

The Yoga Institute

author: The Yoga institute

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Synopsis

author	The Yoga Institute
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Founded in 1918 by Shri Yogendraji, The Yoga Institute is the oldest organized yoga center in the world. With a legacy of over 102 years, we have trained over 1 lakh yoga teachers globally, revolutionizing the lives of millions through our simple, yet powerful yogic techniques. Profound with timeless wisdom, our books have become a part of the Crypt of Civilization.

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