

Namaste! Mr B.K.S. Iyengar



MARICHYASANA YOGA FLOW BY JANINE CLAUDIA NIZZA
DECEMBER 2012

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Namaste!

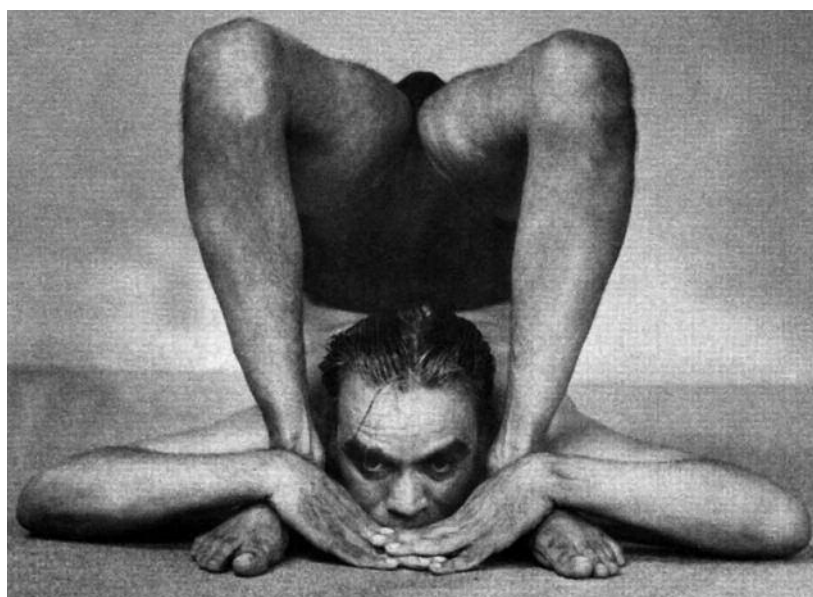
Mr B.K.S. Iyengar



Dear friends this month is the anniversary of birth of Master Iyengar and I've chosen to celebrate him suggesting you to read a marvellous little book titled "The Tree of Yoga"* that I keep reading for the third time... this book is rich of many different aspects of his yoga practices and reveals always something that I love to share with you, to support your thoughts and actions in yoga. I always respect his teachings and use them to help my practice as well. If all of us arrived to this point of evolution is thanks to his love and care and how in words and asanas he had helped us to go in deep in what we daily do in our yoga practice.

I wish to master Iyengar a long long life with peace and cosmic love!

* B.K.S. Iyengar "L'Albero dello Yoga" Ubaldini Editore



This calendar is a tribute to all asanas, mantra and spiritual practices that I wish to share with you all along 2012, for a better practice and for a better world. With love Om Shanti your Janine Claudia Nizza

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