



Yoga: The Iyengar Way: The New Definitive Illustrated Guide

By Silva Mehta, Mira Mehta, Shyam Mehta

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Editorial Review

From the Inside Flap

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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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