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**BOOK REVIEW: Yoga**

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Andrew Leipus, ex-physiotherapist of the Indian Cricket Team and Ayaz Memon, Sports...

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"BKS Yoga Studio is wonderful. I am in Naples with my kids visiting my parents. I needed some serious stretching after the long plane flight. It was

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a rainy morning and I wanted to get the kids out of the house. BKS Yoga to the rescue!

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Bellur Krishnamachar Sundararaja Iyengar (14 December 1918 - 20 August 2014), better known as B.K.S. Iyengar, was the founder of the style of yoga as exercise known as "Iyengar Yoga" and was considered one of the foremost yoga teachers in the world. He was the author of many books on yoga practice and

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Yoga for Sports shows how yoga can train the mind and body and help sportspeople become more agile, stronger and focused. Incorporating yoga in their daily life will give them balance, strength and incredible

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Iyengar  
flexibility and help  
immensely in  
prevention and  
treatment of injuries.

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... Level I is a great  
class for those who are  
new to Iyengar yoga, a  
practice based on the  
teachings of the  
91-year-old yoga  
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B. K. S. Iyengar lives in India and travels throughout the world to teach the many people who study his methods of yoga practice. He is the author of Light on Yoga and Light on Pranayama. Editorial Reviews

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**The Tree of Yoga by  
B. K. S. Iyengar,  
Paperback | Barnes**

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This week, the international yoga community said goodbye to a beloved teacher, B.K.S. Iyengar, who died at 95. He is credited with bringing yoga to the Western world and making it accessible to every age and walk of life. To learn more about what



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lyengar makes lyengar yoga so special to those who practice it, I spoke with Carrie Owerko, a teacher at the Iyengar Yoga Institute of Greater New York.

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