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Was Born On December 14, 1918. He Started Doing
Yoga As A Teenager In An Effort To Improve His Health
After Contracting Tuberculosis, Studying With His
Brother-in-law, Krishnamacharya , In Mysore, India.
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He Was The Author Of Many Books On Yoga Practice And Philosophy Including Light On Yoga, Light On Pranayama, Light On The Yoga Sutras Of Patanjali, And Light On Life. Iyengar Was One Of The Earliest Students Of Tirumalai Krishnamacharya, Who Is Often 1th, 2024

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