

Chapter 1 : Yoga for you - The Hindu

Geeta Iyer is one of the most widely known and respected Yoga teachers in Chennai, India. She is a qualified teacher and has had training in Iyengar, Integral and Sivananda styles. She has been practicing and teaching Yoga for over 25 years.

International recognition[edit] In , Iyengar befriended the violinist Yehudi Menuhin. Because Iyengar had taught the famous philosopher Jiddu Krishnamurti , he was asked to go to Bombay to meet Menuhin, who was known to be interested in yoga. Menuhin said he was very tired and could spare only five minutes. Iyengar told him to lie down in Savasana lying on his back , and he fell asleep. After one hour, Menuhin awoke refreshed and spent another two hours with Iyengar. Menuhin came to believe that practising yoga improved his playing, and in invited Iyengar to Switzerland. At the end of that visit, he presented his yoga teacher with a watch on the back of which was inscribed, "To my best violin teacher, BKS Iyengar". From then on Iyengar visited the west regularly, and schools teaching his system of yoga sprang up all over the world. There are now hundreds of Iyengar yoga centres. In , Iyengar published his first book *Light on Yoga*. It eventually became an international best-seller. Iyengar authored 14 books. He officially retired from teaching in , but continued to be active in the world of Iyengar Yoga, teaching special classes, giving lectures, and writing books. Alter of the University of Pittsburgh stated that Iyengar "has by far had the most profound impact on the global spread of yoga. There are now over thirty thousand Iyengar yoga students in 57 cities in China. Besides this, he mentioned that he found himself performing non-deliberate pranayamas at other times. He also drew inspiration from Hindu deities such as Yoga Narasimha and stories of yogis using trees to support their asanas. In , he came to Pune and was teaching my daughter and son. He taught them for many hours, but unfortunately they could not get what he was trying to show them. When I came up and asked what was wrong, my daughter told me what she did not understand about a posture. So, I explained to her, "You must stretch from this end to that end". And immediately when Krishnamacharya saw this, he gave me a gold medal known as Yoga Shikshaka Chakravarti, which means "Emperor of Yoga Teachers, Teacher of Teachers". He said I must teach like this and not just in private, but in public. Family[edit] In , Iyengar married year-old Ramamani in a marriage that was arranged by their parents in the usual Indian manner. He said of their marriage: Ramamani Iyengar died in aged The other children of B. Iyengar are Vanita, Sunita, Suchita, and Savita. Philanthropy and activism[edit] Iyengar supported nature conservation, stating that it is important to conserve all animals and birds. Through a trust fund that he established, he led a transformation of the village, supporting a number of charitable activities there. Death[edit] Iyengar died on 20 August in Pune, India from heart failure and renal failure , aged The Yogic Art of Breathing.

Chapter 2 : B. K. S. Iyengar - Wikipedia

*Illuminating Lives with Yoga [Geeta Iyer, Geeta Yoga] on calendrierdela science.com *FREE* shipping on qualifying offers. This book is the only one of its kind that focuses on Yoga as a basis for self development.*

