



## BKS Iyengar Library Listing

### – DVD's March 2006 -

1.	Master Class with BKS Iyengar 1985 London – DVD 1	Tadasana, Utthita Trikonasana, Utthita Parsvakonasana, Virabhadrasana I, Virabhadrasana II, Prasara Padottanasana, Ardha Chandrasana, Parivrtta Trikonasana, Parivrtta Parsvakonasana	120 mins NTSC
2.	Master Class with BKS Iyengar 1985 London – DVD 2	Virabhadrasana III, Parsvottanasana, Sirsasana, Adho Mukha Svanasana, Sarvangasana, Halasana	90 mins NTSC
3.	Yoga in Action by Geeta Iyengar – DVD 1	Uses of props	PAL
4.	Yoga in Action by Geeta Iyengar – DVD 2	Uses of props	PAL
5.	Yoga Demonstration by BKS Iyengar	Yoga for Children	PAL
6.	Yoga in Action by Geeta Iyengar – July 1997 – DVD 1	Role of the Chair in Yogis Life	75 mins PAL
7.	Yoga in Action by Geeta Iyengar – July 1997 – DVD 1	Role of Yoga in Womens Life	120 mins PAL
8.	Yoga in Action by Geeta Iyengar – July 1997 – DVD 2	Role of Yoga in Womens Life	16 mins PAL
9.	Yoga in Action by Geeta Iyengar	Life Elixir	PAL
10.	Yoga in Action by Geeta Iyengar – January 1995	Role of Trestler	
11.	Yoga in Action by Geeta Iyengar – September 1994	Beginners Practise	115 mins PAL
12.	Yoga in Action by Geeta Iyengar – DVD 1	Menstruation	PAL
13.	Yoga in Action by Geeta Iyengar – DVD 2	Menstruation	PAL
14.	Yoga in Action by Geeta Iyengar – January 1992	Diarrhoea & Common Problems Part 1	120 mins PAL
15.	Yoga in Action by Geeta Iyengar – January 1992	Diarrhoea & Common Problems Part II	
16.	Yoga in Action by Geeta Iyengar	Winter Practise	PAL
17.	Yoga in Action by Geeta Iyengar	Inversion –I	PAL
18.	Yoga in Action by Geeta Iyengar	Inversion – II	PAL
19.	Yoga in Action by Geeta Iyengar	How to begin your Daily Practise	PAL
20.	Geeta Iyengar – 25 January 2004 – DVD 1	Purvapatana Sthiti, an approach to back bends	120 mins PAL
21.	Geeta Iyengar – 25 January 2004 – DVD 2	Purvapatana Sthiti, an approach to back bends	118 mins PAL
22.	Yoga Demonstration by BKS Iyengar	Gurujī's Life Story	PAL
23.	BKS Iyengar 1983	Gurujī's Practise 1983	45 mins PAL
24.	Gurujī's Yoga Demonstration by BKS Iyengar – 21 May 1994	Ultimate Freedom	58 mins PAL
25.	BKS Iyengar 1975	Gurujī's Practise	61 mins NTSC
26.	Gurujī's Yoga Demonstration	Yogmala	60 min PAL
27.	Yoga Demonstration by BKS Iyengar	Davies Hall	PAL
28.	Yoga Demonstrations by BKS Iyengar DVD 1	Free Trade Hall – Manchester	120 mins NTSC
29.	Yoga Demonstrations by BKS Iyengar DVD 2	Free Trade Hall – Manchester	35 mins NTSC
30.	Yoga Demonstration by BKS Iyengar	Harvard University	PAL
31.	Yoga Demonstration by BKS Iyengar DVD 1	Amsterdam <b>2 copies</b>	PAL
32.	Yoga Demonstration by BKS Iyengar DVD 2	Amsterdam <b>2 copies</b>	PAL
33.	Gurujī's Teachings – April 2002 DVD 1	On Hanuman Jayanti	120 mins NTSC
34.	Gurujī's Teachings – April 2002 DVD 2	On Hanuman Jayanti	23 min NTSC
35.	Gurujī's Teachings – January 2003 DVD 1	Chitprasadam 27 <sup>th</sup> Annual Celebrations of RIMYI	120 mins PAL

36.	Guruji's Teachings – January 2003 DVD 2	Chitprasadam 27 <sup>th</sup> Annual Celebrations of RIMYI	60 mins PAL
37.	Yoga Demonstration by BKS Iyengar	Samadhi <b>2 copies</b>	PAL

