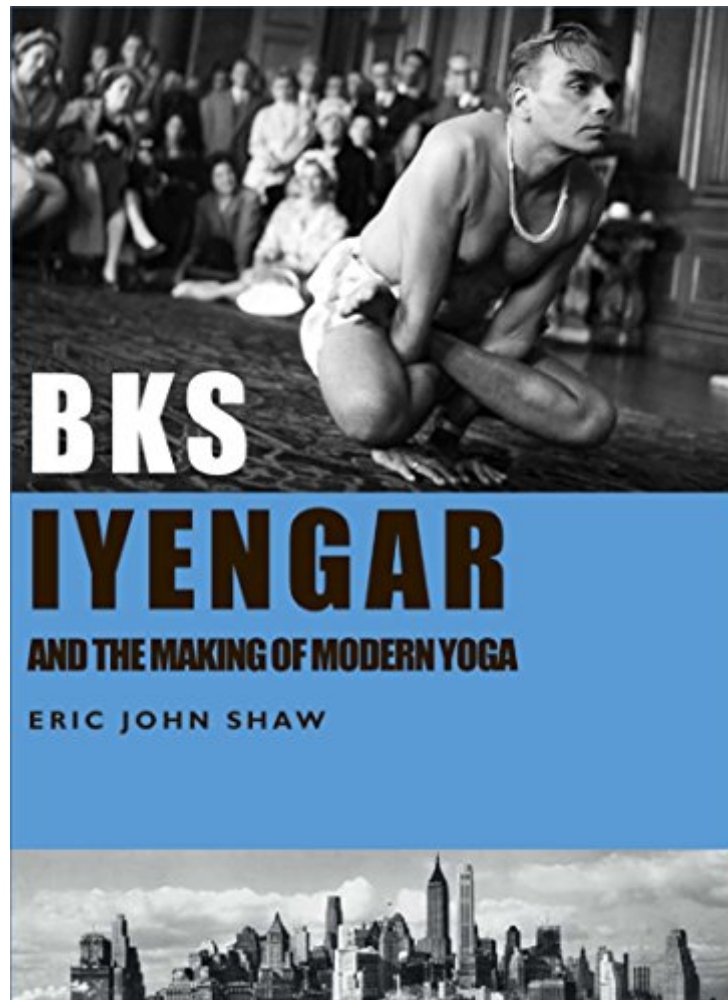




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BKS Iyengar And The Making Of Modern Yoga



Synopsis

Modern Yoga is startling conglomeration of high and low-brow styles, and their roots in history are constantly contested, but what is rarely debated is that one man did the most to create yoga's vast popularity—the Indian-born international teacher and author, B. K. S. Iyengar. Iyengar was born in a small town in India and trained by a fierce guru who psychologically scared him even as he prepared him to become a revolutionary teacher. This ebook explains that upbringing and its consequences and thoroughly picks apart the style and content of Iyengar Yoga • tying it back to the unique traumas and strategic choicemaking of its maker. This is a surprising and often painful story that provides keys to a man who is often misunderstood and shows how Iyengar got us all to fall passionately in love with the poses of Modern Yoga.

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