

- **[News \(http://www.triangleusgbc.org/category/news/\)](http://www.triangleusgbc.org/category/news/)**
- **[Business \(http://www.triangleusgbc.org/category/business/\)](http://www.triangleusgbc.org/category/business/)**
- **[Politics \(http://www.triangleusgbc.org/category/politics/\)](http://www.triangleusgbc.org/category/politics/)**
- **[Culture \(http://www.triangleusgbc.org/category/culture/\)](http://www.triangleusgbc.org/category/culture/)**



MAR

18
2015

Mansukh Patel, BKS Iyengar, Swami Vishnu Devananda, founders of yoga styles everyone should know about.

👤 [triangleus \(http://www.triangleusgbc.org/author/triangleus/\)](http://www.triangleusgbc.org/author/triangleus/) 📁 [Culture \(http://www.triangleusgbc.org/category/culture/\)](http://www.triangleusgbc.org/category/culture/) 💬 [\(http://www.triangleusgbc.org/mansukh-patel/#respond\)](http://www.triangleusgbc.org/mansukh-patel/#respond)

There are so many styles of yoga available at every studio these days that it can be tricky to distinguish the different subtleties. Some yoga schools have an international following, and have stood the test of time. Here are three popular styles of yoga that are taught worldwide, which everyone should try at least once.

Dru Yoga from Mansukh Patel

Founders

Founded in the 1970s by enthusiastic UK university students, including *Mansukh Patel*, *Chris Barrington*, and *Mita Goswami*, this flowing style has a holistic emphasis.

Why it stands out

Working on every level, from physical (it's excellent for back pain according to scientific research journals) through the emotions (the manomaya kosha, as they call it in Dru) to the spiritual level (with blissful meditations) – Dru has something for everyone. There is no need to be particularly fit or bendy to try this style – according to founder Mansukh Patel, “Dru is for everyone no matter what age or level of flexibility you have. The most important thing is to just start yoga, rather than worrying about whether you can touch your toes.”

What's a typical class like?

In Mansukh Patel's Dru Yoga class, you'll experience flowing movements to remove energy blocks or stiffness from the joints, traditional asanas performed with an emphasis on alleviating back pain, and deep relaxations. To a newcomer, Dru is light hearted, with spiritual depth and a focus on the therapeutic side of the practice.

Where to find this style?

Dru Yoga was developed in the UK. Classes, retreats and teacher training courses may be taken throughout the UK, Netherlands, Australia, New Zealand and in BC, Canada.

Classic quote

“Dru Yoga is a journey of self discovery.” Mansukh Patel

Iyengar Yoga from BKS Iyengar

Founders

Yoga guru BKS Iyengar, who passed away in 2014, lends his name to this style, and is credited with bringing yoga to the West in the 1960s.

Why it stands out

Iyengar yoga focuses on detail, alignment in the performance of posture (asana) and breath control (pranayama). This style concentrates on precision, and uses props such as blocks and bolsters to help students achieve perfection in each posture and develop their mind, body and spirit step-by-step.

What's a typical class like?

A Iyengar yoga class will include traditional yoga poses, taught slowly and with attention to detail – poses may be held for up to 10 minutes. Classes often start with a sanskrit prayer to

Patanjali (the father of yoga) and finish with a long Savasana. While one won't experience a sweaty workout like in certain yoga styles, muscles are most likely to feel tired after the lesson. Students usually sign up for 10-12 week series of classes to get the most benefit from this style.

Where to find this style?

Founded in Pune, India, Iyengar classes and courses can be taken in just about any country from Argentina to Yemen!

Classic quote

"My body is my temple and asanas are my prayers." BKS Iyengar

Sivananda Yoga from Swami Vishnu Devananda

Founders

Swami Vishnu Devananda, instructed by his guru Swami Sivananda, established a yoga centre in Montreal, Canada in 1959.

Why it stands out?

Boasting 60+ worldwide locations, Sivananda is a traditional yoga school that may be found everywhere. Sivananda Yoga's mission is to spread peace, health and joy through yoga.

What's a typical class like?

A typical open level Sivananda class includes pranayama (breathing exercises), warm-ups including Sun Salutations, 12 basic asanas (postures) and deep relaxation. The asanas follow an exact order that allows for the systematic movement of every major part of the body in a balanced way that enhances prana or life force energy, keeping the mind quiet and without the need to think beyond each individual pose.

Where to find this style?

