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Light on Life: The Journey to Wholeness, Inner Peace and Ultimate Freedom

By B. K. S. Iyengar

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Light on Life: The Journey to Wholeness, Inner Peace and Ultimate Freedom, B. K. S. Iyengar, 'As human beings, we all seek to reconcile the paradox of how to make our way upon the earth while striving for something more permanent and profound. So many seek this greater Truth in the heavens, but it lies much closer than the clouds. It is within us and can be found by anyone on the Inward Journey.' B.K.S. Iyengar, whose teachings on yoga are followed throughout the world, reflects upon his lifetime's experience (he is 89) on the yoga path. The structure of the book follows the different aspects of that path (from Freedom Awaits, through The Physical Body, The Energy Body, The Mental Body, The Intellectual Body, The Divine Body to Living in Freedom) and provides a learning framework for yoga as well as an invaluable discourse on life. It is a 'must have' for anyone who practises yoga or is interested in the teachings of the East.



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