

*Ramaa -- The Light On My Yoga*

*“ I ... speak of my wife Ramaa to whom I am ever grateful as the source of my devotion to yoga. First of all I am grateful to my mother who gave me birth and my father who nurtured me till I was eight and a half years old and then to my Guruji who planted the seed of yoga. But it was my wife alone who saw that I continue my sadhana uninterrupted, maintaining the same zeal to this day. Hence my life’s journey is incomplete without reference and reverence to my wife Ramamani. ”*

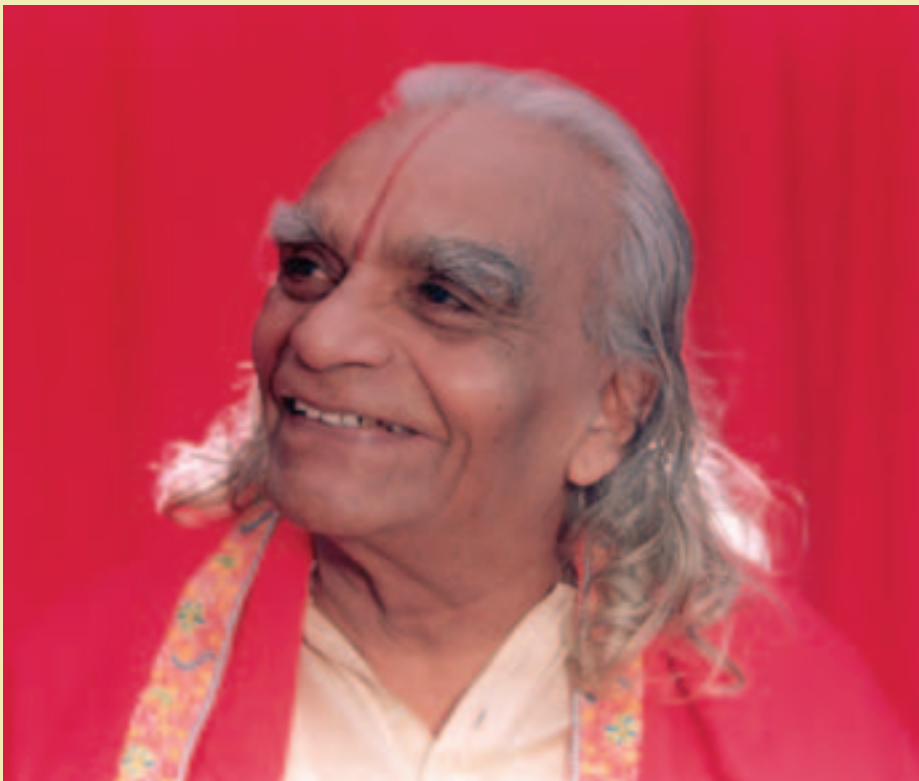
*B. K. S. Iyengar  
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## *Celebrating the Life and Honoring the Achievements of Yogacharya Sri B.K.S. Iyengar*

**S**ent by his Guru, Krishnamacharya, in August 1937 Sri BKS Iyengar first arrived in Pune to begin his career as an independent teacher of yoga. In July 2007 there will be Festivities to honor Guruji (as he is affectionately known to his legions of students and admirers) and to mark his long life devoted to serving yoga. Participants will gather together from all over the world and from across the full spectrum of yoga to acknowledge the breadth and depth of Guruji’s influence and teachings.

“His methodology worked. It was not just physical, as was the common criticism of his teaching. At that time many people attempted to discredit him by saying his yoga was not spiritual. But here it was! Spiritual in the most practical, grounded, obvious way. And it was equally obvious from what he said to me that his intent all along was to impart the experience of yoga—not just put everyone through the paces, physically speaking. The whole point of all this physical, hard work—and it was very physical and very demanding—was to get into a deep meditative state. And, for me, it worked. I am extremely grateful to have learned this from him. Interestingly, what I remember most is watching him practice.”

“He was so internal, so introverted, so immersed in his experience, and so obviously allowing himself to be guided from within, so obviously such an excellent student of a subject with which he was in love. This obvious love and passion of his became, for me, the most profound teaching. He was just the Master doing his yoga. He was the Student honing his craft and learning, masterfully. It was inspiring to watch. It is still inspiring. It has stayed with me to this day...I try my best to teach with the same self-mined wisdom I observed Iyengar mining every early morning and every afternoon in the yoga room. I love him for being so genuinely who he is—a luminary in the yoga firmament and a shining example of a principled life.”



Erich Schiffman. *From Iyengar: The Yoga Master*, Shambhala Publications, 2007. Used with permission.



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