

## **OTHER MEDIA**

**75th Birthday Teaching: Pranayama** 76 minutes

**Lecture & Pranayama Demonstration** 99 minutes

### **Yoga '90 Teaching Series**

Beginner Class 71 minutes

Master Class 75 minutes

General Q&A 45 minutes

Asana & Therapeutic Q&A, Part 1 90 minutes

Asana & Therapeutic Q&A, Part 2 59 minutes

**Interview on Backbends (1991)** 60 minutes

B.K.S. Iyengar with Victor Oppenheimer and Patricia Walden

**Yoga: The Ultimate Freedom** 59 minutes

1976 Ann Arbor, Michigan

### **80th Birthday Celebration Children's Program**

**Samadhi Pune (1979)** 25 minutes

### **Pune Backbend Intensive (1991)**

Class #1 78 minutes

Class #2 102 minutes

Class #3 94 minutes

Class #4 115 minutes

Class #5 96 minutes

Class #6 117 minutes

Class #7 93 minutes

Class #8 92 minutes

Class #9 111 minutes

Class #10 116 minutes

Class #11 141 minutes

Class #12 117 minutes

Class #13 97 minutes

Class #14 123 minutes

Class #15 114 minutes

**Yoga in Action: Role of Yoga in a Woman's Life (1997)**

**Interview with Geeta Iyengar (1992)**

**Women's Intensive Q&A (1997)** 137 minutes

### **Teachers Training Course (2001)**

Introduction	93 minutes
First Class, Part 1	120 minutes
First Class, Part 2	25 minutes
Lecture	85 minutes
Second Class, Part 1	120 minutes
Second Class, Part 2	40 minutes
Third Class	118 minutes
Lecture	105 minutes
Fourth Class, Part 1	111 minutes
Fourth Class, Part 2	35 minutes
Fifth Class, Part 1	120 minutes
Fifth Class, Part 2	31 minutes
Q & A	105 minutes
Sixth Class	80 minutes

**Yoga in Action: Beginners Practice (1994)** 115 minutes

**Patanjali's Yogasutra—an Exploration CD-ROM (will work on PC or older MAC)**

### **Iyengar Yoga Convention with Geeta Iyengar, London, 2009**

Day 1—Asanas
Day 2, Disc 1—Pranayama
Day 2, Disc 2—Asanas
Day 2, Disc 3—Lecture
Day 3, Disc 1—Pranayama
Day 3, Disc 2—Asanas
Day 3, Disc 3—Chanting & Therapy
Day 4, Disc 1—Pranayama
Day 4, Disc 2—Asanas
Day 5, Disc 1—Pranayama
Day 5, Disc 2—Asanas
Day 5, Disc 3—Therapy
Day 6, Disc 1—Pranayama
Day 6, Disc 2—Asanas
Day 7—Asanas

### **Iyengar Yoga Certified Teachers' Convention with Geeta Iyengar Portland, OR, May 2010**

Disc 1—Opening Puja & Lecture	85 minutes
Disc 2—Supine and Prone Asanas	240 minutes
Disc 3—Sitting: Upashrayi & Samashrayi Asanas	225 minutes
Disc 4—Standing Asanas	231 minutes
Disc 5—Inversions	210 minutes
Disc 6—Pranayama	202 minutes
Disc 7—Savasana with Sunita Parthasarathy	140 minutes

Disc 8—Sitting Asanas with Abhijata Sridhar 149 minutes  
Disc 9—Shoulders & Neck with Sunita Parthasarathy  
Salamba Purvottanasana with Abhijata Sridhar 225 minutes