



Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom

B.K.S. Iyengar, John J. Evans, Douglas Abrams

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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. 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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