

BKS Iyengar is the world's most famous yoga teachers. Born in 1918 in India, he dedicated his life to the study of yoga. His daughter, Geeta Iyengar, the adjusted originally only men's yogis give asanas (postures) to the needs of women. In typical Iyengar yoga is the use of tools such as straps, blankets, and blocks. They facilitate or enhance the detailed practice. Regularly Iyengar yoga affects on muscles and bones, creates space in the joints, dynamic and static, and the difficulty of accurately aligned to the respective needs adjusted. In each class are added together from the pool of all asana postures: to match the knowledge of participants and for their physical and mental needs. It will withstand taught first and backstretching, Bunge rotation stretching, balance postures and inversions. Bunge breathing (pranayama focus) to a meditative attitude. Yoga asanas combine in a holistic experience of doing our bodies, mind and soul. This integration is perceived as a physical and emotional ease, as wellbeing. The space of movement - both mental and physical extended - himself. Asanas develop their dynamic action on many levels: at the level of the body's lengthen stretch and they each muscle group. This leads to more power, mobility and good posture. By the excited metabolism, oxygen uptake and detoxification increased stretch Asanas evenly the function of all organs and organ systems. Thus health is maintained or restored. Equally important is the focus of attention in the asanas and breathing techniques, we improve our concentration and calm the brain. On the emotional level yoga leads to the transformation: become aware through the practice of asanas and breath control know feelings emotions and, in the shape of our muscles, our posture and movement have taken, and released. Through this process, the body's & white and free, to find his balance naturally. This process takes time. Although the first success is already in a few weeks or months, with more well-being, we expect the Yoga in years. Then we connect our consciousness with more and more deeply experienced layers, and be actively busy, something flares up, is reflected in the calm spirit, an idea of the all possibilities of our soul. With the energies of body, breath and spirit, we come through devotion to life joy and freedom.

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