



# FUNDAMENTALS OF IYENGAR YOGA

Fundamentals I - B.K.S. Iyengar

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“Yoga allows you to find an inner peace that is not  
ruffled and riled by the endless stresses and struggles of  
life.”

– *B.K.S. Iyengar*

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# FUNDAMENTALS I

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- founded by B.K.S. Iyengar (1918)
- based on the teachings of B.K.S. Iyengar
- mentor Krishnamacharya



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# FUNDAMENTALS I

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- weak, sickish child
  - started his yoga practice with 15
  - his mentor forced poses on him
  - Iyengar got healthy again and went to Pune to teach
  - didn't want to follow his mentor's strict regime
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# FUNDAMENTALS I

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- self-study of various Hatha Poses
  - important —> correct alignment
  - usage of props (cushions, blankets, belts, etc.)
  - created his own style
  - very well-known by 1952
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# FUNDAMENTALS I

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- taught famous musician Yehudi Menuhin
  - one of the first yoga tours through the west
  - published “Light on Yoga” in 1966
  - founded *Ramamani Iyengar Memorial Yoga Institute* (RIMYI) in 1975
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“Yoga allows you to rediscover a sense of wholeness in your life, where you do not feel like you are constantly trying to fit broken pieces together.”

– *B.K.S. Iyengar*

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