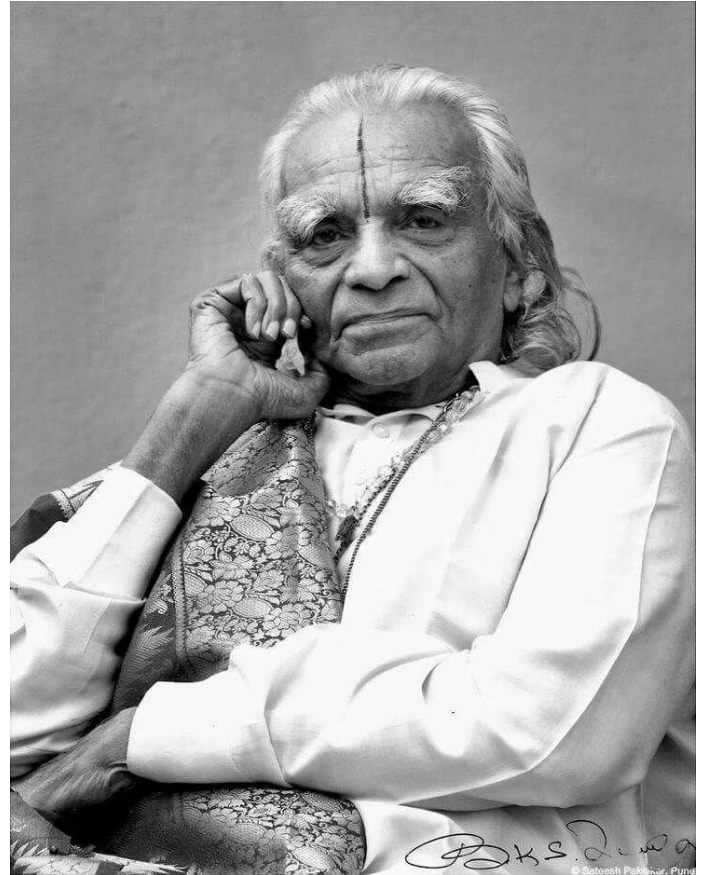


Yogacharya B.K.S.Iyengar (Guruji)

Introduction:

Yogacharya B.K.S.Iyengar (Guruji) is a living legend who has taught yoga in unique way to all his students. He finds the meaning of the yoga sutras by his practical search and regular practice of yoga. Thus, he has helped all to experience the wisdom of the yoga sutras. His style of teaching yoga is called "Iyengar Yoga" and is now being followed by certified teachers across the world. Bellur Krishnamachar Sundararaja Iyengar (14 December 1918 – 20 August 2014) was an Indian yoga teacher and author who is the founder of the style of yoga as exercise known as "Iyengar Yoga" and was considered one of the foremost yoga gurus 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 yoga". He has been credited with popularizing yoga, first in India and then around the world.



The Indian government awarded Iyengar the **Padma Shri in 1991**, the **Padma Bhushan in 2002**, and the **Padma Vibhushan in 2014**. In 2004, Iyengar was named one of the 100 most influential people in the world by Time magazine

His Childhood

Bellur Krishnamachar Sundararaja (BKS) Iyengar was born on December 14, 1918. His father Sri Krishnamachar was a school teacher and therefore Guruji has all his father's qualities even at this age. Guruji was a victim of malaria, typhoid and tuberculosis in his childhood .

At the age of 16, he was introduced to yoga by his Guru Sri T. Krishnamacharya. At the age of 18, he was sent to Pune, Maharashtra by his guru to teach and preach yoga as he knew a little of English. This missed his opportunity to learn a lot about yoga directly from his guru.

Guruji was a sincere and committed practitioner. His own practice



helped him to explore and achieve perfection in yoga asanas. This is reflected in his teachings all over these years.

His family

In 1943, Guruji married Ramamani who was sixteen year old. She supported Guruji along with her family of five daughters namely Geeta, Vinita, Suchita, Sunita and Savitha and one son Prashant.

Both [Geetaji](#) and [Prashantji](#) are supporting Guruji in teaching Iyengar Yoga even today.



