengar-Yoga-M nchen.iYoga bedeutet h chste Kompetenz und Hingabe in der Vermittlung der Iyengar-Yoga-Tradition. Seit der Gr ndung 1986 in M nchen durch Michael Forbes sind wir kontinuierlich am Platze.

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Without a doubt, "Light on Yoga" is must-have for any yoga practitioner's library. Though it's not the flashiest book, it is very powerful. The subtitle is "The Bible of Modern Yoga" and that is no stretch.

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