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K. Pattabhi Jois (Kannada: à²¶à³•à²°à³€ à²•à³fà².à³•à²€ à²²à²ÿà³•à²ÿà²³¼à²-à²¿ à²œà³(à²-à³€à²,à²°à³•) (26 July 1915 â€“ 18 May 2009) was an Indian yoga teacher and Sanskrit scholar who developed and popularized the vinyÅsa style of yoga referred to as Ashtanga Yoga. In 1948, Jois established the Ashtanga Yoga Research Institute (now known as the K Pattabhi Jois Ashtanga Yoga Institute) in ...

K. Pattabhi Jois - Wikipedia

Satya Narayan Goenka (Burmese: á€„á€-á€-á€-á€;á€„á€°á€€á€-), commonly known as S.N. Goenka, was a Burmese-Indian teacher of VipassanÅ meditation. Born in Burma to a rich Indian family, he moved to India in 1969 and started teaching meditation. His teaching was notable for emphasizing that the Buddha's path to liberation was non-sectarian, universal, and scientific in character.

S. N. Goenka - Wikipedia

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