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Bellur Krishnamachar
Sundararaja Iyengar
(14 December 1918 -
20 August 2014),
better known as B.K.S.
Iyengar, was the
founder of the style of
yoga as exercise
known as "Iyengar
Yoga" and was
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foremost yoga
teachers in the world.
He was the author of
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intellectual and
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techniques which can
be used by all
practitioners of yoga.

B K S Iyengar - Home

Legendary yoga guru
BKS Iyengar passed
away at 95 in August
last year. Quite a
miracle, when you
consider his history —
born in 1918 during an
influenza epidemic, he
was a weak,
malnourished ...

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himself guides you
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