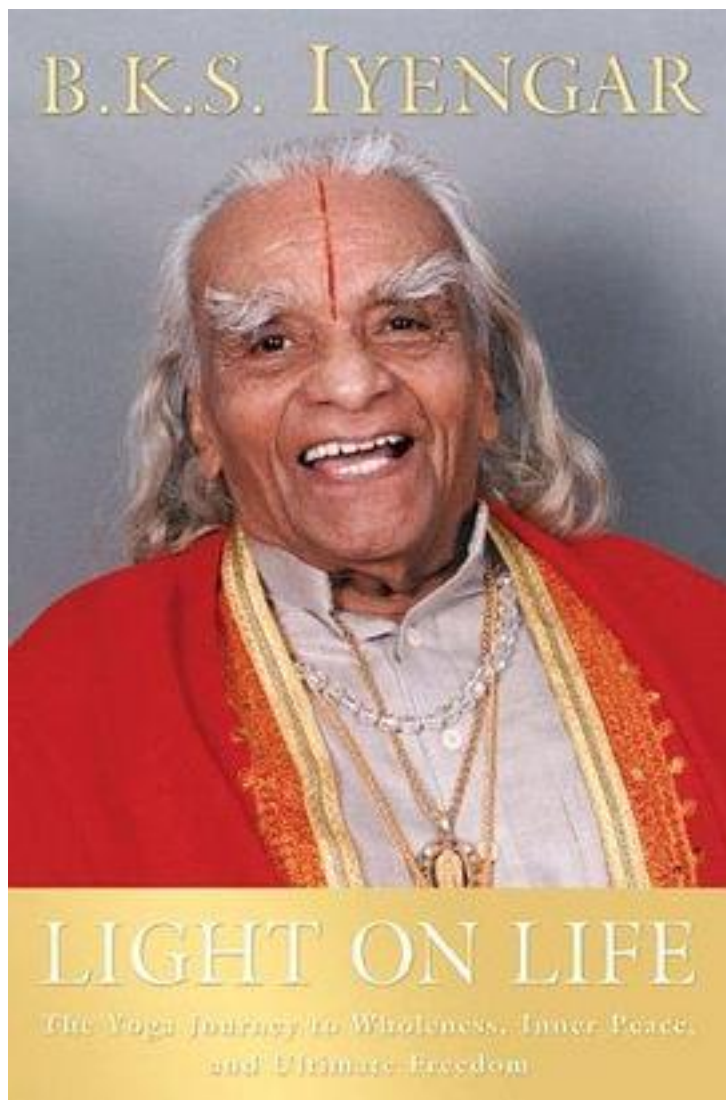


Light on Life



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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. 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 explains 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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