



## B.K.S. IYENGAR Bringing the East to the West

**OUR BODIES ARE GREAT. THEY CARRY OUR** brains around wherever we want to go, sit us down with a friend for a good meal or make us feel invigorated after a run or a swim. Yoga may have origins outside our culture, but its benefits are now felt within it. The beauty of Iyengar yoga in particular is the revelation that there is a living architecture hidden in all of us that only needs unveiling. Like any architecture, it demands diamond-like precision. In fact B.K.S. Iyengar teaches that the body should flow into a yoga posture the way light fills a well-cut diamond.

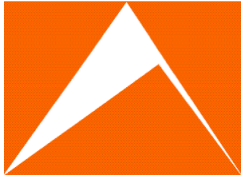
Iyengar is 85 now, and he still teaches at the institute in Pune, India, that he founded in 1973. He taught his first class in 1936, but it wasn't until he struck up a lifelong friendship with violinist Yehudi Menuhin that Iyengar brought his teachings to the West. His 1966 book *Light*

on Yoga—with 300 pages of instruction and photographs of postures, or asanas—introduced yoga to people around the globe. Aficionados founded Iyengar groups in the U.S. as early as 1974 and slowly fed what has become mainstream Western acceptance of a 3,000-year-old Indian tradition.

Iyengar teaches practitioners to lavish attention on the body. The goal is to tie the mind to the breath and the body, not to an idea. His philosophy is Eastern, but his vision is universalist. You can incorporate Iyengar into your life and yoga practice—but ultimately we're Westerners on Western soil.

In my acting, as in my yoga, every nuance, every detail and gesture is the subject of my focus. I'm always paying careful attention, like a pianist, and translate that attention into my performance. Iyengar knows what the body needs, and he's introduced to the West the Easterner's best path to health and well-being. —By **MICHAEL RICHARDS, actor**





## General Information

### What is Iyengar Yoga?

Iyengar Yoga is an inspired and innovative approach to the classical Eastern discipline. It is particularly relevant to our Western culture as the basic principles of movement which it advocates are compatible with current developments in the fields of physical therapy, kinesiology and other modern bodywork disciplines. Iyengar yoga has been developed over a period of seventy years by B.K.S. Iyengar, author of *Light on Yoga*, *Light on Pranayama*, *The Tree of Yoga* and, most recently, *Light on Life*.

### How does Iyengar Yoga differ from other hatha yoga disciplines?

In the Iyengar system, special focus is placed on alignment, timing and sequencing. Correct alignment requires focus and attention by the student. Longer timing in the poses builds stamina and the sequence of the poses taught provides the student with increased awareness of the physical, mental and emotional changes which occur during the practice. Vitality, balance and coordination are all enhanced.

Poses can be individualized to each person's physical needs by teachers trained in anatomy, physiology and therapeutics. Only after many years of practice, study and training do teachers become certified instructors. The system of continuing education for certified Iyengar instructors is rigorous and mandatory (on a par with what is usually required in other health professions).

In Iyengar Yoga, everyday household items such as blankets, belts, chairs, tables, doors and walls are used as props in remarkably innovative ways to increase strength and flexibility and to facilitate gradual learning. The average person's home is already a mini-yoga studio: all the trendy, expensive equipment need not be purchased or rented to exercise well.

Iyengar Yoga is meditation in action; the body and the self are explored through discovery and release of physical tension patterns and psychological resistances. As practice continues, a student's ability to relax and concentrate generally improves markedly, and one's outer and inner awarenesses are sensitized.

There are many therapeutic applications of Iyengar Yoga which students learn to help deal with stress and maladies as varied as back pain, multiple sclerosis, carpal tunnel syndrome, chronic fatigue, headaches, high blood pressure and depression.

### Why is it that Iyengar Yoga teachers always talk about precision and alignment in the poses?

Exercise as it is usually done may only reinforce misalignment. If we don't know how to exercise properly, we tend to stretch from our more flexible areas and rely on our better developed muscles for strength. Iyengar Yoga encourages weak parts to strengthen and stiff areas to stretch, thus awakening and realigning the whole body. As the body moves into better alignment, less muscular work is required, and relaxation occurs naturally.

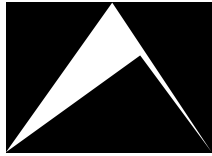
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The B.K.S. Iyengar Yoga Association and the Institute are dedicated to the study, teaching and dissemination of the art, science and philosophy of Yoga according to the teachings of B.K.S. Iyengar. All teachers at the Institute are certified in accordance with the assessment process set forth by B.K.S. Iyengar.  
*IYILA is a not for profit institution.*



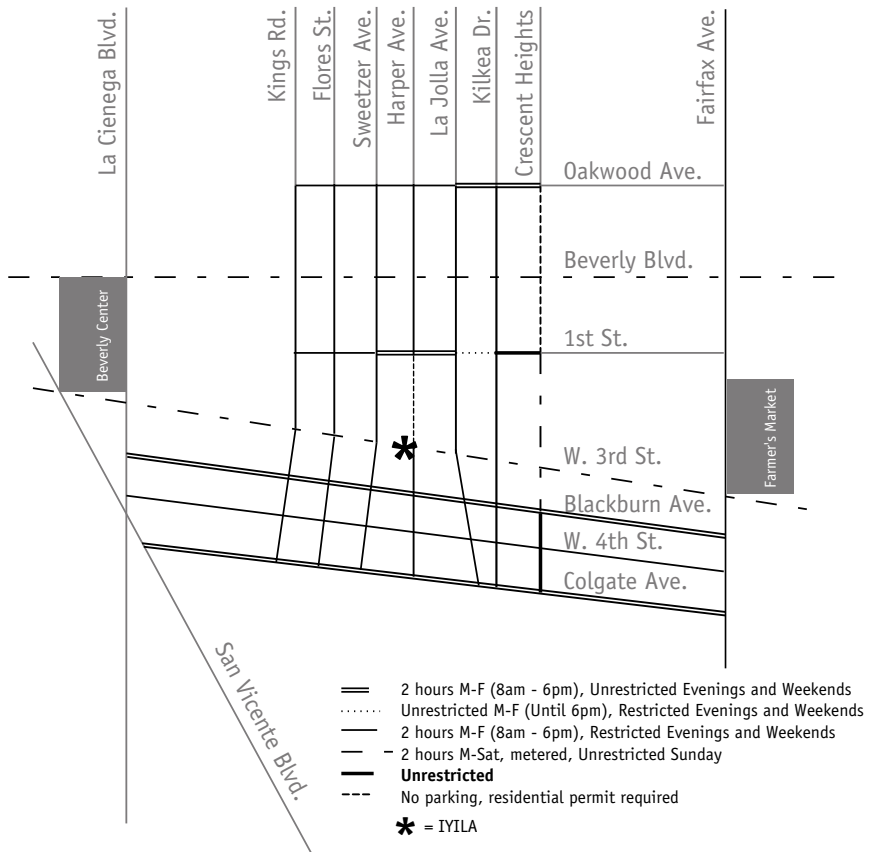
B.K.S. Iyengar Yoga



the Institute - los angeles

## PARKING MAP

Iyengar Institute of Los Angeles  
 8233 West Third Street  
 LA, CA 90048 323-653-0357



Parking can be difficult during business hours. We recommend parking a few blocks away (outside the shaded rectangle) since it is often easier to find a place and is better for our neighbors. Since parking rules change, please check the signs. This map is current as of 3-1-04.