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B K S Iyengar Yoga Bellur
Krishnamachar Sundararaja
Iyengar, better known as B.K.S.
Iyengar, was the founder of the
style of yoga as exercise known as
"Iyengar Yoga" and was considered
one of the foremost yoga teachers
in the world. He was the author of
many books on yoga practice and
philosophy including Light on Yoga,
Light on Pranayama, Light on the
Yoga Sutras of Patanjali, and Light
on Life. Iyengar was one of the
earliest students of Tirumalai
Krishnamacharya, who is often
referred to as "the father of
modern B. K. S. Iyengar -
Wikipedia Yogacharya B.K.S.
Iyengar with his intellectual and
spiritual practices has

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masterminded the techniques which can be used by all practitioners of yoga. B K S Iyengar - Home IYNAUS promotes the art, science and philosophy of yoga according to the teachings of B.K.S. Iyengar. © B.K.S. Iyengar and IYNAUS, the Iyengar Yoga National Association of the United States Please do not reprint or use in another way without acknowledging B.K.S. Iyengar and IYNAUS, the Iyengar Yoga National Association of the United States. B.K.S. Iyengar In 1975 in Pune, Iyengar founded the Ramamani Iyengar Memorial Yoga Institute, which he named for his late wife and ran with the assistance of his daughter Geeta and his son, Prashant. By the early 21st century his empire boasted more than 200 Yoga

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centres, several thousand teachers, and millions of students worldwide. B.K.S. Iyengar | Indian teacher | Britannica B.K.S. Iyengar established hundreds of Iyengar Yoga Institutes across the globe. He was personally head of his own institute, in India, until he died in 2014. Books he wrote include Light on Yoga, Light on Pranayama, and Yoga: The Path to Holistic Health. B.K.S. Iyengar Yoga: The Path to Holistic Health: Iyengar ... Iyengar Yoga Association of Northern California Transforming Lives Through Yoga The mission of Iyengar Yoga Association of Northern California is to study, teach, disseminate and promote the art, science and philosophy of Yoga according to the teaching of B.K.S. Iyengar. B.K.S. Iyengar Yoga

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Iyengar Yoga is meant to be experienced by people of all ages and abilities. Iyengar Yoga | B.K.S. Iyengar Yoga Center of Las Vegas ... Iyengar Yoga, named after and developed by B. K. S. Iyengar, and described in his bestselling 1966 book *Light on Yoga*, is a form of yoga as exercise that has an emphasis on detail, precision and alignment in the performance of yoga postures (asanas). Iyengar Yoga - Wikipedia World-renowned yoga teacher B.K.S. Iyengar said it best: "Yoga teaches us to cure what need not be endured and endure what cannot be cured." Balance is described in yogi terms by *Yoga Journal* as such: "When we balance, we align our body's center of gravity with the earth's gravitational field."

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