Education in yoga

In 1934, his brother-in-law, the yogi [Sri Tirumalai Krishnamacharya](#), asked the 15-year-old Iyengar to come to [Mysore](#), so as to improve his health through the practice of yoga [asanas](#). Krishnamacharya had Iyengar and other students give asana demonstrations in the Maharaja's court at [Mysore](#), which had a positive influence on Iyengar. Iyengar considers his association with his brother-in-law a turning point in his life saying that over a two-year period "he (Krishnamacharya) only taught me for about ten or fifteen days, but those few days determined what I have become today!". [K. Pattabhi Jois](#) has claimed that he, and not Krishnamacharya, was Iyengar's guru. In 1937, Krishnamacharya sent Iyengar to Pune at the age of eighteen to spread the teaching of yoga

Though Iyengar had very high regard for Krishnamacharya, and occasionally turned to him for advice, he had a troubled relationship with his guru during his tutelage. In the beginning, Krishnamacharya predicted that the stiff, sickly teenager would not be successful at yoga. He was neglected and tasked with household chores. Only when Krishnamacharya's favorite pupil at the time, Keshavamurthy, left one day did serious training start. Krishnamacharya began teaching a series of difficult postures, sometimes telling him to not eat until he mastered a certain posture. These experiences would later inform the way he taught his students.

Iyengar reported in interviews that, at age 90, he continued to practice asanas for three hours and pranayamas for an hour daily. Besides this, he mentioned that he found himself performing non-deliberate pranayamas at other times.

His disciples

B.K.S.Iyengar taught several eminent personalities such as J. Krishnamurti (ideal teacher), Jayaprakash Narayan (freedom fighter), Achyut Patwardhan (commandant of National Defence Academy) and also many physicians and industrialists.

Guruji's practice and teachings were well appreciated by Dr. Rajendra Prasad (First President of India), Dr. Mohammad Hatta (ex-Vice President of Indonesia), Pope Paul VI and also by other eminent personalities from different countries.

A fortuitous meeting with the violin maestro Yehudi Menuhin in 1952 was instrumental in introducing the Western World to Guruji. Menuhin was responsible in introducing several luminaries to BKS Iyengar. One of them being the Queen Mother of Belgium.



His Institute

On 26th January 1973, Gururji laid the foundation of Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune, named after his wife Smt. Ramamani Iyengar. The institute was inaugurated on



January 19, 1975.

By this time, Gururji's eldest daughter [Geeta](#) and son [Prashant](#) were also involved in teaching yoga. They also started teaching at the institute with Gururji.



His teachings

Guruji's teachings were first published in 1966 as [Light on Yoga](#). This book has been translated into 18 languages. Today, he is the author of 14 books.

Guruji was the first person to teach large group of students. He lays great emphasis on precision and alignment which is followed by his students. He gets students to perform and break barriers. He brings about an automatic transformation in the mind and habits of people. He is the only person to teach the highest aspects of yoga - Atma Darshan through asanas. He has taught several [famous personalities](#).

In 1998, he taught 800 of his students for a week on the occasion of his 80th birthday at Pune. Again, in the year 2000, he conducted a special course for senior "Iyengar Yoga" teachers from nearly 40 countries.



His practice

Even today, at the age of 95, he continues to practice. While in practice, he is an artist at work. He is always at ease in any posture he performs. Precision and beauty mark the asana, and the regular practice he advocates integrates the body, mind and emotions.

[Smt. Geetaji](#) and [Prashantji](#) are also totally devoted and committed to teach Iyengar Yoga.



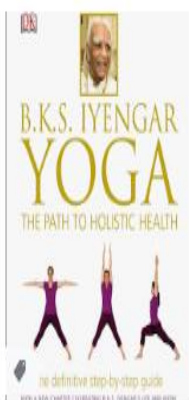
Publications

- (1966; revised ed. 1977) [Light on Yoga](#). New York: Schocken. ISBN 978-0-8052-1031-6

