



Tree of Yoga: The Classic Guide to Integrating Yoga Into Your Daily Life

By B.K.S. Iyengar, Edited By Daniel Rivers-Moore

HarperCollins Publishers, New Delhi, India, 2004. Paperback. Book Condition: New. Dust Jacket Condition: New. Seventh Impression. B.K. Iyengar insists that yoga is a spiritual path involving a great deal more than physical exercise. Yet this spirituality is deeply rooted in practicality, and all the philosophical concepts covered in the book are related directly and specifically to the practice of yoga postures and breathing. Printed Pages: 204. Size: 13 Cms x 20 Cms.



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