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Lire des ebooks Pranayama Dipika, lumière sur le Pranayama B.K.S. Iyengar PDF, ePub, mobi, Préface de Yehudi Menuhin

Le pranayama dpika est un guide digne de foi qui s'offre à tous ceux qui désirent progresser dans l'art de la respiration yogique. L'élève y trouvera un cours complet progressif étendu sur 200 semaines avec mention particulière des difficultés et des dangers à éviter dans la pratique, ainsi qu'une vue d'ensemble de la philosophie du yoga et des sujets tels que les nads, les bandhas, les chakras et les bja-mantras. Avec 190 photographies et 20 dessins anatomiques, ce livre est indispensable à tous ceux qui cherchent à approfondir leur connaissance et leur pratique du yoga.

Comme l'écrit Yehudi Menuhin dans sa préface, « avec ce livre, B. K. S. Iyengar, mon guru en yoga, a ajouté une nouvelle dimension, plus vaste, à la vie des Occidentaux... ».

B. K. S. Iyengar est né dans le sud de l'Inde en 1918. Adolescent chétif, il est pris en charge par le mari de sa sœur qui dirige une école de yoga. Il se consacre depuis corps et âme à cette discipline. En 1952, Yehudi Menuhin devient son élève et le fait connaître dans le monde occidental où le yoga se met rapidement à rayonner. Il est mort le 20 août 2014 à Pune, en Inde, à l'âge de 95 ans.

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