

By Copley News Service

While practicing asanas under the watchful eye of an experienced instructor is the best way to learn yoga, you can't always make it to class. Happily, a plethora of quality books and videos can fill the gap. Use these to develop your own at-home practice, and you can benefit from yoga every day.

- "Light on Yoga" by B.K.S. Iyengar (Schocken Books). Considered by many to be the bible of yoga, the guru demonstrates proper form for 200 asanas and offers tips on how beginners can modify poses.

- "How to Use Yoga" by Mira Mehta (Rodmell Press). Based on the Iyengar method, this user-friendly, full-color book helps readers design their own at-home

practice. Clear, step-by-step photos define the finer points of each asana, as well as demonstrate how to use props. Also includes a 10-week course for home practice and a helpful section on asanas for problems, such as headache, back pain and menstruation.

- "Yoga the Iyengar Way by Silva Mehta, Mira Mehta and Shyam Mehta (Knopf). An expanded version of "How to Use Yoga" with a similar format and photo illustrations for more asanas.

- "Yoga for Women" by Geeta S. Iyengar (Timeless Books). Iyengar's daughter, Geeta, wrote this book on yoga practice just for women. Ideal for general good health, as well as specific conditions, such as menstruation, pregnancy and menopause.

Using Yoga books

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