



SHRI B.K.S. IYENGAR

Acknowledged as one of the greatest Yogis in the world today, he is a teacher whose complete devotion to his art, intense study of the asanas in their original text (over the period of a lifetime), and whose unswerving discipline in training and tuition, produces in his students an approach to his own awareness and penetration.

In dedicating this humble book to him, I wish to express my gratitude for all he has taught me.