

Activity Idea

Yoga: B. K. S. Iyengar *Recommended for Adults*

Indian yoga teacher B. K. S. Iyengar (1918-2014) was an instrumental figure in introducing yoga to the Western world.

Yoga, an integrated system of physical and spiritual exercises, had a history that dated back thousands of years in India and was intertwined with the development of the Hindu religion. Yet even there it remained something of a specialized interest when Iyengar began his long career. Iyengar himself could contort his body into seemingly impossible shapes, but he spread the idea that yoga was something anyone could do, and that it offered numerous benefits for an individual's overall health. Iyengar's 1966 book *Light on Yoga* has appeared in at least 18 languages, and his teachings, writings, and devoted corps of students and followers have spread the practice of his Iyengar Yoga over much of the world.

Light on Yoga spawned a large group of Iyengar followers who wanted to disseminate Iyengar's ideas in a systematic way. The popularity of yoga continued to rise in the United States with the debut of the Public Broadcasting System television program *Lilies! Yoga and You* in 1972, and the following year, the first Iyengar Yoga studio opened in Ann Arbor, Michigan. Iyengar himself made a return visit to the United States in 1973, and by 1984 the first annual International Iyengar Convention, held in San Francisco, drew a crowd of 800 devotees.

Books:

Light on Life by B.K.S. Iyengar (audiobook) on Hoopla [tinyurl.com/txb4wb7](https://www.hoopla.com/txb4wb7)

Every Body Yoga by Jessamyn Stanly on Hoopla [tinyurl.com/wbdrk7](https://www.hoopla.com/wbdrk7)

Breath Slower, Deeper, Better by Yael Bloch on Hoopla [tinyurl.com/rnr5gvt](https://www.hoopla.com/rnr5gvt)

Music:

Yoga Meditation Collection on Freegal [tinyurl.com/wp67bgt](https://www.freegal.com/wp67bgt)

Yoga for Peacefulness on Freegal [tinyurl.com/tas3mbn](https://www.freegal.com/tas3mbn)

60 Minute Yoga Meditation Class: Relaxing Music for Yoga & Meditation on Freegal [tinyurl.com/vqlhl37](https://www.freegal.com/vqlhl37)



Film:

Iyengar Yoga on Kanopy tinyurl.com/snbg2lp

Breath of the Gods—The Origins of Yoga on Kanopy tinyurl.com/v8s7y8b

Chair Yoga on Kanopy tinyurl.com/vq8g8kh

Further research:

Gale Biography tinyurl.com/grs5hcb

The Gale Encyclopedia of Alternative Medicine—Yoga tinyurl.com/ro2camt

Spark an idea!

If you can, go to a quiet room and meditate. There's no wrong way to do it. Sit in stillness and listen to yourself. What do you learn?