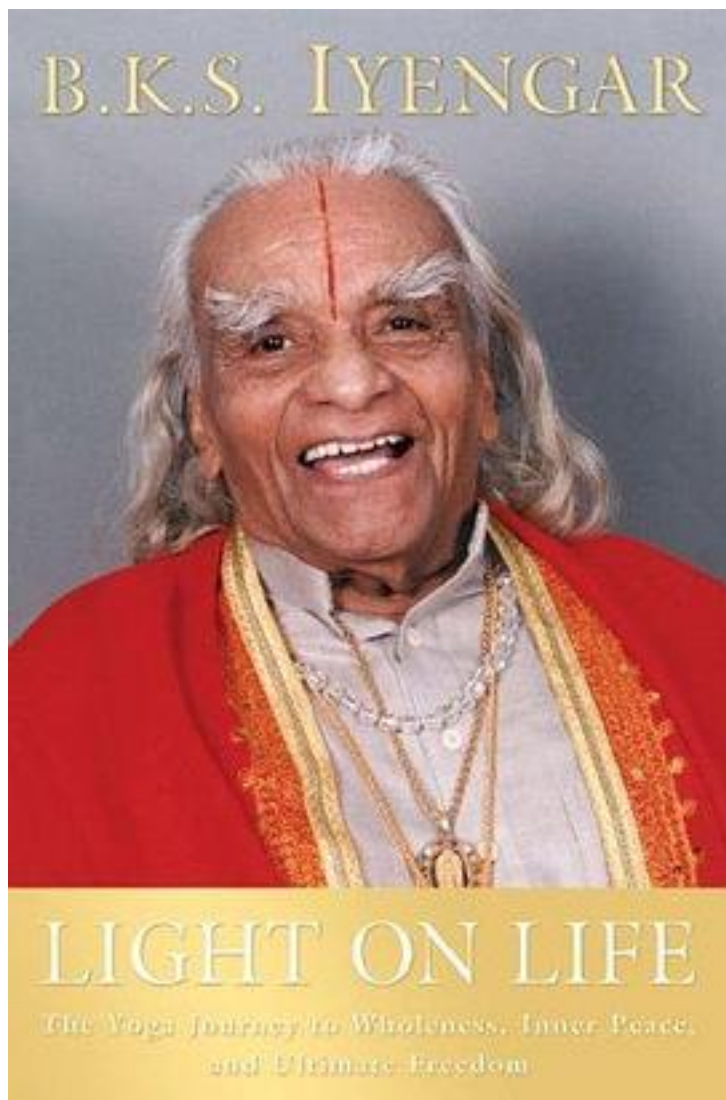


Light on Life



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著者:B.K.S. Iyengar

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The world's leading teacher of yoga shows how we can transform ourselves by bringing yogic principles into all aspects of daily living.

"Anyone and everyone can make the yogic journey and reach the goal of illumination and freedom..." from the introduction to Light on Life

B.K.S. Iyengar - hailed as "the Michelangelo of yoga" (BBC) and considered by many to be the most important living yoga master - has spent much of his life introducing the modern world to the ancient practice of yoga. Yoga's popularity is soaring, but its widespread acceptance as an exercise for physical fitness and the recognition of its health benefits have not been matched by an understanding of the emotional, intellectual, and spiritual development that the yogic tradition can also offer. In Light on Life, B.K.S. Iyengar brings readers this new and more complete understanding of the yogic journey.

Here Iyengar explores the yogic goal to integrate the different parts of the self (body, emotions, mind, and soul), the role that the yoga postures and breathing techniques play in our search for wholeness, the external and internal obstacles that keep us from progressing along the path, and how yoga can transform our lives and help us to live in harmony with the world around us. For the first time, Iyengar uses stories from his own life, humor, and examples from modern culture to illustrate the profound gifts that yoga offers. Written with the depth of this sage's great wisdom, Light on Life is the culmination of a master's spiritual genius, a treasured companion to his seminal Light on Yoga.

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标签

Yoga

B.K.S._Iyengar

瑜伽

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瑜伽的心

生命之光

心灵大棚

评论

前几张讲身体上如何练习瑜伽，讲得非常清楚，醍醐灌顶的感觉。后几张讲精神和心灵上如何练习瑜伽，有点抽象，不太理解。

Book of the Year. Wisdom for a whole life.

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书评

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