

Who are we?

The association “Yoga for the Modern Man” is a voluntary, non-governmental, non-profit and humanitarian association of citizens, founded for the purpose of pursuing humanitarian objectives in the field of yoga theory and practice.

Objectives of the Association:

- Study, application and teaching of yoga, aimed at the development of physical, mental, social and spiritual health,
- Development of tolerance among different races, cultures, ethnicities and religions,
- Cultivation of human values in the society,
- Protection and promotion of environment and animal rights,
- Study, teaching and advancement of the yoga science, philosophy and practice.

WE PRACTICE AND TEACH YOGA WITH LOVE

The instructors of our Association are long standing yoga practitioners who have gained personal experience in its efficacy and benefits. Inspired by their positive experiences, they gathered together around a common idea and intention to promote and teach yoga, thus enabling other people to derive benefits from practicing it.