

# BELLUR IYENGAR YOGA CENTER

Presenting

## ONLINE YOGA SESSIONS

From 13th to 17th, May-2026

Zoom Live from Bellur Iyengar Yoga Center

Bellur Village, Kolar Dist, Karnataka, India-563133

Timing's: 4.00pm to 6.00pm (India)

*Sri. Prashant S. Iyengar*

Iyengar Yoga Teacher



### About Teacher:

Sri. Prashant S. Iyengar is the son of Yogacharya Dr.B.K.S. Iyengar and an authority in yoga. He is presently the director of Ramamani Iyengar Memorial Yoga Institute (R.I.M.Y.I.) Pune which had won the first Prime Minister's Award for Outstanding Contribution for promotion and Development of Yoga in 2017.

His knowledge about the scriptures and the ancient texts makes learning yoga very interesting. he was exposed to yoga from early childhood and took to Yoga in his teens in the late 1960s. He is an erudite scholar of yogic texts and adhyatmik scriptures. He is a prolific author and has many titles to his name. His command over language and lexical skills makes him an effective communicator. Firmly grounded in the scriptures, he brings a fresh perspective to the philosophy of yoga based on personal experiences from his yoga practice.

As a yoga teacher he is able to weave the practical aspects with the philosophy of yogic texts so that his students can assuredly experience the yogic states. He does not believe he is tasked to popularise yoga and all his time and efforts are directed towards education in the subject of yoga and through explorations in asana and pranayama. He is also an accomplished violinist.

To attend these sessions, Minimum 3-year Iyengar yoga practice under recognised Iyengar Yoga Teacher is required. Recognised Iyengar yoga teachers list can be found in [www.bksiyengar.com](http://www.bksiyengar.com)

### Instructions Before Register:

- ✓ Minimum 3-year Iyengar Yoga practice under recognized Iyengar Yoga Teacher is required.
- ✓ Recognized Iyengar Yoga Teachers list can be found in [www.bksiyengar.com](http://www.bksiyengar.com)
- ✓ If you suffer from any injuries or disease it is best to consult with your physician before joining these sessions.

**Follow the Link to Register:**

<https://tinyurl.com/Online-Yoga-PSI-May-2026>

Recording links will be shared for the further practice via Dropbox \*

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