38.	Womens Intensive Geeta and BKS Iyengar	11 January 1997	NTSC
39.	Womens Intensive Geeta and BKS Iyengar	7 January 1997, part 1	120 mins NTSC 2
40.	Womens Intensive Geeta and BKS Iyengar	7 & 8 January 1997, part 2 & 1	NTSC 3
41.	Womens Intensive Geeta and BKS Iyengar	8 January 1997, part 2	83 mins NTSC 4
42.	Womens Intensive Geeta and BKS Iyengar	9 January 1997, part 1	120 mins NTSC 5
43.	Womens Intensive Geeta and BKS Iyengar	9 January 1997, part 2	85 mins NTSC 6
44.	Womens Intensive Geeta and BKS Iyengar	14 January 1997, part 1	120 mins NTSC 10
45.	Womens Intensive Geeta and BKS Iyengar	January 1997	NTSC 11
46.	Womens Intensive Geeta and BKS Iyengar	15 January 1997, part 1	NTSC 12
47.	Womens Intensive Geeta and BKS Iyengar	16 January 1997, part 1	NTSC 13
48.	Womens Intensive Geeta and BKS Iyengar	15 & 16 January 1997, part 2 & 2	NTSC 14
49.	Womens Intensive Geeta and BKS Iyengar	17 January 1997	120 mins NTSC 15
50.	Womens Intensive Geeta and BKS Iyengar	January 1997	NTSC 16
51.	Womens Intensive Geeta and BKS Iyengar	January 1997	NTSC 17
52.	Womens Intensive Geeta and BKS Iyengar	20 January 1997, part 2	75 mins NTSC 18
53.	Womens Intensive Geeta and BKS Iyengar	21 January 1997, part 1	101 mins NTSC 19
54.	Womens Intensive Geeta and BKS Iyengar	23 January 1997, part 1	120 mins NTSC 20
55.	Womens Intensive Geeta and BKS Iyengar	22 January 1997, part 1	120 mins NTSC 21
56.	Womens Intensive Geeta and BKS Iyengar	22 January 1997, part 2	102 mins NTSC 22
57.	Womens Intensive Geeta and BKS Iyengar	23 January 1997, part 1	120 mins NTSC 23
58.	Womens Intensive Geeta and BKS Iyengar	24 January 1997, part 1	120 mins NTSC 24
59.	Womens Intensive Geeta and BKS Iyengar	24 January 1997, part 2	50 mins NTSC 25
60.	Womens Intensive Geeta and BKS Iyengar	6 January 1997, pranayam	73 mins NTSC 26
61.	Womens Intensive Geeta and BKS Iyengar	8 January 1997, pranayam	NTSC 27
62.	Womens Intensive Geeta and BKS Iyengar	10 January 1997, pranayam	73 mins NTSC 28
63.	Womens Intensive Geeta and BKS Iyengar	13 January 1997, pranayam	70 mins NTSC 29
64.	Womens Intensive Geeta and BKS Iyengar	22 & 15 January 1997, pranayam	119 mins NTSC 30
65.	Womens Intensive Geeta and BKS Iyengar	17 January 1997, pranayam	74 mins NTSC 31
66.	Womens Intensive Geeta and BKS Iyengar	20 January 1997, pranayam	57 mins NTSC 57
67.	Womens Intensive Geeta and BKS Iyengar	January 1997	NTSC 32
68.	Womens Intensive Geeta and BKS Iyengar	Pranayam	NTSC 33
69.	Womens Intensive Geeta and BKS Iyengar	13 January 1997, part 2	54 mins NTSC 9
70.	Intensive Class	7 January 1992	NTSC 1

