

Light on Yoga



The Bible of Modern Yoga—Its Philosophy and Practice
—by the World's Foremost Teacher

B . K . S . I Y E N G A R

Foreword by Yehudi Menuhin



With complete descriptions and illustrations of all the postures
and breathing techniques

*With More than 600 Photographs Positioned Next to
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—WELLNESS

LIGHT ON YOGA



*50 Years of Publishing
1945-1995*

LIGHT ON YOGA

Yoga Dipika

B. K. S. IYENGAR

Foreword by Yehudi Menuhin

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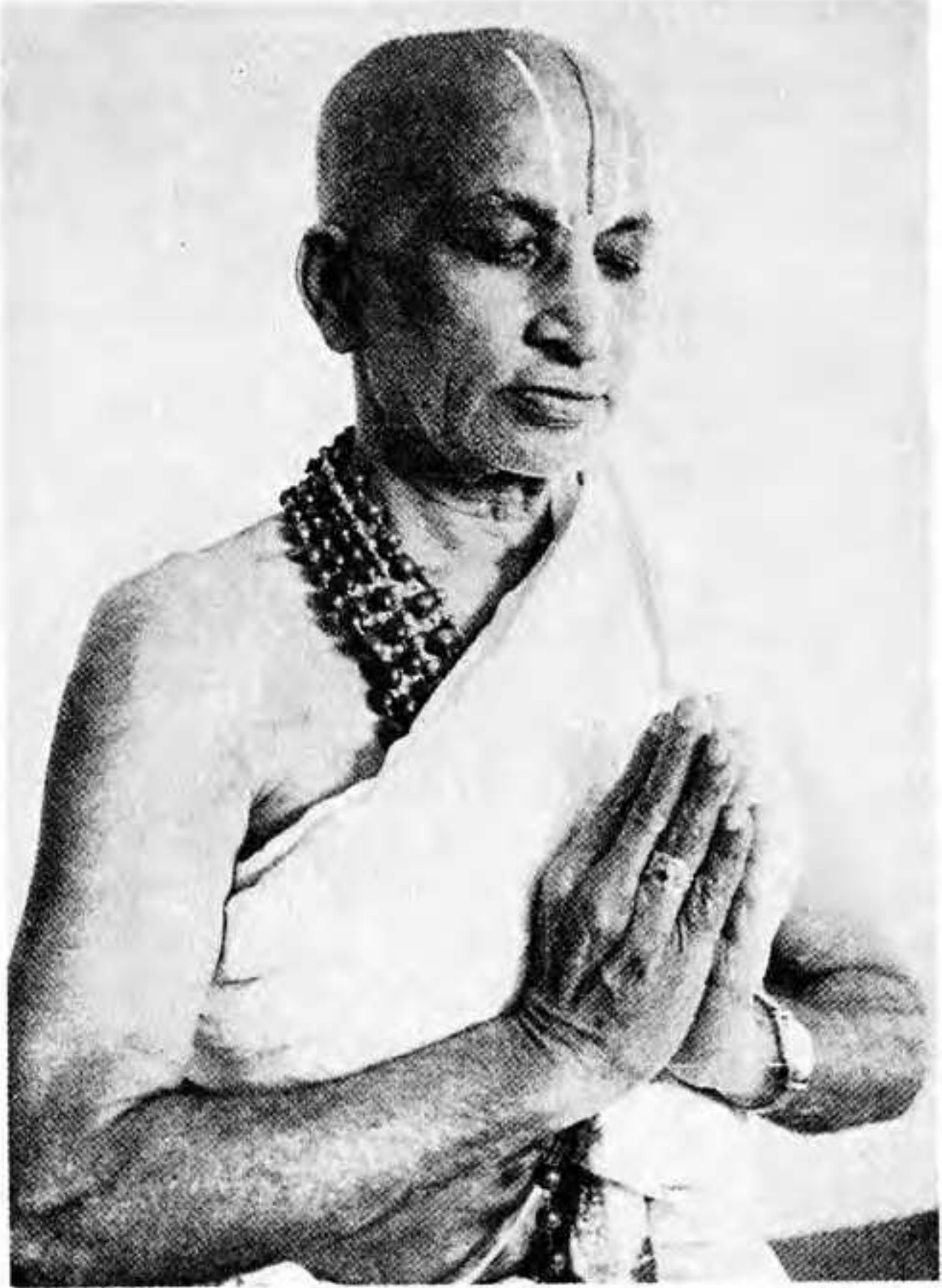
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Dedicated to my Revered Gurujī

*Sāmkya-yoga-Śikhāmaṇi ; Veda-kesari ; Vedāntavāgīśa ;
Nyāyāchārya ; Mīmāmsa-ratna ; Mīmāmsa-thīrtha*

Professor, Śrīmān, T. Krishnamāchārya of Mysore (South
India), India



PRAYER

‘I bow before the noblest of sages, Patañjali, who brought serenity of mind by his work on yoga, clarity of speech by his work on grammar and purity of body by his work on medicine.’

‘I salute Ādiśvara (the Primeval Lord Siva) who taught first the science of Haṭha Yoga—a science that stands out as a ladder for those who wish to scale the heights of Rāja Yoga.’