



# How to Use Yoga: A Step-by-Step Guide to the Iyengar Method of Yoga, for Relaxation, Health and Well-Being

By Mira Mehta

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This book is a practical yoga course with step-by-step photographic guidance written by one of the leading exponents of the Iyengar method of yoga. It also includes a section on postures helpful for common problems, such as headaches, stiffness, pain in the shoulders, and backache.

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Mira Mehta, MA MPhil, has studied yoga under B. K. S. Iyengar since childhood and holds an advanced teaching qualification in the Iyengar Method. She has her own yoga school in London, The Yogic Path, and is co-author of *Yoga: The Iyengar Way*.

#### **About the Author**

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