



## Yoga: The Iyengar Way: The New Definitive Illustrated Guide

By Silva Mehta, Mira Mehta, Shyam Mehta

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#### **About the Author**

**SILVA MEHTA** was an important figure in the spreading of yoga throughout the world, especially the West. She was a disciple of B. K. S. Iyengar and helped found the Iyengar Yoga Institute in Maida Vale, London. She died in September 1994.

**MIRA MEHTA**, founder of and teacher at The Yogic Path in London, has studied yoga since childhood with B. K. S. Iyengar.

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