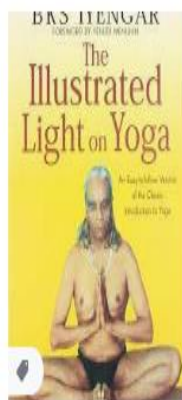
- (1981) *Light on Pranayama: The Yogic Art of Breathing*. New York: Crossroad. ISBN 0-8245-0686-3
- (1985) *The Art of Yoga*. Boston: Unwin. ISBN 978-0-04-149062-6
- (1988) *The Tree of Yoga*. Boston: Shambhala. ISBN 0-87773-464-X
- (1996) *Light on the Yoga Sutras of Patanjali*. London: Thorsons. ISBN 978-0-00-714516-4
- (2005) *Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom*. (with Abrams, D. & Evans, J.J.) Pennsylvania: Rodale. ISBN 1-59486-248-6
- (2007) *Yoga: The Path to Holistic Health*. New York: Dorling Kindersley. ISBN 978-0-7566-3362-2
- (2000–2008) *Astadala Yogamala: Collected Works* (8 vols) New Delhi: Allied Publishers.
- (2009) *Yoga Wisdom and Practice*. New York: Dorling Kindersley. ISBN 0-7566-4283-3
- (2010) *Yaugika Manas: Know and Realize the Yogic Mind*. Mumbai: Yog. ISBN 81-87603-14-3
- (2012) *Core of the Yoga Sutras: The Definitive Guide to the Philosophy of Yoga*. London: HarperThorsons



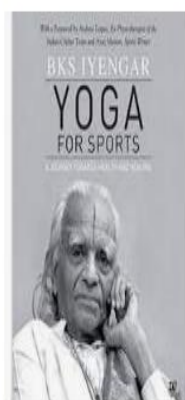
Light on Yoga: The Cla...
amazon.in



Buy BKS Iyengar Yoga Th...
amazon.in



Buy The Illustrated Ligh...
amazon.in



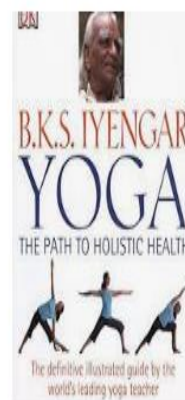
B K S Iyengar - References...
bksiyengar.com



Light on Yoga by B.K.S...
goodreads.com



Combo Collection Of B.K.S.Iyengar (Set Of 7 B...
flipkart.com



B.K.S. Iyengar Yoga: The ...
amazon.com



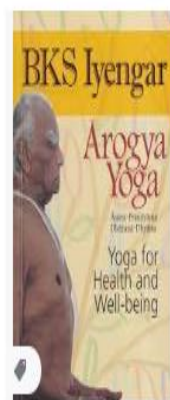
B K S Iyengar Yoga Book ...
snapdeal.com



Yoga: Path to Holistic H...
goodreads.com



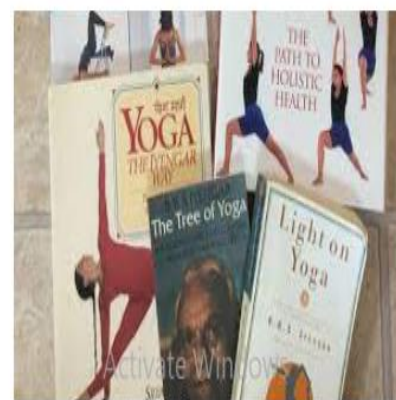
The 10 Best Iyengar Yog...
caloriebee.com



BKS IYENGAR – AROG...
pragationline.com · स्टॉक में



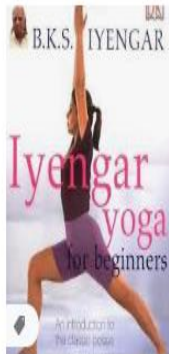
Popular Yoga Books by BKS Iyengar
yogacurious.com



Best Iyengar Yoga Books for Beginners – ~ When Life is ...
whenlifeisgood.com



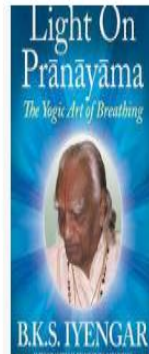
B K S Iyengar Books St...
flipkart.com



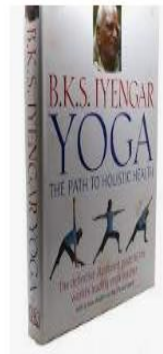
9781405317382: Iyenga...
abebooks.com · स्टॉक में



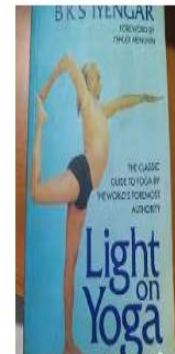
AbeBooks Review: B.K.S Iyengar Yoga the Path to H...
youtube.com



