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Yoga the Iyengar Way When I was training to teach Iyengar Yoga, there were really two books that were my mainstay: This was one of them, and of course Light On Yoga was the other. A superb book with a huge amount to offer Iyengar students at all levels.

Yoga " The Iyengar Way

THE IYENGAR WAY. SILVA, MIRA & SHYAM MEHTA. Foreword by B.K.S. IYENGAR
YOGA THE IYENGAR WAY To our Guru Who has taught us this art And has guided our lives May the light of his knowledge illumine others To proceed on the path of Yoga

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A practical guide to the most widespread of yoga forms - the Iyengar method - this book is suitable both for beginners and advanced pupils and can be used as a handbook for home practice. Each of the 90 postures included is graded, described and accompanied by detailed instructions.

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Silva Mehta, Mira Mehta, Shyam Mehta, "Yoga: The Iyengar Way" Knopf | ISBN: 0679722874, 0863184200, 0394568753 | April 7, 1990 | 192 pages | File type: PDF | 78.4 mb A comprehensive, practical, and authoritative guide to the method developed by Iyengar. 100 key postures with detailed step-by-step instructions and photographs.

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By the photos and words announcing the Michigan Yoga Association workshop A Sense of Self: The Practice of Pratyahara with Kira (Ryder) Sloane, I looked forward to a fun-filled and easy-peasy experience.

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The Iyengar way of teaching is unique in the modern day melange of yoga classes and teaching methods. It is intensely faithful to the tradition of Patanjali's Yogasutra. The classes are open to all, irrespective of creed, colour, religions, gender, persuasion or any such man made criteria.

YogaTheIyengarWay

Introductioni Disciplined action, study of the self, and surrender to the Lord constitute the practice of Yoga.
"Tapas svadhyaya isvarapranidhanani kriyayogah."

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