	Geeta and BKS Iyengar		
71.	Intensive Class Geeta and BKS Iyengar	9 January 1992	NTSC 2
72.	Intensive Class Geeta and BKS Iyengar	9 January 1992	NTSC 3
73.	Intensive Class Geeta and BKS Iyengar	10 January 1992	NTSC 4
74.	Intensive Class Geeta and BKS Iyengar	January 1992	NTSC 5
75.	Intensive Class Geeta and BKS Iyengar	14 January 1992	NTSC 6
76.	Intensive Class Geeta and BKS Iyengar	10 July 1992	NTSC 1
77.	Intensive Class Geeta and BKS Iyengar	13 July 1992	NTSC 2
78.	Intensive Class Geeta and BKS Iyengar	14 July 1992	NTSC 3
79.	Intensive Class Geeta and BKS Iyengar	16 July 1992	NTSC 4
80.	Intensive Class Geeta and BKS Iyengar	17 July 1992	NTSC 5
81.	Intensive Class Geeta and BKS Iyengar	20 July 1992	NTSC 6
82.	Intensive Class Geeta and BKS Iyengar	21 July 1992	NTSC 7
83.	Intensive Class Geeta and BKS Iyengar	23 July 1992	NTSC 8
84.	Teachers Training course Geeta and BKS Iyengar	Introduction on 2 September 2001 <i>Orientation and chant, books, teacher certification, guidelines for teaching, general, special conditions, guidelines for teaching continued, fear, explaining, observing students, attitude towards students, corrections by touching</i>	93 mins NTSC 1
85.	Teachers Training course Geeta and BKS Iyengar	Part 1 of class 3 September 2001 <i>Leading prayers word by word, starting the class, feet, vertical, tadasana, urdhva hastasana, Guruji: stretching the spine from the feet, placement of heel, bottom of feet, urdhva hastasana: inner heels down, urdhva hastasana: interlocking fingers, spread legs, trikonasana, arms, distance between legs</i>	120 mins NTSC 2
86.	Teachers Training course Geeta and BKS Iyengar	Part 2 of class 3 September 2001 <i>Guruji, uttita parsvakonasana, standing on heels, virabhadrasana II, virabhadrasana II, Uttita parsvakonasana, uttanasana wide, adho mukha svanasana, prasarita padottanasana</i>	25 mins NTSC 3
87.	Teachers Training course Geeta and BKS Iyengar	Lecture on 3 September 2001 <i>Chap 1 – standing, chap 2 – sitting, chap 3 – forward extension, chap 4 – lateral extension, chap 5 – inversions, chap 6 – abdominal, chap 7 – backward extension, chap 8 – sun salutation, chap 9 – restorative, pronunciation of Sanskrit, review of class so far, philosophy, honesty, kosas, elements and kosas</i>	85 mins NTSC 4
88.	Teachers Training course Geeta and BKS Iyengar	Part 1 of class 4 September 2001 <i>Virabhadrasana I, virabhadrasana III, ardhha chandrasana, balancing poses, ardhha chandrasana, Guruji: extend right shoulder blade, uttanasana wide, virabhadrasana III, virabhadrasana I, Guruji: uttita trikonasana, uttita parsvakonasana, virabhadrasana II, virabhadrasana I, ardhha chandrasana, dandasana, urdhva hasta dandasana</i>	120 mins NTSC 5
89.	Teachers Training course Geeta and BKS Iyengar	Part 2 of class 4 September 2001 <i>Urdhva hasta dandasana, urdhva mukha pascimottanasana, pascimottanasana, urdhva mukha pascimottanasana, pascimottanasana</i>	40 mins NTSC 6
90.	Teachers Training course Geeta and BKS Iyengar	Class on 5 September 2001 <i>Students leading poses, virabhadrasana I, virabhadrasana II, increasing body awareness, virabhadrasana I, virabhadrasana III, why Geeta shouts, Geeta leads virabhadrasana III, virabhadrasana III, urdhva mukha pascimottanasana, pascimottanasana, janu sirsasana</i>	118 mins NTSC 7
91.	Teachers Training course Geeta and BKS Iyengar	Lecture on 5 September 2001 <i>Pronunciation, language for teaching, observation of asanas for teaching, teaching sirsasana, teaching halasana, teaching sirsasana, teaching halasana, use of syllabus, adho mukha svanasana, urdhva mukha svanasana, chaturanga dandasana, full arm balance, assorted questions</i>	105 mins NTSC 8
92.	Teachers Training course Geeta and BKS Iyengar	Part 1 of class on 6 September 2001 <i>Leading the chant, adho mukha svanasana, urdhva mukha svanasana, Guruji: tadasana, tadasana, Guruji: adho mukha svanasana, connection to tadasana, adho mukha svanasana, Guruji: adho mukha svanasana – rhythm, Guruji: rhythm from CD15, adho mukha svanasana to urdhva mukha svanasana</i>	111mins NTSC 9

