



SHRI K. PATTABHI JOIS

Shri K. Pattabhi Jois was born in July 1915 in Kowshika, near Hassan in Karnataka State in southern India. His father was an astrologer and a priest, who acted as the pujari for many of the families in the village. From an early age, as most brahmin boys, Pattabhi Jois was taught the Vedas and Hindu rituals. He studied yoga from the age of 12 under his guru Shri Krishnamacharya who was also B. K. S. Iyengar's teacher. At 14 he left to study Sanskrit and advaita philosophy at the Sanskrit College of Mysore. He had to beg for his food. During his time at the college, he met his guru again and also the Maharaja of Mysore. The Maharaja financed the setting up of the Yoga Department at the college with Jois as its head for 36 years from 1937 until his retirement in 1973. He earned his professorship and was granted the title of Vidan.

He and Shri Krishnamacharya developed the Astanga Yoga series based on the purifying practices described in the ancient texts. In 1948, he founded the Ashtanga Yoga Research Institute in Mysore, his grand daughter, Sharath, is now co-director. In 1958, he wrote his classic book *Yoga Mala*, which explores Astanga and Yoga philosophy.

He teaches only ashtanga yoga, the original method given in Patanjali's Yoga Sutra. Ashtanga means "eight-step" yoga: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi. In his classes he gets his students first to perfect asana, and then practice pranayama. The asanas work with blood circulation, the breathing system, and the focus of the eyes (to develop concentration). In this method you must be completely flexible and keep the three parts of the body – head, neck, and trunk – in a straight line. If the spinal cord bends, the breathing system is affected. If you want to practice the correct breathing system, you must have a straight spine.



BKS Iyengar *"...bring the mind to rest on each and every cell....each cell has to appear to me as if it has an intellectual eye"*

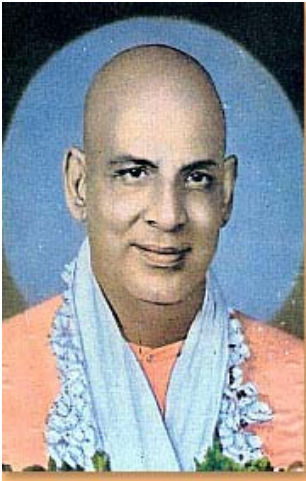
Yogacharya B.K.S.Iyengar (Guruji) is a living legend who has taught yoga in a unique way to all his students. He finds the meaning of the yoga sutras by his practical search and regular practice of yoga. Thus, he has helped all to experience the wisdom of the yoga sutras. His style of teaching yoga is called "Iyengar Yoga" and is now being followed by certified teachers across the world.

Bellur Krishnamachar Sundararaja (BKS) Iyengar was born on December 14, 1918 in Bellur near Bangalore. He was the eleventh child of a very poor Brahmin family who were not themselves yogis. His father Sri Krishnamachar was a school teacher with whom he had a mystical connection. However he died when Guruji was only 9 so his early life was hard with periods of illness (malaria, typhoid and tuberculosis) and isolation.

At the age of 16 and suffering with tuberculosis he joined Guru Sri T. Krishnamacharya's yoga school in Mysore Southern India to regain his health. At first he couldn't even touch his knees with

his fingers he underwent a strict training in asanas and Pranayama. At the age of 18, he was sent to Poona, Maharashtra by his guru to teach and preach yoga as he knew a little of English. Faced with the challenge of teaching and believing knowledge is gained through experience, he practiced up to 12 hours a day. It was after many years of practice that he began to read yoga texts. While in practice, he is an artist at work. He is always at ease in any posture he performs. Precision and beauty mark the asana, and the regular practice he advocates integrates the body, mind and emotions.

Iyengar Yoga involves precise alignments and postures and makes use of props and modifications. It is suitable for all ages and abilities.



Swami Sivananda *“Serve, love, give, purify, meditate, realise”*

Swami Sivananda was born on Thursday, the 8th. of September, 1887 in the village of Pattamadai on the bank of the river Tamraparani in Tamil Nadu, South India. His parents, Sri P.S. Vengu Iyer, a revenue officer, and Srimati Parvati Ammal were both Yogis. They christened this their third and last Kuppuswamy.

As a boy Kuppuswamy was intelligent and mischievous. He showed signs of Tyaga (renunciation) and love for fellow-beings. He used to pity the poor, feed the hungry at the door, and make his father throw a pie into the hands of pauper passing by. He studied at the Rajah's High School, Ettayapuram and the S.P.G. College, Tiruchirapalli. After the completion of the First Arts Examination, Kuppuswamy went to the Medical School in Tanjore to study medicine.

In 1913 he left India for Malaysia to practice as a doctor for many years before discarding all material possessions to become a wandering mendicant. In 1924, at the age of 37, he returned to India and became a “sanyassin”, renouncing the world to follow the path of self-discipline and meditation. After a year, he settled in Rishikesh in the Himalayas, and for seven years immersed himself in intense spiritual practice. Swamiji practiced all the various Yogas and studied the scriptures. After years of intense and unbroken Sadhana, he enjoyed the bliss. He had come to the end of his spiritual journey. Swami Sivananda was aware of the emotional and mental suffering of people and the need to spiritualise daily life with the eight limbed approach to yoga and self mastery. He stressed the importance of ahimsa (non-violence), bhakti (devotion, surrender) and karma yoga (service). He set the cornerstone of his philosophy in the words: serve, give, love, purify, meditate, realize.

In 1936 he formed the Divine Life Society in a 4 room former cowshed beside the Ganga in Rishikesh. Soon many disciples joined him and they took over other cowsheds. It has now grown into a worldwide organisation. In September 1938 publication of the monthly journal “The divine Life” started. At the time, the world was in the grip of the 2nd World War. On 3rd December 1943, Sivananda started the non-stop chanting of the Mahamantra (Hare Rama, Hare Rama, Rama Rama, hare Hare, Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare) and also instituted there times a day worship on 31st December 1943. He instituted the Sivananda Ayurvedic Pharmacy in 1945 to provide Allopathic treatment.