



## Yoga: A Gem for Women

*Geeta S. Iyengar*

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## **Yoga: A Gem for Women** Geeta S. Iyengar

Geeta Iyengar integrates yogic theory, practice and personal experience into an accomplished and inclusive guide to the discipline of Hatha Yoga. Yoga: A Gem for Women provides meticulous details and corresponding photographs for more than 80 asanas, appealing to both the beginner and the advanced Hatha practitioner.

## **Yoga: A Gem for Women Details**

Date : Published March 1st 2002 by Timeless Books (first published December 12th 1990)

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Author : Geeta S. Iyengar

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# From Reader Review Yoga: A Gem for Women for online ebook

## Subha Ganapathi says

An excellent book on yoga with illustrations. Hats-off to the author who has mentioned her life experience on how she took to yoga.

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## Cherie says

SO old-school, but chock-full of great resources and some interesting advice.

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## Kavitha says

This Book is writted by Geeta S. Iyengar, daughter of B.K.S. Iyengar, founder of “Iyengar Yoga”  
This is more a reference guide specifically for women. I’d call this a medical yoga guide for women. This book is very comprehensive, philosophical and insightful. I would recommend this book for someone with exposure to yoga & for Iyengar yoga students. Not appropriate for the casual yoga practitioner.

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## Mia Ferreira says

Covering everything from adolescence/ puberty and pregnancy to menopause, this yoga guidebook is a must have for women who regularly practice yoga. It talks the different ‘phases’ of a woman’s life and the corresponding yoga poses and practices that can be used as a tool to support that particular time.

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## Ashley says

Loved it. The philosophy on yoga is so well laid out, as well as the history of women and yoga. Also the sequences are little easier to follow for a newer yogi than Light on Yoga.

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## A.M. says

5 ? 5

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## Lynne says

OK, so...I haven't technically finished reading all of the information on each asana yet, but this book is

amazing. The background information at the beginning is laid out in a straightforward way and there are instructions for a three-year course of study, including weekly schedules to follow for each year. I think these schedules will be useful when I'm feeling stuck or uninspired, or when I need to make sure I am tackling a variety of asanas in my practice. Iyengar also gives suggestions for poses for various ailments and gives further instruction for practice during menstruation (including various period-related problems), after giving birth (natural and Caesarean), and for menopause. Ah! So much great info! The way the technique (step-by-step info on how to get into and out of each asana), special instructions (with ideas for adjustments and the use of props), and effects are laid out for each asana is so wonderfully clear and easy to follow that I found myself just reading them when I got to them. I mean, there is a 21-step technique listed for Savasana! I haven't gotten into the Pranayama and Dhyana (meditation) sections, but will eventually. Another amazing bonus are the plates depicting each asana (including variations and intermediate stages). PLUS, there are a ton of plates where the author's sister is practicing various asana while late in her pregnancy. Super and cool and inspiring.

This is a great resource for yoga students (especially those of Iyengar yoga, obviously) and I've already purchased a copy for my library. I'll definitely be referring to this one a lot.

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### **Ashley says**

Very insightful. The Iyengar family make profound leaps to getting yoga to the west. Their personal practice and knowledge makes them the premier authorities on the physical and philosophical aspects of yoga. A must read for those interested in yoga.

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### **Kate says**

Geeta Iyengar's specific outline of yoga for women. Highly recommended for all Iyengar practitioners and teachers.

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### **Michelle says**

I reference this book weekly, a real gem!

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### **Neha Tandon says**

This book is reread by me at all times. I find more connection to this book than *Light on Yoga*. It is with this book that I verify what I learn. The pictures of asanas done by a pregnant lady in the book is what made me to rethink in power of Yoga. It is truly a gem!  
The most wonderful gift from a friend.

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**Erin says**

BKS Iyengar's daughter.

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**Heather says**

A wealth of helpful information that specifically addresses the physical aspect of yoga on women. It's become my new favorite. And I love it that the author has pit stains in the panel pics.

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**Alexa Mergen says**

This book has it all: philosophy, instruction, reflection. I referred to quotes from this book in several of my yoga classes. Students enjoyed it.

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**Kate says**

Extreeeeemly detailed and difficult to follow. Descriptions of poses are in a completely different section from the pictures of them. Thorough overview of yoga philosophies. Too thorough to be interesting to me or helpful.

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