93.	Teachers Training course Geeta and BKS Iyengar	Part 2 of class on 6 September 2001 <i>Adho mukha svanasana to urdhva mukha svanasana analysis, urdhva mukha svanasana teaching, chaturanga dandasana teaching, urdhva mukha svanasana for backbending, Guruji: urdhva mukha svanasana</i>	35 mins NTSC 10
94.	Teachers Training course Geeta and BKS Iyengar	Part 1 of class on 7 September 2001 <i>Chaturanga dandasana, urdhva mukha svanasana to adho mukha svanasana, chaturanga dandasana, chaturanga dandasana to urdhva mukha svanasana, urdhva mukha svanasana to chaturanga dandasana, chaturanga dandasana with brick under chest, chaturanga dandasana with bolster, urdhva mukha svanasana, ustrasana, sirsasana</i>	120 mins NTSC 11
95.	Teachers Training course Geeta and BKS Iyengar	Part 2 of Class on 7 September 2001 <i>Sirsasana, prayers, nature: Prakruti and discipline</i>	31 mins NTSC 12
96.	Teachers Training course Geeta and BKS Iyengar	Questions and answers on 7 September 2001 <i>Therapy for frequency of passing urine –</i> 1. <i>when and how to deal with ladies on not doing inversions during menstruation</i> 2. <i>forward bends and cramps in the stomach; photo parts of body for anatomy</i> 3. <i>cramps in abdomen in supine poses</i> 4. <i>irregular periods that then get regular</i> 5. <i>student with a cyst is having operation; what to do</i> <i>Cyst removal operation continued</i> 6. <i>beginner practice</i> 7. <i>restricting pranayama for beginners</i> 8. <i>how to handle newcomers joining mid-year</i> 9. <i>neck pain in sirsasana</i> 10. <i>vertigo</i>	105 mins NTSC 13
97.	Teachers Training course Geeta and BKS Iyengar	Class on 8 September 2001 <i>Chant, inversions, halasana teaching, halasana to sarvangasana, salamba sarvangasana sound cutting out, sirsasana, sirsasana at the wall, prayers, concluding remarks</i>	80 mins NTSC 14

98.	Intensive Class Geeta and BKS Iyengar	Part 1 of class on 7 July 1997	DVD 1
99.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 2
100.	Intensive Class Geeta and BKS Iyengar	Class on 8 July 1997	DVD 3
101.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 4
102.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 5
103.	Intensive Class Geeta and BKS Iyengar	Class on 10 July 1997	DVD 6
104.	Intensive Class Geeta and BKS Iyengar	Class on 11 July 1997	DVD 7
105.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 8
106.	Intensive Class Geeta and BKS Iyengar	Class on 14 July 1997	DVD 9
107.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 10
108.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 11
109.	Intensive Class Geeta and BKS Iyengar	Class on 17 July 1997	DVD 12
110.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 13
111.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 14
112.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 15
113.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 16
114.	Intensive Class Geeta and BKS Iyengar	Class July 1997	DVD 17
115.	Intensive Class Geeta and BKS Iyengar	Class in October 1996	NTSC 1
116.	Intensive Class Geeta and BKS Iyengar	Class in October 1996	NTSC 2

