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9 \u0026amp; 10 Light On Yoga

Light on Yoga is definitely a comprehensive read for the yogi and provided the photographs of each posture (along with the reasoning behind each asana (dedication), and how to

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safely get into the posture and the effects each posture has on the body. There is also an entire section dedicated to pranayama and the technique.

Light on Yoga: The Bible of

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Modern Yoga: B. K. S.

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Light on Yoga: Yoga Dipika
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the Sutras and it's sort of a more philosophical approach to yoga. 'Light on Yoga' has pictures along with a description of the different yoga poses (asanas) and is focused on the practice.

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5 Reasons Every Yogi Should

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I can simply bet that even if you are a yoga teacher you might not have heard about many yoga poses mentioned in this book.

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