



Light on Pranayama: The Yogic Art of Breathing (Chinese Edition)

B.K.S. Iyengar

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In this classic yoga best-seller a world-renowned yoga master shares the techniques of breathing together with a comprehensive background of yoga philosophy. B. K. S. Iyengar is a legend who has practiced yoga in a unique way, and today "Iyengar Yoga" is taught around the world by certified instructors.

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