

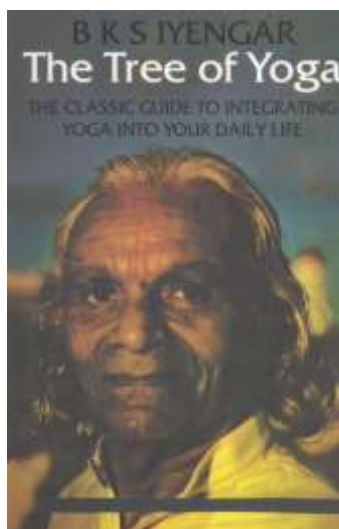
Light on the Yoga Sutras of Patanjali by B.K.S. Iyengar.

Harper Element: London, 1993.

Patanjali wrote this collection of yoga wisdom over 2,000 years ago. They are amongst the world's most revered and ancient teachings and are the earliest, most holy yoga reference. The Sutras are short and to the point, each being only a line or two long. BKS Iyengar has translated each one, and provided his own insightful commentary and explanation for modern readers.

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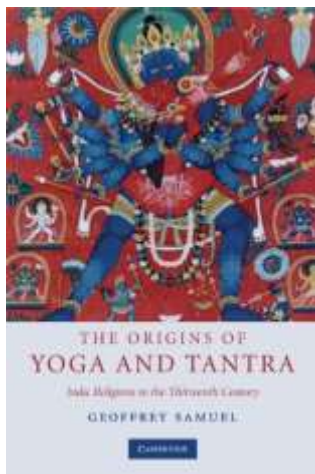
The Tree of Yoga: The Classic Guide to Integrating Yoga into your Daily Life by Iyengar, B.K.S.

Harper Collins: India, 1988.

His seminal book, 'Light on Yoga', is widely called 'the bible of yoga' and has served as the source book for generations of yoga students around the world. In 'Tree of Yoga', the collected wisdom of his many years of practical practice and its application in real life are brought into a single-volume work. A collected philosophy for life researched through decades of practice by B.K.S. Iyengar, the world's most respected yoga teacher. These are his core teachings and advice for living a long, healthy, happy life.

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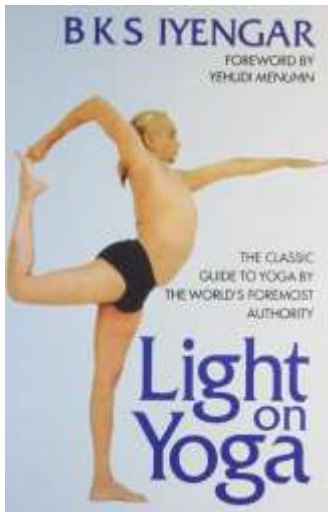
The Origins of Yoga and Tantra: Indic Religions to the Thirteenth Century by Geoffrey Samuel.

Cambridge University Press: Delhi, 2014.

Yoga tantra and other forms of Asian meditation are practised in modernized forms throughout the world today but most introductions to Hinduism or Buddhism tell only part of the story of how they developed. This book is an interpretation of the history of Indic religions up to around 1200 CE with particular focus on the development of yogic and tantric traditions. It assesses how much we really know about this period and asks what sense we can make of the evolution of yogic and tantric practices which were to become such central and important features of the Indic religious scene.

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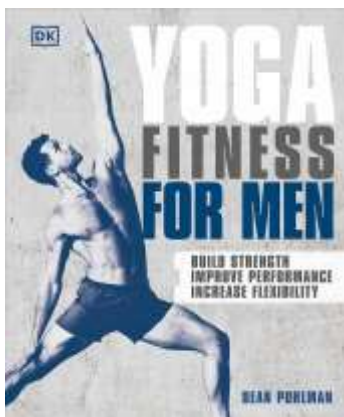
Light on Yoga by B.K.S. Iyengar.

HarperCollins Publishers: London, 1996.

The Classic Guide to Yoga by the World's Foremost Authority? provides reliable and accurate information on the subject of Yoga and tells the readers about the correct techniques of practicing Yoga. This book is written in such a manner that makes it easy for readers to understand the steps without any trouble. The descriptions of Yoga forms given in the book make it easier for readers to practice it by themselves. This book serves as an introduction for beginners who are looking to learn the unique practice of Yoga.

Call. No: 613.704 IYE,

Acc.No: TR4244



Yoga for Men: Build Strength, Improve Performance, Increase Flexibility by Dean Pohlman.

DK Publishing, London, 2018.

Discover why professional athletes and coaches consider yoga the key to maximizing your athletic potential and developing injury resistance. Learn more than 50 step-by-step postures for strength, balance and stability. Practice 25 targeted yoga routines to help improve athletic ability and reduce daily aches and pains. Follow 3 easy-to-use programmes to kickstart your yoga practice helps you build lean, strong muscles, become more agile and flexible, and reduce daily aches and pains

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Acc. No: TR6199



The Art of Yoga by B.K.S. Iyengar.

Harpercollins:India, 2015.

Yoga is considered to be among the best ways of keeping the mind and body, heart and soul in a state of peace and harmony. Even the westerners are in agreement with following Yoga. It is also about doing actions with purity and beauty, which is art, which elevates a person from being just a person to being an artist. The book also has artistic interpretations of the mastered postures.

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Acc. No: TR4120