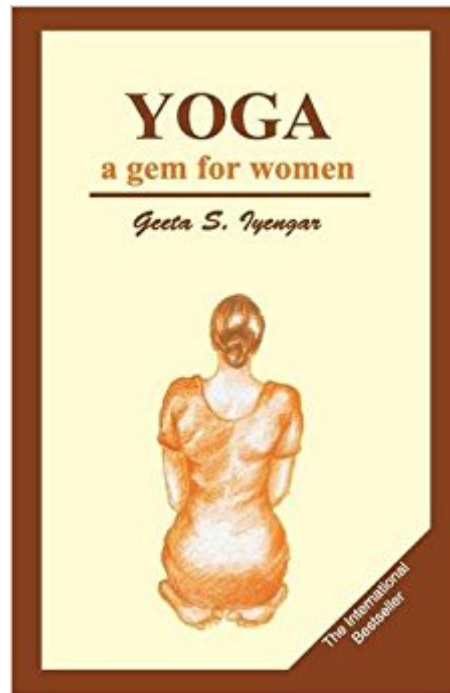




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Yoga: A Gem For Women



Synopsis

This well illustrated book highlights the importance of Yoga in a woman's life and gives a variety of asanas with their physical and curative values. Yoga is considered uniquely instrumental in the search for self-realization, and through it the realization of God. The author Geeta Iyengar who has mastered the subtle techniques of this art has presented in this book a variety of asanas known for their physical and curative values, Pranayama with its Bandhas and Dhyana or meditation. The asanas in this book are divided into various sections dealing with simple standing positions, forward bends, lateral movements, backward extension of the spine, correct breathing techniques during performance of the asanas and also the effects of them on the body, nerves and the mind. The authors has included simple steps for advancing from a purely physical plane to a higher level of consciousness. For easy understanding and performance, the script is accompanied by 215 illustrations.

Book Information

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Customer Reviews

Geeta Iyengar found the power to survive and thrive through her practice of Hatha Yoga. --Juniper Glass, Ascent Magazine, 2001

Geeta S. Iyengar is the distinguished student and oldest daughter of Mr. B.K.S. Iyengar--the internationally known Yoga master. She began practicing yoga as a 10-year old, only because she had to. She was so ill that she almost died. From this dire beginning, Ms. Iyengar became the

world-renowned expert that she is today. She currently resides in Pune, India where she directs yoga studies at the Ramani Iyengar Memorial Yoga Institute along with her brother.

I love this book! I have 3 daughters and I am a teacher, and I really love how she came to Yoga via her dad BKS IYengar. I don't do a lot of reviews but what caught my eye was the 2009 edition cover with Geeta on the cover, She is a large woman with great thighs and she is in a seated pose. SHE IS BEAUTIFUL. I was shocked not to see that cover on this site. If you can, get the original cover--it unlocks the western mind about yoga, and body image. Also,,inside the book, her sister does all the poses."They were taken during an advanced pregnancy in order to instill confidence among women to practise yoga while pregnant."

An amazing book for women in yoga by The daughter of the man, Iyengar, himself. Lovely insights not only into the mind of a strongly independent woman but to a loving child who cherishes her father, the life lessons she learned from him and from the beautiful practice of yoga. Definitely a book worth reading at any stage of a yoga journey. I'm just beginning. This book gives me a base to start and place branch from, a "where do I go now" manual. The pictures aren't easy to see and having Iyengars newest book close by with clearer newer pictures helped. (A cheat but i had the resource anyway)

Geeta Iyengar is absolutely "the champion" of Yoga for women. She is a remarkable teacher (whom I've studied with many times) and a master in her own right. Her devotion to Yoga shines through this book. This is a great volume where she describes all categories of asanas, well-written basic philosophy, and there are many hidden therapeutic gems like the section on menstruation and female reproductive issues. A must for women practitioners of Yoga at any age. Asanas from basic to advanced are covered. The only thing I don't really like about this is the way it is laid out. The sections are great, but having the plates at the end rather than the index is a bit cumbersome with constant flipping back and forth. The photos are lovely, showing the female adept!

Simple, authoritative, and authentic voice that stands in useful contrast to the majority of yoga teachers/teachings today. Wonderfully comprehensive album of photographs at the back of the book explicitly showing the postures and the primary steps for achieving them. References to the pursuit of a spiritual practice are woven throughout but gently so: for those who are wary of this aspect and wish to attain only the physical benefits in a yoga practice, this is no deterrent. As

daughter to BKS Iyengar, the individual credited with bringing yoga to the world beyond India, Geeta Iyengar's knowledge and experience of yoga is inordinately in-depth and her approach to explicating the practice reflects this rounded and rich knowledge. I highly recommend this book to all women practitioners of yoga or prospective ones, of any and all ages. It is indeed a gem.

I am very happy with this book. So much can be learned from others, and this book is filled with gems to help you perfect your life. I personally need to be shown how to perform Yoga positions, but for those who can learn from pictures and explanations, this would be good for you.

Excellent book.

Clear and concise information with lots of Yoga position photos. (beginner to complex). The daughter of Iyengar really focused on how Yoga is a key element in gaining Spiritual and Material knowledge. The author goes on to prove how both are essential. I took it to class and the instructor was able to point out the position that I as a novice could do at home. Very easy and inspiring reading. Bernice G

Thank you very much!

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