117.	Intensive Class Geeta and BKS Iyengar	Class in October 1996	NTSC 3
118.	Intensive Class Geeta and BKS Iyengar	Class in October 1996	NTSC 4
119.	Intensive Class Geeta and BKS Iyengar	Class in October 1996	NTSC 5
120.	Intensive Class Geeta and BKS Iyengar	Class on 29 October 1996	NTSC 6
121.	Intensive Class Geeta and BKS Iyengar	Class on 30 October 1996	NTSC 7
122.	Intensive Class Geeta and BKS Iyengar	Class on 31 October 1996	NTSC 8
123.	Intensive Class Geeta and BKS Iyengar	Class on 1 October 1996	NTSC 9
124.	Intensive Class Geeta and BKS Iyengar	Class on 1 November 1996	NTSC 10
125.	Intensive Class Geeta and BKS Iyengar	Class on 1 November 1996	NTSC 11
126.	Intensive Class Geeta and BKS Iyengar	Class on 11 September 1994	NTSC 1
127.	Intensive Class Geeta and BKS Iyengar	Class on 12 September 1994	NTSC 2
128.	Intensive Class Geeta and BKS Iyengar	Class on 13 September 1994	NTSC 3
129.	Intensive Class Geeta and BKS Iyengar	Class on 15 September 1994	NTSC 4
130.	Intensive Class Geeta and BKS Iyengar	Class on 15 September 1994	NTSC 5
131.	Intensive Class Geeta and BKS Iyengar	Class on 16 September 1994 Part 1	NTSC 6
132.	Intensive Class Geeta and BKS Iyengar	Class on 16 September 1994 Part 2	NTSC 7
133.	Intensive Class Geeta and BKS Iyengar	Class on 19 September 1994	NTSC 8
134.	Intensive Class Geeta and BKS Iyengar	Class on 20 September 1994	NTSC
135.	Intensive Class Geeta and BKS Iyengar	Class on 22 September 1994	NTSC 10
136.	Intensive Class Geeta and BKS Iyengar	Class on 23 September 1994 Part 1	NTSC 11
137.	Intensive Class Geeta and BKS Iyengar	Class on 23 September 1994 Part 2	NTSC 12
138.	Intensive Class Geeta and BKS Iyengar	Class on 8 July 1994	NTSC 1
139.	Intensive Class Geeta and BKS Iyengar	Class on 11 July 1994	DVD 2
140.	Intensive Class Geeta and BKS Iyengar	Class on 12 July 1994 Part 1	DVD 3
141.	Intensive Class Geeta and BKS Iyengar	Class on 12 July 1994 Part 2	NTSC
142.	Intensive Class Geeta and BKS Iyengar	Class on 15 July 1994	DVD 5
143.	Intensive Class Geeta and BKS Iyengar	Class on 17 July 1994 Part 1	DVD 6
144.	Intensive Class Geeta and BKS Iyengar	Class on 17 July 1994 Part 2	DVD 7
145.	Intensive Class Geeta and BKS Iyengar	Class on 19 July 1994	DVD 8
146.	Intensive Class Geeta and BKS Iyengar	Class on 21 July 1994	DVD 9
147.	Intensive Class Geeta and BKS Iyengar	Class on 22 July 1994 Part 1	DVD 10
148.	Intensive Class Geeta and BKS Iyengar	Class on 22 July 1994	NTSC
149.	Pranayama Intensive BKS Iyengar	February 1996	PAL 1
150.	Pranayama Intensive BKS Iyengar	February 1996	PAL 2
151.	Pranayama Intensive BKS Iyengar	February 1996	PAL 3
152.	Pranayama Intensive	February 1996	PAL 4

	BKS Iyengar		
153.	Pranayama Intensive BKS Iyengar	February 1996	PAL 5
154.	Pranayama Intensive BKS Iyengar	February 1996	PAL 6
155.	Pranayama Intensive BKS Iyengar	February 1996	PAL 7
156.	Pranayama Intensive BKS Iyengar	February 1996	PAL 8
157.	Pranayama Intensive BKS Iyengar	February 1996	PAL 9
158.	Pranayama Intensive BKS Iyengar	February 1996	PAL 10
159.	Pranayama Intensive BKS Iyengar	February 1996	PAL 11

160.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	Part 1 of 29 November 1993 <i>Introduction and course overview, tadasana, trikonasana</i>	82 mins DVD 1
161.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	Part 2 of 29 November 1993 <i>Adho mukha vrksasana, adho mukha svanasana, parsvakonasana</i>	79 mins DVD 2
162.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	29 November 1993 <i>Pranayama</i>	76 mins DVD 3
163.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	Part 1 of 30 November 1993	DVD 4
164.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	Part 2 of 30 November 1993	DVD 5
165.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	30 November 1993 <i>Questions and answers</i>	DVD 6
166.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	Part 1 of 1 December 1993 <i>Using the elements in tadasana and trikonasana</i>	87 mins DVD 7
167.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	Part 2 of 1 December 1993 <i>Using the elements of parsvakonasana, virabhadrasana 1, adho muka vrksasana, sirsasana and tadasana</i>	87 mins DVD 8
168.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	1 December 1993 <i>Pranayama</i>	85 mins DVD 9
169.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	Part 1 of 2 December 1993 <i>Tadasana, trikonasana, parsvakonasana, virabhadrasana 1 &amp; 2, ardha chandrasana</i>	89 mins DVD 10
170.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	Part 2 of 2 December 1993	DVD 11
171.	75 <sup>th</sup> Birthday Teachings BKS Iyengar	2 December 1993 <i>Questions and answers</i>	79 mins DVD 12
172.	Intensive Class Geeta and BKS Iyengar	Class on 12 October 1995	NTSC 1
173.	Intensive Class Geeta and BKS Iyengar	Class on 13 October 1995	NTSC 2
174.	Intensive Class Geeta and BKS Iyengar	Class on October 1995	NTSC 3
175.	Intensive Class Geeta and BKS Iyengar	Class on October 1995	NTSC 4
176.	Intensive Class Geeta and BKS Iyengar	Class on October 1995	NTSC 5
177.	Intensive Class Geeta and BKS Iyengar	Class on 17 October 1995	NTSC 6
178.	Intensive Class Geeta and BKS Iyengar	Class on 17 & 18 October 1995 <i>Part 1</i>	NTSC 7
179.	Intensive Class Geeta and BKS Iyengar	Class on 17 & 18 October 1995	NTSC 8
180.	Intensive Class Geeta and BKS Iyengar	Class on 18 October 1995	NTSC 9
181.	Intensive Class Geeta and BKS Iyengar	Class on 19 October 1995	NTSC 10
182.	Backbends Intensive BKS Iyengar	Class on 25 November 1991	DVD 1
183.	Backbends Intensive BKS Iyengar	Class on 26 November 1991	DVD 2
184.	Backbends Intensive BKS Iyengar	Class on 27 November 1991	DVD 3
185.	Backbends Intensive BKS Iyengar	Class on 28 November 1991	DVD 4