Sign in or sign up and post using a HubPages Network account. Comments are not for promoting your articles or other sites. Yes, marnix, I agree whole-heartedly to those two books! Also, basic guidelines for teachers of yoga, as well as yoga in action: As a beginner to Iyengar Yoga, though, it is so much more important to work with a well-trained teacher who can guide you through poses, modifications, and sequences that will be beneficial for your own healing. Jill 8 months ago I am new to Iyengar Yoga and am using it to heal my body from accidents. Which book old be best to get a deeper understanding of yoga as a therapeutic experience? To use yoga to help with serious health, you need to work in person with a well-trained therapeutic yoga teacher. I am not able to do that. Aman Sukhala 15 months ago Hello Karen! I am Amandeep Sukhala from India and 24 years old. I get much information from your books list I am suffering from pneumonia by birth and cervical from last 4 years Iyengar gives every little detail on Pranayama that I cannot find elsewhere. I understand what you mean about "Light on Yoga" being intimidating to beginners! I would page through the book and gawk at some of the photos: Thanks for your comment! BrittaFroehling 3 years ago "Light on Yoga" is my favourite book, but I remember when I was a beginner, I was intimidated by some of the asanas B. S Iyengar shows in the book. My mindset has changed in the meantime, so now I see it as inspiration instead of intimidation. TerriCarr 4 years ago I am so happy to see a great yoga page here. I have a few of these titles already. Takkhis This is great that you have featured the best yoga books here! I should update it soon since I found another Iyengar Yoga book that I really enjoy. Thanks for your feedback. SmartYoga 5 years ago Hi! My favorite book is "Yoga" by Chapman. I brought it with me when I went backpacking around the world some years ago, and tried to learn yoga. Thanks for your comment. Yes, I have that book too, and I really should include that one on this list, because it is excellent. She says it offers not only philosophy and very good pose instruction, she finds it very important for its recommendations for poses for particular medical ailments, everything from heart ailments to menstrual cramps. Sure, it would be fine to borrow any of the book ideas from that list. Would it be alright if I borrow some of this book list for my lens? I love the lady in her nineties still teaching and posted her video.. Have to admit yoga and meditation help keep this great grandmother going CoolKarma 5 years ago Yes, I have B. It is my favourite. The meaning is - One who follows the path of the science of duty dharma , it takes care of him. Gift-Master Good Job on the lens. Will look into some of these books. Namaste Rose Jones 7 years ago I appreciate the work you put into this because I think you really know what you are talking about. All of these books sound good. As an Asthanga practitioner its interesting to note the difference between the two styles, that both go back to one great teacher. I satisfied with your sharing LotusMalas 8 years ago Great Iyengar lens!

Chapter 3 : The 10 Best Iyengar Yoga Books | CalorieBee

Geeta Iyer is the author of Illuminating Lives with Yoga (avg rating, 2 ratings, 0 reviews, published) and Illuminating Lives With Yoga (av.

Chapter 4 : Geeta Iyer (Author of Illuminating Lives with Yoga)

The book includes step-by-step instructions, information on dietary aspects of the yogic lifestyle, and specific yoga practices to promote healing for a v Written by master teacher Geeta Iyer, this comprehensive reference includes color photographs demonstrating poses and practices.

Chapter 5 : Sorry, this page has been removed.

Geeta Iyer is one of the most widely known and respected Yoga teachers in Chennai, India. She has been practicing and teaching Yoga for over 18 years. Her expertise and continued interest in Psychology and Physiology, has made her an effective teacher and distinguishes her from most Yoga teachers.

Chapter 6 : Buy Illuminating Lives With Yoga online - Crossword

Yoga is Citta Vritti Nirodah means, yoga controls the fluctuations of the mind Yoga is an ancient philosophy that educates on health and harmonious living Yoga is a science of self-awareness, self development and self-transformation.

Chapter 7 : Illuminating Lives With Yoga by Geeta Iyer

Geeta Yoga Geeta Yoga - Illuminating Lives About Geeta Geeta Yoga Classes Geeta's E-Book Children's Yoga Pregnancy Yoga About the Class News Yogic Healing Yoga for tired legs Office Yoga Yoga for Diabetes Yoga for Migraines Yoga for Neck Pain About Geeta Add comments Geeta Iyer is one of the most widely known and respected Yoga teachers in Chennai, India.

Chapter 8 : Illuminating Lives With Yoga - Therapeutic Yoga Asanas For Everyday Practice

Illuminating Lives with Yoga book is a practical guide to health and healing. This book has over colour photographs, illustrating several asanas, pranayama, for beginners and experienced practitioners with easy to follow steps, guidelines, cautions, tips and therapeutic benefits.

Chapter 9 : Illuminating Lives with Yoga (An eBook On Therapeutic Yoga Practices) by Archana's Kitchen

Illuminating Lives with Yoga has won the prestigious international Nautilus Award written by my mother Geeta Iyer, who is a renowned yoga teacher in calendrierdelascience.com a yoga practitioner, I firmly believe that a healthy body and mind when combined with healthy food is the perfect combination to good health.