

IYENGAR® yoga books.

| | Clear Books | Comprehensive Books |
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| Asana | Preliminary course, by Geeta S Iyengar (I have a few cheap copies for those on low incomes) | Light on Yoga, by BKS Iyengar (free copy for introductory students on low incomes) |
| Pranayama | Pranayama should only be practised at home after two years of regular asana classes, & a discussion with your teacher. | Light on Pranayama, by BKS Iyengar (free copy for long term students on low incomes) |
| Philosophy** | The Tree of Yoga, by BKS Iyengar | Light on the Yoga Sutras of Patanjali, by BKS Iyengar** |
| Women | The Woman's Yoga Book, by Bobby Clennell | Yoga a Gem for Women, by Geeta S Iyengar |
| Pregnancy | Yoga for Motherhood, by Geeta S Iyengar | |

**Other excellent translations of the yoga sutras are:

The Gift of Consciousness by Gitte Beschguard (Book 1 only – but excellent)

The Yoga Sutras of Patanjali by Sri Swami Satchinanda

Harinanada's Translation of Patanjali's Yoga Sutras (includes his Translation of
Vyasa's Sanskrit Commentary)