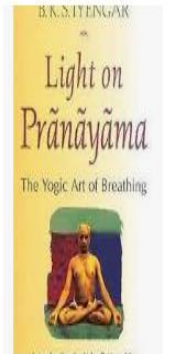
Light on Prāṇāyāma: T...
goodreads.com



B.K.S. IYENGAR YOGA T...
biblio.com



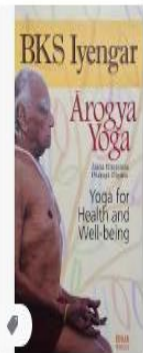
Light on yoga by BKS Iy...
olx.in



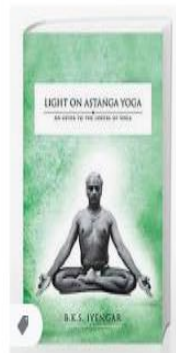
Light on Pranayama - B...
pinterest.com



B K S Iyengar Yoga (Set Of 3 Book...
<https://www.google.com/?&hl=hi>



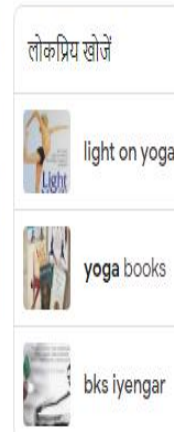
Arogya Yoga
yogvidya.co.uk · स्टॉक में



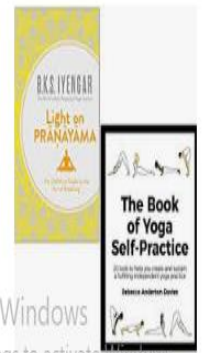
Light on Astanga Yoga: A...
madrasahoppe.com · स्टॉक में



Yoga related books by late Shri B K ...
alamy.com



Buy Yoga for Everyone: ...
amazon.in



Light on Pranayama By B.K...
goodreads.com

Awards :

2014	- The second highest civilian award Padma Vibhushan by the President of India
2013	- "Mother Teresa Sadbhavana Award" for outstanding achievements in the field of yoga by Indian Solidarity Council, New Delhi
2012	- "Gurujan Gaurav Puraskar" by Ganesh Kridha Mandir, Pune - Indian Merchants Chamber awarded Guruji with "IMC Juran Quality Medal- 2011 " - Aditya Pratisthan, Pune awarded "Yoga Vidya bhushan- Laxmi Vasudeo Puraskar"
2011	- "Gold Medal For India" by American Biographical Institute
2010	- For outstanding achievements, the International Institute of Education & Management awarded "Rajdhani Rattan Gold Medal Award" - Indian Solidarity Council, awarded "Rashtrya Gaurav Award" for outstanding achievements. - Economic Growth & National Unity, Delhi awarded "Jewel of India Gold Award" and Gold Medal (Certificate of Excellence) - International Institute of Education and Management honoured "Maha Yoga Guru Puraskar"
2009	- "Life Time Achievement Award" by the second annual transformation festival, which was held in Hyderabad
2008	- "Superior Achievement award" by University of California, Riverside for Guruji's lifelong dedication to the philosophy, art and science of yoga
2007	- "Yogiraj of the Millennium" by Institute of Education Research and Development in association with the Global Institutes - International Penguin publishing House has chosen Guruji for "Rising personalities of India award and gold medal"
2006	- "World Medal of Freedom" by American Biographical Institute or significant accomplishments in the field of World peace - Sri. Sri. Ravi Shankar awarded Guruji with "Kasba Ganapati Award "
2005	- The Indian Solidarity Council, New Delhi honoured "Indira Gandhi Excellence Award " - International Institute of Education & Management, for Guruji's outstanding achievement has honoured "Rajdhani Rattan Gold Medal Award " - For Guruji's work Industrial Technology Foundation, Delhi through Justice. P.C.Jain (Former Chief Justice of Rajasthan High Court) has honoured "Golden Life Time Achievement"

