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B. K. S. Iyengar's classic book Light on Yoga is a comprehensive introduction to yoga with detailed descriptions of over 200 postures Yoga Dipika B. K. S. IYENGAR

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B. K. S. Iyengar began his study of yoga with his Mr. Iyengar s other influential works include Light on Pranayama, Light on the Yoga Sutras and The Tree of

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B.K.S. Iyengar Yoga Teachers Diploma. (see Yoga Dipika of Light on Yoga by B.K.S. Iyengar). Teaching will be exclusively based on the method of B.K.S. Iyengar.

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B.K.S. Iyengar was born in India in 1918 and has been teaching yoga since of the age of 17. He has been one of the world's leading teachers of yoga for over 70 years

An excerpt from bks iyengar' s light on life |

B.K.S. Iyengar reveals the "heart of yoga" that he personally discovered Mr. Iyengar s book Light on Yoga, BKS Iyengar poured all of himself into

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About Author (B. K. S. Iyengar): B. K. S. Iyengar was born on 14th December 1918 in Bellur, Kolar District, Karnataka, India and has been teaching and practicing yoga

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