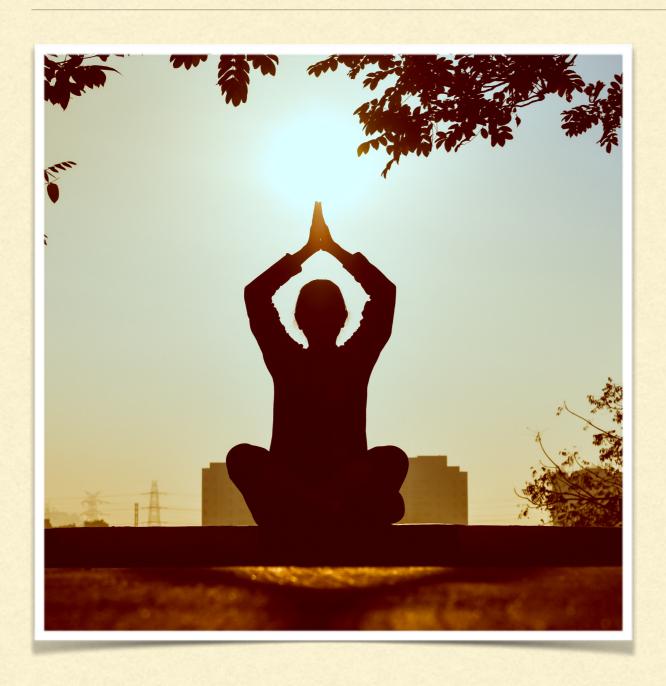


# FUNDAMENTALS OF IYENGARYOGA

Fundamentals I - B.K.S. Iyengar

"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. lyengar



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

- 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

- 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

- 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

"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. lyengar