



# Iyengar Yoga for Beginners

*B.K.S. Iyengar*

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## **Iyengar Yoga for Beginners** B.K.S. Iyengar

Keep fit and reduce stress with this essential beginners' guide. The easy to follow, step-by-step sequences of key Iyengar yoga poses have clear detailed instructions, making it the perfect introduction, whether you're a complete novice or just need a refresher. Innovative 360-degree views of yoga poses and over 250 photographs will help teach you the basics and ensure your technique is perfect. This is the only guide of its kind from the world-famous yoga guru BKS Iyengar.

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