



# Yoga

*Linda Sparrowe*

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## **Yoga** Linda Sparrowe

Yoga's 5,000-year tradition is rich and varied, and has always evolved to meet the needs of the culture it serves. Ever increasing numbers of people come to the practice and encounter its many benefits: the union of opposites; an understanding of the effect of the outside world on the body; a significant reduction in stress; a path to liberation; and the discovery of one's true self. Above all else, yoga has been and continues to be about the process of transformation. Linda Sparrowe discusses yoga's roots in the sacred texts and provides a look at the 20th-century yogis who brought it to the West — Swami Sivananda Saraswati, Indra Devi, and B. K. S. Iyengar, to name a few. Four hundred artful posture-illustrating photographs of the most famous yoga practitioners, including Rodney Yee, Patricia Walden, Sharon Gannon, David Life, and Richard Freeman, pull the reader ever closer to this powerful practice.

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