

IYENGAR YOGA, ONE OF THE WORLD'S MOST WIDELY-PRACTICED FORMS, EMPHASIZES CORRECT ALIGNMENT OF ALL PARTS OF THE BODY WITHIN EACH YOGA POSE. THIS PRECISION BUILDS STRENGTH AND STAMINA—BALANCE AND FLEXIBILITY—AND A NEW SENSE OF WELL-BEING.

WHAT IS IYENGAR YOGA?

ACHIEVING MEDITATION IN ACTION, STUDENTS LEARN TO EXIST FULLY AND VIBRANTLY IN THE PRESENT MOMENT.



WHAT SHOULD YOU LOOK FOR IN A YOGA TEACHER?

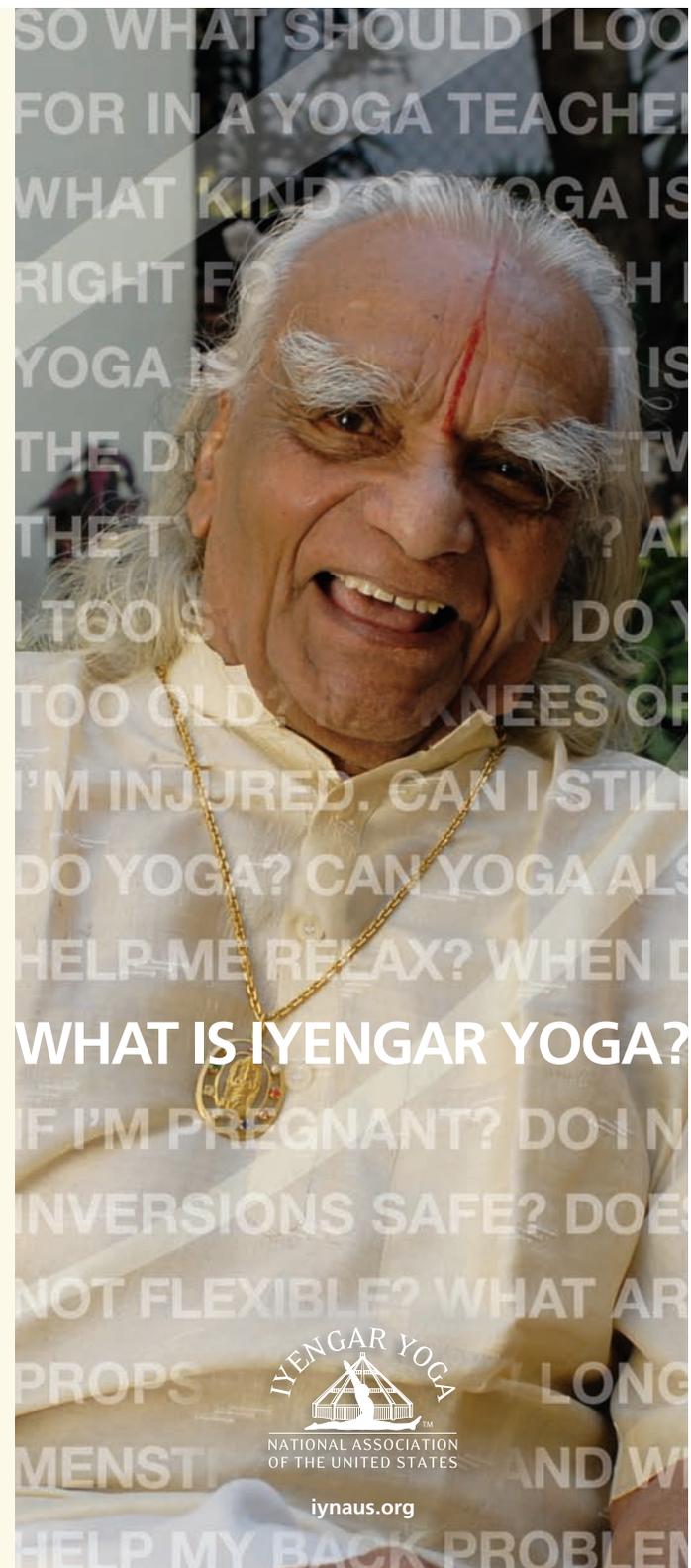


LOOK FOR THE MARK

Only the world's most knowledgeable, rigorously-trained teachers earn Iyengar Yoga Certification.