With 26,000 Sivananda teachers across the globe, there are yoga classes in most towns and cities worldwide.

Classic quote

"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."

Swami Sivananda

◀ [1MDB cleared of wrongdoing in PetroSaudi JV \(http://www.triangleusgbc.org/1mdb-cleared-of-wrongdoing-in-petrosaudi-jv/\)](http://www.triangleusgbc.org/1mdb-cleared-of-wrongdoing-in-petrosaudi-jv/)

[Franchises: The Entertainment Business and its unwillingness to let go of the past](#) ▶

Leave a Reply

Your email address will not be published. Required fields are marked *

Name *

Email *

Website

Comment

Post Comment

Search



[\(http://www.triangleusgbc.org/profitting-from-the-debate-over-gun-control/\)](http://www.triangleusgbc.org/profitting-from-the-debate-over-gun-control/)

Profiting from the Debate Over Gun Control

(http://www.triangleusgbc.org/profitting-from-the-debate-over-gun-control/)

The continuing political debate that surrounds gun control in the United States has brought with it a potentially dicey economic benefit for those seeking to make money off the contentious nature that both sides bring to the table. In short, ... [read more \(http://www.triangleusgbc.org/profitting-from-the-debate-over-gun-control/\)](http://www.triangleusgbc.org/profitting-from-the-debate-over-gun-control/)



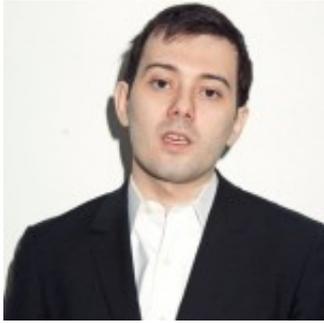
[\(http://www.triangleusgbc.org/chinese-economy-still-in-need-of-a-boost/\)](http://www.triangleusgbc.org/chinese-economy-still-in-need-of-a-boost/)

Chinese Economy Still in Need of a Boost

(http://www.triangleusgbc.org/chinese-economy-still-in-need-of-a-boost/)

The continued cooling off of China's once red-hot economy came into evidence on December 21, when reports emerged that senior party officials expect the slowdown that the country has experienced in 2015

will continue over the next few years. During ... [read more](http://www.triangleusgbc.org/chinese-economy-still-in-need-of-a-boost/)
(<http://www.triangleusgbc.org/chinese-economy-still-in-need-of-a-boost/>)



(<http://www.triangleusgbc.org/controversial-ceo-shkreli-arrested-for-securities-fraud/>)

[Controversial CEO Shkreli Arrested for Securities Fraud](http://www.triangleusgbc.org/controversial-ceo-shkreli-arrested-for-securities-fraud/)
[\(http://www.triangleusgbc.org/controversial-ceo-shkreli-arrested-for-securities-fraud/\)](http://www.triangleusgbc.org/controversial-ceo-shkreli-arrested-for-securities-fraud/)

The CEO who ignited an international uproar three months ago over his decision to drastically increase the price of a life-saving drug now finds himself facing a host of charges related to securities fraud. Martin Shkreli, a 32-year-old who lives ... [read more](http://www.triangleusgbc.org/controversial-ceo-shkreli-arrested-for-securities-fraud/) (<http://www.triangleusgbc.org/controversial-ceo-shkreli-arrested-for-securities-fraud/>)



(<http://www.triangleusgbc.org/venezuela-voters-election-results/>)

[Venezuela Voters Send Strong Message With Election Results](http://www.triangleusgbc.org/venezuela-voters-election-results/)
[\(http://www.triangleusgbc.org/venezuela-voters-election-results/\)](http://www.triangleusgbc.org/venezuela-voters-election-results/)

Mirroring the political changes that recently reached their South American neighbor Argentina, voters in Venezuela potentially set the stage for a drastic shift within their financially-troubled country by dealing a severe electoral blow to the ruling Socialist party headed by ... [read more](http://www.triangleusgbc.org/venezuela-voters-election-results/)
(<http://www.triangleusgbc.org/venezuela-voters-election-results/>)



(<http://www.triangleusgbc.org/opec-oil-output/>)

[OPEC boosts the ceiling for oil-output to 31.5 million barrels per day](http://www.triangleusgbc.org/opec-oil-output/)
[\(http://www.triangleusgbc.org/opec-oil-output/\)](http://www.triangleusgbc.org/opec-oil-output/)

