

'Yoga integrates mind, body and soul'



Yogacharya B.K.S. Iyengar during a yoga session in the capital recently. A photograph by Bunry Smith

BY SAUMYA BHATIA

NEW DELHI

The body needs nourishment, not the mind." These are wise words of living legend B.K.S. Iyengar, who was present in the capital recently at the Iyengar Yoga Institute to celebrate its first annual function with his disciple Nivedita Joshi.

The occasion was graced by

senior BJP leader Murli Manohar Joshi. The evening saw a workshop on how to control hypertension by Dr Manoj Naik, who is also a practising member of Iyengar yoga.

Yogacharya B.K.S. Iyengar has masterminded the techniques which can be used by all practitioners of yoga. His research-based experience and experience-based research has helped him in

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evolving this technique, which is popularly known as the Iyengar Yoga.

He said, "Regular practice of Iyengar yoga integrates the body, mind and emotions. The movement of the body and the intelligence of the brain should synchronise and keep pace with each other."

What is very interesting is the use of props, designed by yogacharya, such as wooden gadgets, belts, ropes, which help a practitioner achieve perfection in any *asana*.

When asked how often should yoga be practised? Yogacharya replied, "Yoga should be practised daily. Anytime from 30-40 minutes of yoga is a must. It's not necessary that it should be done

in the morning, rather it can be done anytime of the day. Just remember to give a gap of four hours after a meal."

Refuting that there is paucity of time in the urban set-up, yogacharya said, "If a man has time to gossip, go to a bar, he can also take out time to do yoga everyday."

Talking about hypertension as one of the lifestyle diseases, he said, "One of the first thing a doctor tells a patient is to stop eating salt. But the brain craves for exactly those things, but like I said the choice is yours to decide who needs nourishment, the mind or body." Commenting on how yoga is turning into a fad for youngsters wanting the size zero look, yogacharya Iyengar said, "This is just a phase. Youngsters shouldn't jump from one thing to another, it is best to stick to one thing." Nivedita Joshi said, "My parents have given me birth but my life has been given by my *guruji*. We chose hypertension as the theme of the workshop because it is most common disease among Gen Y."