

Yoga Wisdom with Swami Satchidananda

author: Integral Yoga



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Synopsis

author	Integral Yoga
inLanguage	english

Sri Swami Satchidananda is one of the most respected spiritual teachers and Yoga masters in the world. He is the founder of Integral Yoga International and Satchidananda Ashram—Yogaville. He opened the Woodstock Festival in 1969 with his words of peace, which sparked a movement and influenced a generation. His approach to teaching Yoga was direct, practical, and simple. His delightful sense of humor reminds us that the purpose of spiritual life is joy. (c)2024 Integral Yoga International/Satchidananda Ashram-Yogaville, Inc.

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