186.	Backbends Intensive BKS Iyengar	Class on 29 November 1991	DVD 5
187.	Backbends Intensive BKS Iyengar	Class on 2 December 1991	DVD 6
188.	Backbends Intensive BKS Iyengar	Class on 3 December 1991	DVD 7
189.	Backbends Intensive BKS Iyengar	Class on 4 December 1991	DVD 8
190.	Backbends Intensive BKS Iyengar	Class on 5 December 1991	DVD 9
191.	Backbends Intensive BKS Iyengar	Class on 6 December 1991	DVD 10
192.	Backbends Intensive BKS Iyengar	Class on 9 December 1991 <i>Part 1</i>	DVD 11
193.	Backbends Intensive BKS Iyengar	Class on 12 December 1991	DVD 12
194.	Backbends Intensive BKS Iyengar	Class on 10 December 1991	DVD 13
195.	Backbends Intensive BKS Iyengar	Class on 11 December 1991	DVD 14
196.	Backbends Intensive BKS Iyengar	Class on 12 December 1991	DVD 15
197.	Backbends Intensive BKS Iyengar	Class on 13 December 1991	DVD 16
198.	Backbends Intensive BKS Iyengar	Class on 5 & 6 December 1991	DVD 17
199.	Intensive Class Prashant Iyengar	Class on 11 January 1996	120 mins DVD 1
200.	Intensive Class Prashant	Class on 12 January 1996	67 mins DVD 2
201.	Intensive Class Prashant	Class on 14 January 1996	120 mins DVD 3
202.	Intensive Class Prashant	Class on 15 January 1996	120 mins DVD 4
203.	Intensive Class Prashant	Class on 16 January 1996	100 mins DVD 5
204.	Intensive Class Prashant	Class on 17 January 1996	100 mins DVD 6
205.	Intensive Class Prashant	Class on 18 January 1996	107 mins DVD 7
206.	Intensive Class Prashant	Class on 19 January 1996	77 mins DVD 8
207.	Teacher training, Aug 2000 Geeta and BKS Iyengar	Class on 7 August 2000 <i>Invocation, uttitha trikonasana, using a rope, uttitha hasta padasana, trikonasana adjustments, tadasana, how to see a person, adjustment for sciatic pain, leg position in trikonasana</i>	102 mins DVD 1
208.	Teacher training, Aug 2000 Geeta and BKS Iyengar	Class on 8 August 2000 <i>Common mistakes, the feet and ankles, uttitha trikonasana, adho mukha svanasana and tadasana, sirsasana, instructions to beginners, tadasana preparation, back to basics, explanations by Guruji</i>	119 mins DVD 2
209.	Teacher training, Aug 2000 Geeta and BKS Iyengar	Class on 10 August 2000 <i>Bharadvajasana I, setting to see students, how to give directions, adjusting the blanket, source of the collapse, calf muscle, firmness of calf muscle, adjusting bodies, knee alignment props, thigh position</i>	119 mins DVD 3
210.	Teacher training, Aug 2000 Geeta and BKS Iyengar	Class on 11 August 2000, part 1 <i>Supta padangustasana, stretching the leg, junior teacher instructs, tadasana &amp; sputa padangustasana, teacher's voice</i>	120 mins DVD 4
211.	Teacher training, Aug 2000 Geeta and BKS Iyengar	Class on 11 August 2000, part 2 <i>sputa padangustasana, lying down properly, action of the lifted leg, coming out of the pose, working with knock knees</i>	25 mins DVD 5