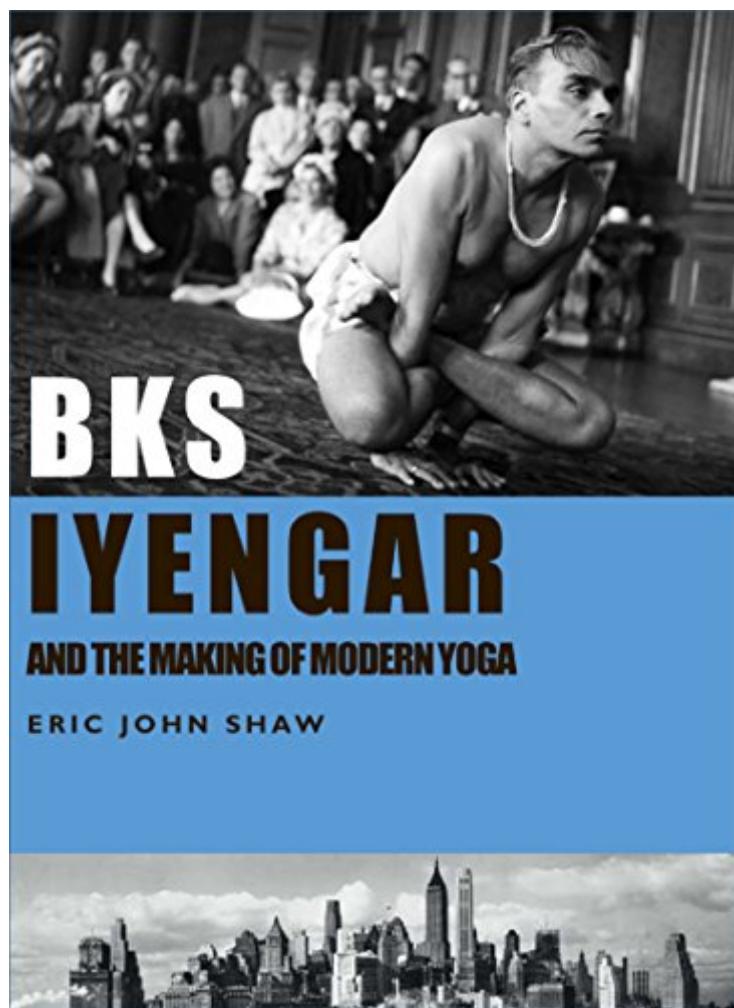


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BKS Iyengar And The Making Of Modern Yoga



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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