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Iyengar Yoga

Iyengar yoga is based on the teachings of yoga master B.K.S. Iyengar, who began teaching the holistic practice in Pune, India, in 1936.

Known for its emphasis on alignment and posture sequencing, which develops strength, flexibility, stamina, and concentration, iyengar yoga encourages weak muscles to strengthen and stiff areas to release in order to awaken and realign the whole body. With practice, the body moves into better alignment, less muscular work is required, and relaxation increases naturally.

B.K.S. Iyengar also introduced props (such as blocks, straps, and blankets) to allow everyone the ability to

practice yoga, regardless of physical condition, age, or length of study. Props are utilized from the beginning for students with specific physical limitations and gradually in regular classes to enhance personal understanding of a posture and to develop skill and confidence.

James Murphy, an instructor at the [Iyengar Yoga Institute](#) in New York City, encourages people of all ages and levels of fitness to try practicing yoga -- anyone can start. Just be sure to let your teacher know if you have any health concerns before class; poses can be modified appropriately.

Also try: [Ashtanga](#), [Vinyasa](#), and [Warrior](#) yoga

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