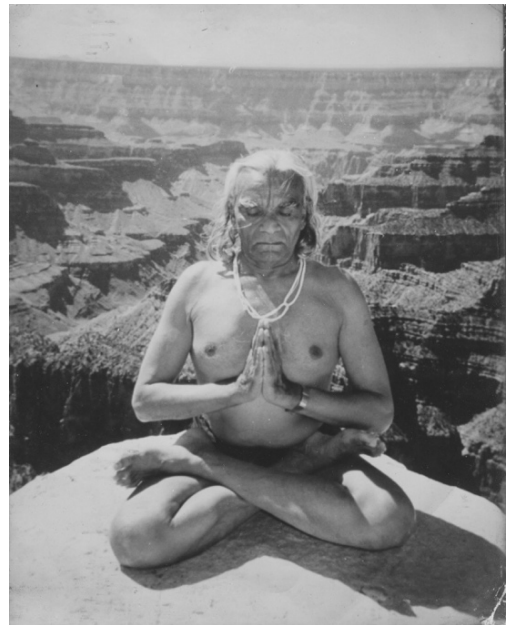


YOGACHARYA

**B.K.S.
IYENGAR**



Yogacharya Sri B K S Iyengar (BKS) is often described as the 'father of modern yoga' and his influence in spreading the practice of yoga across the globe has been immense. He introduced Yoga into the UK in the early 1960s and that seed has grown into a worldwide Iyengar community with thousands of teachers and hundreds of thousands of students.

One of his key contributions to modern Yoga was his first book, 'Light on Yoga', originally published in 1966. Yoga has traditionally been passed on from guru to student but BKS categorised over 600 yoga poses, describing them in detail and giving their physical, psychological and spiritual benefits. He also stressed the importance of doing the postures in the correct sequence and adapting one's yoga practice according to one's physical and mental condition. Another feature of BKS's method is precision, he stressed the absolute importance of alignment and balance in the body.



**Angela Hulm
Iyengar Yoga**

**in West Wickham since 2005
beginners and experienced
adult mixed ability
daytime and evening**

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BKS introduced precise teaching syllabuses and assessment procedures in order to guarantee the quality of teaching from yoga teachers and anyone using the Iyengar name; this combined the art and philosophy of yoga practice with the science of teaching.

Perhaps BKS's most well known contribution was the introduction of 'props' – equipment designed to help people practice specific yoga poses. The aim of these is to allow anyone to practice yoga, however stiff, elderly, injured or unwell. By teaching yoga to women and also to 'untouchables' BKS has democratised yoga, but without any hint of evangelism. 'Not everyone is for Yoga, but Yoga is for everyone.'

