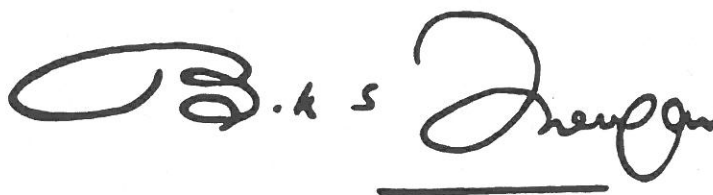


FOREWORD

I am pleased to go through the booklet *BASIC YOGA ASANAS* by my pupil, Mrs. Winnie Young. She has compiled this small work as a textbook for those being initiated into the Yogic practice. Her sincerity of approach and the presentation of the subject in simple words is worthy of praise.

I am sure this book will be of great help to those who are keen to pursue the subject as well as to those who wish to distinguish between the right and wrong way of performing the asanas. I hope the readers will benefit by her work.

A handwritten signature in black ink, reading "B. K. S. Iyengar". The signature is fluid and cursive, with a horizontal line drawn underneath the name.

1213 Subbash Nagar
Poona, 2
India
1969

Through doing Yoga over a period of time, one loses weight, dispels nervous tension and fatigue, and learns to relax.

However, while all this is perfectly true and has been proved a thousand times and more, the true purpose of Yoga is to bring one to a state of total living, to a state of complete stability in body, mind and spirit, a state where the body can and does become the fit vehicle for raising the mind and heart to God. This is the true purpose of Yoga.

It is a purpose that applies to both sexes, is impartial to race and colour and transcends all creeds.

Do Yoga and become a better person.