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I'd call this a medical yoga guide for women.This book is very comprehensive, philosophical and insightful. I would recommend this book for someone with exposure to yoga & for Iyengar yoga students. Not appropriate for the casual yoga practitioner.

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## B K S Iyengar - References - Books : Geetha S Iyengar

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## Yoga Gem - A Full Service Yoga Center in Montgomery, AL

Yoga for women: Geeta S. Iyengar (7 December 1944 – 16 December 2018), the eldest daughter of Yogacharya B. K. S. Iyengar, was a yoga teacher credited with advancing yoga for women Life and work. Geeta ... Yoga: A Gem for Women, 2002.

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## [Geeta Iyengar - Wikipedia](#)

Geeta S. Iyengar is the distinguished student and oldest daughter of Mr. B.K.S. Iyengar--the internationally known Yoga master. Yoga A Gem For Women Paperback Book By Geeta S.Iyengar | eBay  
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