	<p>Award "</p> <ul style="list-style-type: none"> - "Bharati Jeevan Sadhana Gaurav Puraskar" and cash award of Rs 51,000/- was awarded by the Bharati Vidyapeeth, Pune - Shri. Raghavendra Anugraha awarded Guruji "Yoga Shikshana Puraskar "and a cash of Rs 5000/- by H.H.Sri.Sri.Sri. Sushvendra Swamiji on his Amruta Jayanti Day Tivar, Pune - Suryadatta Group of Institutes, Pune felicitated "Suryadatta Life Time Achievement Award"
2004	<ul style="list-style-type: none"> - The Maharashtra Mandal, Pune awarded Guruji "Late. Capt. Shivrampant Damle Puraskar" with Rs 10,000/- for outstanding achievement. - Guruji was honoured by Industrial Technology Foundation for extra-ordinary achievement in chosen field of activity
2003	<ul style="list-style-type: none"> - For Guruji's work in Complimentary Medicine by the Medicina Alternativa Institute Open University for Complimentary Medicine Colombo SriLanka has honoured "Fellow of the Royal College of Physicians" - International Institute of Education & Management Delhi, awarded "Jewel of India" - National & International Compendium awarded "Life Time Achievement Award" - Vidya Sahakari Bank Pune honoured "Vidya Vyas Award"
2002	<ul style="list-style-type: none"> - Padmabhushan by the Government of India - Mumbai citizens honoured "Yoga Ratna" - Samskrita Academy Chennai awarded "Yoga Bhaskara Award" - The International Penguin Publishing house awarded "Rising Personalities of India" along with a Gold Medal, for his outstanding services achievements and contributions - The United Cultural Convention of the American Biographical Institute honoured "Noble Prize for outstanding Achievement and Contributions to Worldwide Humanity"
2001	<ul style="list-style-type: none"> - Svasthya Seva Ratna by the International Institute of Health Sciences, Calcutta - Guruji was honoured one among 10 eminent people who have crossed 80 years "Sharada Jnana Pitam award" - "Rishi Award"
2000	<ul style="list-style-type: none"> - "Priyadarshni Academy Award" for "Life Time Achievement" in the field of Yoga - International Publishing Centre awarded "Hall of Fame Award" - The International Institute of Success of Awareness awarded "Millennium Medal of Achiever 2001" - Progressive Education Society, Pune awarded "Shri. Shankar Rao Kanitkar Puraskar"
1999	<ul style="list-style-type: none"> - The World Yoga Society, Calcutta awarded "Yoga Dron Award-1999" - Sri Murl Manohar Joshi HRD & S&T Minister, Govt, of India honoured Guruji "Gyan Kalyan Charitable Award" (This award is usually given for achievement in the areas of Sanskrit, Ayurveda and Yoga). - Also for being the Greatest Yoga Exponent "Millennium Honour" - The International Biographical Research Foundation of India awarded Guruji "Eminent Personalities of India, 1999" - The International Publishing House, New Delhi awarded "Best Citizen of India Award, 1999-2000" - Acharya Kishore Vyas at the Gita Parivar Sangamner, in Pune felicitated Guruji with "Swami Vivekanand Puruskar Award " - Rotary Club of Kothrud, Pune honoured Guruji for his contribution on the field of yoga "Rotary Excellence award "
1998	<ul style="list-style-type: none"> - "Man of the Year 1998" awarded by The American Biographical Institute - The International Biographical Centre, Cambridge, England awarded "International Man of the Year 1998" - "Twentieth Century Achievement Award" and included Guruji's name in the International Directory of Distinguished Leadership of 1998 - "Twentieth Century Achievement Award" and included Guruji's name in volumes 2000 Outstanding People of the Twentieth Century - Guruji's name was also included in volumes of "500 Leaders of Influence of the Twentieth Century as well as future generations"
1996	<ul style="list-style-type: none"> - Health Care for 1996 Award, Top Management Club (India) Pune Chapter honoured him

	has honoured him with
1995	- " Punya Bhushan " by Tridal - All India Board of Alternative Medicine " Gem of Alternative Medicine "
1993	- Indian board of Alternative Medicines awarded him with a Gold Medal
1992	- Pune Pride awarded " Gold Medal "
1991	- " Rajyotsava Award " by the Government of Karnataka - All India Board of Alternative Medicine " All India Vasistha Award " and a gold medal for outstanding contribution in the field of yoga education - 4th congress of the World Federation of Societies of Holistic Medicine (Italy) he was awarded the " Purna Swasthya Award "
1990	- " Patanjali Award " from Government of Karnataka
1989	- " Vasista Award " at the All India Physical Education Conference
1988	- " Rajyotsava Award " by the Government of Karnataka - Ministry of Federal Star Registration, U.S.A. announced that " a Star in the northern hemisphere has been named after Yogacharya B.K.S. Iyengar "
1976	- The Film and Television Institute of India produced a 22 minute film titled " Samādhi " which won the Silver Lotus Award.

