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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

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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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