

# **Download Yoga A Gem For Women Geeta S Iyengar**

Bellur Krishnamachar Sundararaja Iyengar (14 December 1918 – 20 August 2014), better known as B.K.S. Iyengar, was the founder of the style of modern yoga known as "Iyengar Yoga" and was considered one of the foremost yoga teachers in the world. Content of the Yoga Lessons. Introduction The B.K.S. Iyengar Yoga Institute offers a three year teachers training program for yoga teachers according to the system of Yogacharya B.K.S. Iyengar. You may want to do the first sequence every other day and intersperse the other sequences in between. If you don't have time for an entire sequence pick out a few poses to practice but be sure to include the inversions for you level and savasana. Sequencing of asanas. Proper sequencing of asanas within a practice session plays an important role in achieving maximum benefit from the session.