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Iyengar, B.K.S. (1996). Light on the Yoga Sutras of Patanjali. London: Thorsons. Iyengar, B.K.S. (2009). Yoga Wisdom and Practice. New York: Dorling Kindersley.

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Author information. B.K.S. Iyengar is the world's most respected yoga teacher. Widely credited as the person who brought yoga to the West, his teaching practice has