



The Official Website
B.K.S. Iyengar Yoga

Study on the emotional impact of the pandemic

The Light on Yoga Research Trust* is doing a study on the emotional impact of the pandemic/lockdown and how this relates to the practice of yoga. This is an online survey which takes about 10 to 12 minutes to complete.

In order to make comparisons, we need a control group of people, who do not practice Yoga. We have sent this questionnaire to all members of the Iyengar Yoga Association New Zealand. We are asking you to fill out the questionnaire yourself and also, if possible, to forward the link to someone (or more than one person) you know who does not practice yoga; a family member, friend or colleague.

This is the link - <https://tinyurl.com/IYstudyswedennorway>
Many thanks for your cooperation.

Regards
Rajvi

***Light on Yoga Research Trust (LOYRT)** was formed in 1978 by the students of Yogacharya BKS Iyengar on the occasion of his 60th birthday. Now, this has become a Registered Trust. The establishment of LOYRT is to propagate the teachings of Yogacharya BKS Iyengar .