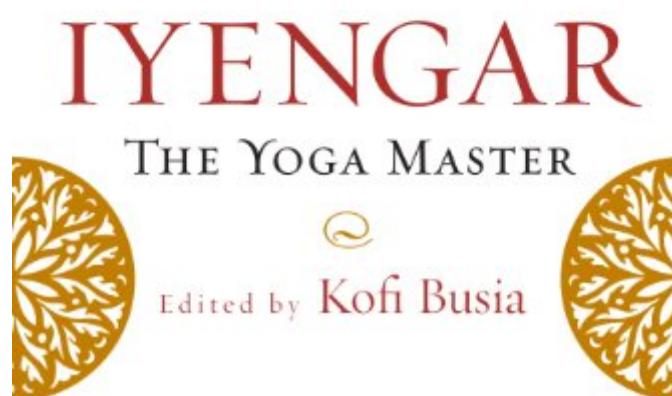


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Iyengar: The Yoga Master



Synopsis

Well-known contributors from the world of yoga celebrate the life and work of the great yoga pioneer B. K. S. Iyengar in this collection. Iyengar, who celebrates seventy years as a yoga teacher this year, is an Indian yoga master, revered as the single most influential person in spreading the teachings of yoga throughout the world. Iyengar was recognized in Time magazine's 2004 list of the one hundred most powerful and influential people in the world. This collection of essays, stories, and interviews celebrates the life and great influence of renowned yoga teacher B. K. S. Iyengar and features an international and diverse group of well-known contributors. These writings offer a deep understanding of the man, as well as his unique approach to yoga and the human mind and body. Contributors include: • Baron Baptiste • Beryl Bender Birch • T. K. V. Desikachar • Alan Finger • Liliás Folan • Richard Freeman • John Friend • Sharon Gannon • Dona Holleman • Gary Kraftsow • Judith Hanson Lasater • David Life • Manouso Manos • Chuck Miller • Aadil Palkhivala • Shiva Rea • Erich Schiffmann • John Schumacher • Patricia Walden • Joan White • Rodney Yee

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Customer Reviews

B.K.S. Iyengar celebrated his 90th birthday on December 14, 2008. This collection of uplifting essays, stories and interviews by a delightfully diverse group of 51 contributors, is a celebration of his life. Compiled and introduced by Kofi Busia, one of the world's foremost teachers in the Iyengar tradition, this book offers the opportunity to learn about Iyengar through the eyes and experience of close friends and long-time senior students. The contributions in this tribute volume are unique and thought provoking. Some honor Iyengar's life and work, other essays address the best-known features of Iyengar's teaching. Most valuable is that the book provides personal reminiscence and insight into the influence Iyengar has had, as a man and a teacher, on each writer. Kofi Busia (the editor) is also a Sanskrit scholar. He translated several ancient texts into English, including The Yoga Sutras of Patanjali, which adds authenticity and clarity to the book. I found it very helpful that Kofi begins the book with an Editor's Note that explains the issues that arise in compiling a collection of stories that contain many Sanskrit words. Sanskrit terms, with few exceptions, have been transliterated as phonetically as possible to make the material more accessible to both new and experienced students. The Editor's Note is followed by a humorous introduction in which Kofi describes how he fell into teaching, his early encounters with Iyengar, and how he came to compile this book. Along with his self-effacing personal saga, Kofi opens a window into the riveting history of how Iyengar yoga grew from a few original students into a worldwide phenomenon that revolutionized the yoga world.

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