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An anniversary edition of BKS Iyengar Yoga: The Path to Holistic Health, to celebrate BKS Iyengar's 90th birthday in January 2008. Contains 30 pages of all-new material and features an introductory celebration of BKS Iyengar's life and teachings. The design of the book has also been refreshed and updated. show more

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BKS Iyengar Yoga the path to holistic health, Elspeth Iyengar Yoga "yoga both changes the way we see things and transforms the person who sees" BKS Iyengar . Elspeth is qualified with the Ramamani Iyengar Yoga Institute having practised Iyengar yoga for 12 years, and Hatha yoga for 11 years before this.

Elsbeth Iyengar Yoga, Long Reach Road, London (2020)

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BKS Iyengar Yoga:The Path to Holistic Health makes Iyengar Yoga accessible to all, while celebrating the life and work of the world renowned B.K.S Iyengar. B.K.S Iyengar is a world leading authority on hatha yoga and is globally respected for his holistic approach and technical accuracy.

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Nivram Yoga, Lessingstr. 3, Mauer (2020)

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