Despite watching oil prices drop by 38 percent over the past year and in the face of a continuing glut that's kept prices stagnant, OPEC has decided to boost the ceiling for oil-output to 31.5 million barrels per day. That ... [read more](http://www.triangleusgbc.org/opec-oil-output/) (<http://www.triangleusgbc.org/opec-oil-output/>)

(<http://www.triangleusgbc.org/patrick-mahony-tips-camera-lens/>)

[Patrick Mahony – 3 Tips for Examining the Mechanical Condition of a Used Camera Lens](http://www.triangleusgbc.org/patrick-mahony-tips-camera-lens/)
[\(http://www.triangleusgbc.org/patrick-mahony-tips-camera-lens/\)](http://www.triangleusgbc.org/patrick-mahony-tips-camera-lens/)



Some people prefer to buy used camera lenses due to their low costs. However, it is imperative that you know how to choose one that is in a good condition. Here are three things Patrick Mahony considers when evaluating a ... [read more \(http://www.triangleusgbc.org/patrick-mahony-tips-camera-lens/\)](http://www.triangleusgbc.org/patrick-mahony-tips-camera-lens/)



[\(http://www.triangleusgbc.org/saudi-prince-jawad-abdulaziz-bin-majed-al-saud/\)](http://www.triangleusgbc.org/saudi-prince-jawad-abdulaziz-bin-majed-al-saud/)

[Saudi Prince Jawad Abdulaziz Bin Majed Al Saud Arrested, Charged in Beverly Hills Sexual Assault \(http://www.triangleusgbc.org/saudi-prince-jawad-abdulaziz-bin-majed-al-saud/\)](http://www.triangleusgbc.org/saudi-prince-jawad-abdulaziz-bin-majed-al-saud/)

Los Angeles police arrested Saudi Prince Jawad Abdulaziz Bin Majed Al Saud, a 29-year-old Saudi prince, for sexual assault. A woman screaming for help while trying to climb over a fence on a Beverly Hills property attracted the attention of ... [read more \(http://www.triangleusgbc.org/saudi-prince-jawad-abdulaziz-bin-majed-al-saud/\)](http://www.triangleusgbc.org/saudi-prince-jawad-abdulaziz-bin-majed-al-saud/)



[\(http://www.triangleusgbc.org/lloyd-la-marca-augmented-reality/\)](http://www.triangleusgbc.org/lloyd-la-marca-augmented-reality/)

[Lloyd La Marca: a Genevan entrepreneur invested in augmented reality \(http://www.triangleusgbc.org/lloyd-la-marca-augmented-reality/\)](http://www.triangleusgbc.org/lloyd-la-marca-augmented-reality/)

While the technology giants explore more and more opportunities to exploit the latest innovations, Lloyd La Marca – Swiss businessman and founder of the company ACM (Advanced Currency Markets) – is committed to a remarkable adventure, in terms of both ... [read more \(http://www.triangleusgbc.org/lloyd-la-marca-augmented-reality/\)](http://www.triangleusgbc.org/lloyd-la-marca-augmented-reality/)

[European University MBA: How to choose? \(http://www.triangleusgbc.org/european-university-mba/\)](http://www.triangleusgbc.org/european-university-mba/)

In Switzerland, Germany, France and many other western countries where the academic offering is mature and diversified, choosing a university is a long, complicated and stressful process, especially when looking for an MBA. The Master's degree in Business Administration is ... [read more \(http://www.triangleusgbc.org/european-university-mba/\)](http://www.triangleusgbc.org/european-university-mba/)

[\(http://www.triangleusgbc.org/adam-said-babson/\)](http://www.triangleusgbc.org/adam-said-babson/)

[BABSON COLLEGE – An Entrepreneur factory \(http://www.triangleusgbc.org/adam-said-babson/\)](http://www.triangleusgbc.org/adam-said-babson/)



William Green, CEO of Accenture, Akio Toyoda, president of Toyota, Ernesto Bertarelli, former CEO of Serono and Bertrand Demole, Senior Associate at Pictet Private Bank all have two things in common. The first is that they are all successful businessmen ... [read more](#) (<http://www.triangleusgbc.org/adam-said-babson/>)

[Categories](#)

[Archives](#)

[Tags](#)

> Business (http://www.triangleusgbc.org/category/business/)	(12)
> Culture (http://www.triangleusgbc.org/category/culture/)	(4)
> Politics (http://www.triangleusgbc.org/category/politics/)	(4)