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defined in Patanjali's Yoga Sutras are described; (3) "Yoga and Health," which is pretty self-explanatory; (4) "The Self and Its ...

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In memoriam, we offer Iyengar in his own words, from his classic work, The Tree of Yoga: "Death is unimportant to a yogi; he does not mind when he is going to die. What happens after death is immaterial to him. He is only concerned with life-with how he can use his life for the betterment of humanity.

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