



SAVE THE DAY
DECEMBER 15, 2018

10:00am-Noon

Practice - Reflect

CELEBRATE YOGA!

NorthernLightsYoga.COM

YOGACHARYA
B. K. S.
IYENGAR



CENTENARY YEAR 2018

About The logo

"Yoga is for one and all", this was the conviction that led B.K.S Iyengar to undertake the journey of yoga for himself, and make yoga available to anyone who sought it. Guruji B. K. S Iyengar stood graciously like a lighthouse for all those who came to yoga. The year 2018 will see the 100th birth anniversary of this great being.

Maharshi Patanjali postulated that ashuddhikshaya (destroying impurities) and vivekakhyaati (sense of discrimination) are achieved by the anushtana (devoted practice) of yoga.

Along with these two, Guruji radiated two things - unconditional love for creation and everything in it, and gratitude for whatever life offered to him. In this sense, Guruji has effortlessly woven gratitude as an effect of yoga.

Throughout his life, Guruji wove the two-pronged sadhana -accepting the exuberant creation as a part of oneself and simultaneously surrendering oneself into creation. He gave much more than what he received this was his character.

Guruji's palms, folded in namaskar, denote his warmth for fellow beings and thankfulness for life itself.

The zeros in the hundred appear in the form of infinity suggesting that we move from the finite figure of '100' towards the Infinite. Guruji's teachings being eternally contemporary goad us in that direction.