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Geeta Iyengar also includes a section on practicing yoga poses safely during pregnancy, and segments on what to practice and what to avoid during certain stages of a woman's life.

Geeta S. Iyengar (Author of Yoga) - Goodreads

About Geeta S. Iyengar: Geeta Iyengar, eldest daughter of the founder of the worldwide Iyengar yoga method, Yogacharya B.K.S Geeta S. Iyengar's books,

Yoga: A Gem for Women: Geeta S. Iyengar: 9780931454981 ...

Geeta Iyengar is absolutely "the champion" of Yoga for women. She is a remarkable teacher (whom I've studied with many times) and a master in her own right.

Geeta Iyengar - Wikipedia

Geeta Iyengar, eldest daughter of the founder of the worldwide Iyengar yoga method, Yogacharya B. K. S. Iyengar, has been described as "the world's leading female yoga teacher". Iyengar studied yoga with her father from an early age.

Yoga: A Gem for Women by Geeta S. Iyengar

This Book is writted by Geeta S. Iyengar, daughter of B.K.S. Iyengar, founder of Iyengar Yoga This is more a reference guide specifically for women. I'd call this a medical yoga guide for women.This book is very comprehensive, philosophical and insightful.

Geeta S. Iyengar teaching Adho Mukha Virasana

.As teach by Dr. Geeta S. Iyengar, in Pune India in 2009.

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