



## Light on Pranayama

*B.K.S. Iyengar*

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## Light on Pranayama B.K.S. Iyengar

Book Summary of Light On Pranayama The essence of his knowledge on asanas has already been presented in his other classic Light on Yoga; now, his maturity and refinement in pranayama are conveyed in this new work. The programme is spread over 200 weeks, requiring 15-30 minutes daily. The reader is also provided with a 33-page section on glossary of terms and index. The 190 photographs in the book reiterate the meticulous core shown in the preparation. Photos illustrate the front, side, back, and top views of Iyengar demonstrating the rights and wrongs and dos and don'ts. In summary, I would wholeheartedly recommend this book to all those interested in yogic breathing. The techniques of Pranayama are difficult to acquire as there are few masters able to present them in a manner intelligible to the West - B.K.S. Iyengar is undoubtedly such a master. Practical instructions to develop perfect physical health and a sound, harmonious mind. A book for all who are interested in meditation and mysticism. Excellent work for its understanding, comprehensive detail, and writing style. No library on Yoga will be complete without this volume. No practice of Yoga is complete without the mastery of Pranayama.

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