Click on inyaus.org, then 'Find a Teacher,' for the name of a Certified Iyengar Yoga Teacher near you.

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SO WHAT SHOULD I LOOK FOR IN A YOGA TEACHER? WHAT KIND OF YOGA IS RIGHT FOR ME? IS YOGA TOO OLD FOR ME? I'M TOO OLD TO DO YOGA. I'M INJURED. CAN I STILL DO YOGA? CAN YOGA ALSO HELP ME RELAX? WHEN DO INVERSIONS SAFE? DOES NOT FLEXIBLE? WHAT ARE PROPS FOR? HOW LONG SHOULD I HOLD A POSE? CAN I DO MENSTRUAL YOGA? CAN I HELP MY BACK PROBLEM?



inyaus.org



IYENGAR YOGA IS FOR EVERYONE

No one is too old or too stiff, too fat or thin or tired. A Certified Iyengar Yoga teacher can guide students of all ages and physical conditions to a yoga experience that's profound, intelligent and transformative.

Using their deep-seated knowledge of the yoga *asanas* (postures), Iyengar Yoga teachers individualize their approach for each student. Special adjustments are made for various body types, injuries, and conditions such as pregnancy and menstruation.

Clear demonstrations of the postures. A well-developed eye that lets students know they are observed. Specific teaching points which awaken the intelligence of the body—these are the marks of an Iyengar Yoga teacher.

Teachers devise sequences of poses which build skill and understanding, as students progress from posture to posture, class to class and year to year.

Students begin with standing poses. In time, other postures are added, including forward bends and back bends, twists, inversions and restorative poses.

Salamba Sarvangasana (Shoulder Balance) is introduced as soon as students are ready because of its many therapeutic benefits. Each class ends with *Savasana*, corpse pose. Students learn to rest and relax profoundly, completely releasing the body while drawing the mind towards the peace within.

FIRMLY GROUNDED IN THE ANCIENT INDIAN ART OF YOGA

In *The Yoga Sutras*, Patanjali wrote about eight steps towards spiritual fulfillment. Iyengar Yoga guides students along this journey of *Astanga Yoga* in a way that's practical, experiential and intensely personal.

Yoga is union—the union of mind, body and spirit. In Iyengar Yoga, this search for union begins with ongoing practice of the yoga postures. In time students learn to penetrate beyond the outer, physical layers (*kosas*) to the inner layers of mind, energy and spirit.

In B.K.S. Iyengar's unique perspective, the yoga *asanas* and *Pranayama* (the control of the breath) allow us to explore the higher limbs of yoga, including true meditation and even *Samadhi*, the complete freedom that is the end of the yogic journey.

THE LIGHT OF A MASTER

Called the “Michelangelo of yoga” and the “king of yogis,” named one of *Time* magazine's 100 most influential people, B.K.S. Iyengar is universally acknowledged as the world's greatest yoga teacher.

Yogacharya (yoga master) Iyengar brought yoga to the west with his pioneering teaching in the 60s and 70s, the beginning of today's explosive growth in yoga. His *Light on Yoga*, called “the bible of yoga”, has been the source book for generations of yoga students. His most recent books are *Light on Life* and *Yoga Wisdom & Practice*.

Mr. Iyengar's invention of yoga props—now ubiquitous in yoga studios of all styles—revolutionized the art. Certified Iyengar Yoga instructors modify yoga postures to the needs of specific students using blocks, blankets, belts and other props. These props allow for a deeper penetration into the postures, as well as a longer stay and a more profound experience.

Mr. Iyengar also revolutionized yoga therapeutics, gaining recognition for yoga as treatment for injuries and serious medical conditions, and developed sequences of postures appropriate for pregnancy, menstruation and menopause.

Having turned 90 in December 2008, Mr. Iyengar today continues his daily yoga practice at the Ramamani Memorial Yoga Institute in Pune, India. There too his daughter, Geeta S. Iyengar, and son, Prashant S. Iyengar, carry on his work as the chief teachers of his method.

Geeta-ji is the author of *Yoga: A Gem for Women*, the pioneering work on yoga for every stage of a woman's life. *Prashant-ji* has also written extensively about yoga.

FIND A TEACHER YOU CAN TRUST

Certified Iyengar Yoga Teachers are held to an unusually rigorous standard, earning their certification only after years of training and evaluation.

The Iyengar Yoga Certification Mark is your guarantee of a yoga experience that's safe, suitable for individual physical conditions, and beneficial for both body and mind.

