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The Tree of Yoga: The Definitive Guide to Yoga in Everyday Life

By B. K. S. Iyengar

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Tree of Yoga: The Definitive Guide to Yoga in Everyday Life, B. K. S. Iyengar, The definitive guide to yoga in everyday life from B.K.S. Iyengar, the world's most respected yoga teacher. B.K.S. Iyengar has devoted his life to the practice and study of yoga. It was B.K.S. Iyengar's unique teaching style, bringing precision and clarity to the practice, as well as a mindset of 'yoga for all', which has made it into a worldwide phenomenon. His seminal book, 'Light on Yoga', is widely called 'the bible of yoga' and has served as the source book for generations of yoga students around the world. In 'Tree of Yoga', the collected wisdom of his many years of practical practice and its application in real life are brought into a single-volume work. A collected philosophy for life researched through decades of practice by B.K.S. Iyengar, the world's most respected yoga teacher. These are his core teachings and advice for living a long, healthy, happy life. Using the tree as a structural metaphor for both life and yoga practice, the essays cover many aspects of life and practice which are vital to health and...

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