Honours :

1997	The Best citizen of India by the International Publishing House International Biographical Centre, Cambridge includes him in the International Directory of distinguished leadership 2000 outstanding personality of the 20th century
1996	Doctor of Science conferred by University of Mysore
1991	International council of Ayurveda confers him with a Fellowship
1988	A Star in the Universe is registered after Guruji Daratuya Vidyabhavan honours him University of Pennsylvania honours him with an honorary doctorate
1985	The Mayor of Los Angeles honours Guruji
1984	The Mayor of Philadelphia honours Guruji
1978	Sculpture of Guruji's Mandalasana installed in Philadelphia

Titles :

2014	- Swami Vivekananda Yoga Anusadhana Samsthanam Deemed University honoured with " Doctor of Letters (Yoga) " - Portuguese Yoga Federation honoured with the title " International Yoga Grand Master "
2011	- International Biographical Centre of Cambridge considers B. K. S. Iyengar as " one of the top 100 Educators in 21st century " - Kannada University of Hampi, Karnataka honoured the degree of " Nadoja "

2010	<ul style="list-style-type: none"> - Out of 100 chosen personalities of India, Guruji ranked 33rd as the Yoga Guru and author in Readers digest 2010, "INDIA'S MOST TRUSTED-2009" honoured at Pune - International Biographical of Cambridge honoured "2000 outstanding intellectuals of the 21st Century "
2009	<ul style="list-style-type: none"> - Rajiv Gandhi University of Health Sciences, Karnataka conferred "DEGREE OF SCIENCE"
2008	<ul style="list-style-type: none"> - Friendship Forum of India has presented "Certificate of Excellence" outstanding and extra-ordinary achievements in his chosen fields of activity and services rendered to promote greater friendship. - Friendship Forum of India has presented ""Economic Growth and National Unity" for outstanding contribution and praiseworthy achievements in his chosen field - DNA honoured Guruji for top 50 ""The Influentials- People Who Impact India"
2004	<ul style="list-style-type: none"> - Yogacharya B.K.S.IYENGAR is included in the list of "most powerful and influential people of the World" compiled by the "American Time Magazine" - Felicitated by the Karnataka Legislature Council, Bangalore - Felicitated by Ajit Kumar Memorial Yoga Research Centre Students of Yoga Center, Bangalore
2003	<ul style="list-style-type: none"> - Oxford English Dictionary included "Iyengar" for defining Yoga, published by Oxford University Press
2002	<ul style="list-style-type: none"> - Title "Doctorate of Letters (D.LITT)" honoured at Pune - Title "Yoga Panchajanya Pithamaha " honoured by villagers of Bellur, from birth place of Guriji
2001	<ul style="list-style-type: none"> - Title "Sharada Jnana Pitam" honoured to 10 eminent people who have crossed 80 years - Title "Rishi Award " honoured to Guruji at Pune
2000	<ul style="list-style-type: none"> - Title "Swasthya Seva Ratna" International Institute of Health Sciences in Calcutta conferred Guruji - Title "Nominated for Torch for Global Inspiration " Torchbearer of the American Biographical Institute (USA) for certified teachers throughout the World
1999	<ul style="list-style-type: none"> - Title "Abhinava Patanjali Maharsh" Sri Chaitanya Vaishnava Vardhini Sabha conferred Guruji in Mysore. - Title "Jeevan Sadhana Gaurav " Pune University honoured for his life time achievement in the field of yoga
1997	<ul style="list-style-type: none"> - Title "Doctorate of Science" University of Mysore conferred on him honorary Doctorate. - Title "Vipra Ratna" The Karnataka Brahman Mahasabha honoured
1991	<ul style="list-style-type: none"> - Pune Municipal Corporation felicitated him and presented him with a Scroll of Honours
1981	<ul style="list-style-type: none"> - Title "Yoga Raja" conferred by Vishwa Yoga Sammelan
1962	<ul style="list-style-type: none"> - Title "Yoganga Shikshana Chakravati" conferred by his Guru, T. Krishnamacharya
1948	<ul style="list-style-type: none"> - Title "Yoga Raja" conferred by Swami Shivananda
<ul style="list-style-type: none"> • BBC Television has equated him with one of the greatest artists " Michaelangelo of Yoga" 	
<ul style="list-style-type: none"> • Robert Engman, Chairman, Department of Fine Arts at the University of Pennsylvania, has created a monumental 15 foot sculpture named "After Iyengar" calling him "A Supreme Artist" 	