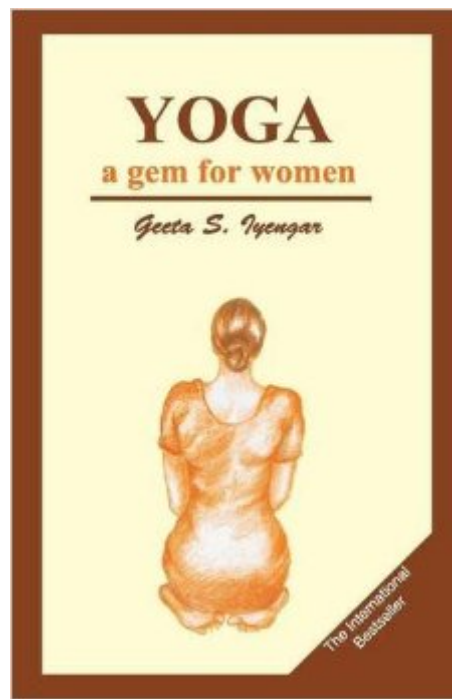


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# Yoga: A Gem For Women



## 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 author 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

This is a wonderful book with specific reference to the main biological stages of a woman's life & identifies which asanas (poses) should be practiced or avoided at those stages.. i found this book during my pregnancy at a time when i was confused whether to continue with certain yoga poses.. the book helped to clarify all my questions and has helped me continue with yoga confidently during pregnancy. My copy of this book is published in india in 1983 & subsequent publications may have a different format, but my copy is not the sort of book that you can open up at a page, & simply copy a pose by looking at a picture, some of the newer yoga books i have noticed follow this "easy"

format which is weak in content & high in glossy pictures.. this book is very rich in content - be prepared to spend some time reading in detail about useful background information as well as the poses & their effects & various techniques for achieving a pose.

If you want to learn about hatha yoga, this is a wonderful book written by Mr. Iyengar's daughter. She writes about the philosophy of yoga, how the poses fit into it, about the poses themselves, and the benefits and cautions for each, along with suggestions for a daily practice. It has detail on yoga practice for women, and since most people with Geeta Iyengar's experience and expertise are men, it is nice to get her perspective- but it is just as good for men who want to learn more about yoga. There are many pictures of the poses, including the ones meant to be done during pregnancy. If you want to learn more about practicing yoga during pregnancy, this one has a whole chapter on the subject. I used this book and the advice of my teachers during both of my pregnancies, and both my babies and myself were/are exceptionally healthy.

This is a reference guide written by Geeta Iyengar, daughter of BKS Iyengar, probably the most famous living yogi. The book is designed specifically for women who wish to develop their own self-study of yoga (Yoga Sadhana), and it covers not only asanas (postures) but also the other vital components of traditional yoga such as pranayama (breath) and meditation. Geeta is clearly a master yoga practitioner who has created a comprehensive, thoughtful manual, but her book was not at all what I was looking for. Although I have practiced yoga at home for over two years, I was overwhelmed by the level of detail in the book. In addition, I found it difficult to follow, partly because the author uses only the original Sanskrit names for the poses and partly because the visual guides to the poses were all placed at the end of the book (rather than interspersed side-by-side to the instructional information included throughout). This book would definitely not be appropriate for the casual, Westernized yoga practitioner, especially not someone who is using yoga primarily as a form of fitness. However, for someone who wishes to extend their yoga practice beyond the poses as well as to connect with yoga's original Eastern roots, this book may be ideal.

With the author being the daughter of B.K.S. Iyengar's daughter, I had high expectations of what I wanted to learn from this text and it delivered. Geeta Iyengar's book reaches to the depths of philosophy, technique and essential elements of yoga for women. This book really is a gem. I personally feel as though there is a goddess movement emerging with yoga right now. Yoga Woman is a good place to start if you don't know what I'm talking about. With yoga being

traditionally for men and classically written by men for men, it was a breath of fresh air to read about Geeta's personal experience with yoga for transformation from childhood on. The book makes yoga practical and simple, available to women of all ages and physical capabilities. For me, it's especially useful since most of the classical texts all the way up through the past few decades don't really address women's issues since we were originally excluded to include various stages of development, menstruation, hormones, physical capabilities, emotional and psychological pressures, childbirth and all the roles we play in life as a woman. How do you evolve and use yoga as an in depth tool to go beyond societal limits? The expression conveyed in this book is a darn good starting point. Classic. A must read for serious practitioners, men and women alike.

This book, written by the daughter of the famous teacher, B.K.S. Iyengar, is a nice enough reference book but would not be my first choice for a beginning North American yoga student. It contains brief, rather dry, descriptions of yoga philosophy (neither engaging for a novice nor sophisticated enough for a serious student of yoga). The book contains many useful black and white photos of yoga poses. There is a good section on yoga during pregnancy. However, this book is not as visually appealing as many others on the market. There are several recently published yoga books with large color photos that lie flat for use during practice and which have more readable text. For example, Mira Mehta, a long time student of B.K.S. Iyengar, has a couple of nice books. I particularly like her book, How to Use Yoga. Mr. Iyengar, himself, has written many books, and his new book, Yoga: the Path to Holistic Health, is lovely.

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