

COMMENT TROUVER les POSTURES dans les LIVRES IYENGAR ?

- « Lumière sur le Yoga » de B.K.S Iyengar (édition Buchet Chastel) = **LSY**
et sa version format poche « Bible du Yoga » (édition J'ai Lu) = **Bible**
- « Yoga, Joyau de la Femme » (édition Buchet Chastel) = **Yoga Femme**
et « Cour d'Initiation » de Geeta Iyengar (édition AFYI) = **Cours Initiation**

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