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Teacher Education - Iyengar Yoga in NYC and Brooklyn

Bellur Krishnamachar Sundararaja Iyengar (14 December 1918 20 August 2014), 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 ...

B. K. S. Iyengar - Wikipedia

B.K.S. Iyengar, founder of Iyengar Yoga was considered amongst the most important teachers of yoga in the world. He has often been credited with popularising yoga, especially in the west. He was given the Padma Vibushan, Padma Bhushan and Padma Shri 1 The fourth, third and second highest civilian award respectively 2 by the government of ...

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I felt B.K.S Iyengar was very compassionate and loving in his words to the reader. Light on Yoga is definitely a comprehensive read for the yogi and provided the photographs of each posture (along with the reasoning behind each asana (dedication), and how to safely get into the posture and the effects each posture has on the body.

Light on Yoga: The Bible of Modern Yoga: B. K. S. Iyengar ...

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