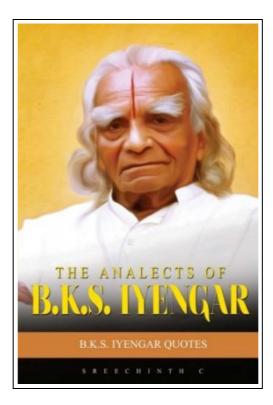
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Yoga, a combined practice of physical and spiritual exercises, has its origin thousands of years ago in India and has nourished through the years. But it developed as something of interest for the West till BKS lyengar introduced it. He dedicated his eight-decade-long career for promoting Yoga throughout the world. He was pivotal in spreading yoga as any one could do that offers a number of benefits for the overall wellbeing of an individual. He refined his own style of Yoga, popularized as lyengar Yoga. BKS lyengar was introduced internationally with his acquaintance with famous violinist Yehudi Menuhin. He authored almost 14 books of which Light on Yoga got internationally acclaimed as the best yoga text in its field. While lyengar Yoga schools spread in more than 250 cities, he gradually retired from teaching and spent his later years in his homeland. Even at the ninth decade of his life, he was able to stand on his head and practiced asanas for hours daily till his death on 20 August 2014. Here we have the profound knowledge of this Yoga Guru who devoted himself for popularizing yoga asnas.

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