



JKYog

Jagadguru Kripaluji Yog *Yoga for the Body, Mind & Soul*

Swami Mukundananda

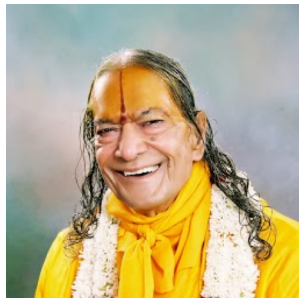


Swami Mukundananda is a renowned spiritual teacher from India, and the senior disciple of **Jagadguru Shree Kripaluji Maharaj**. He is the founder of the Yogic system called “Jagadguru Kripaluji Yog”, widely known as JKYog. Swamiji is a unique sanyasi (in the renounced order of life), with a distinguished technical and management educational background that complements his profound spiritual knowledge.

Review the biography of Swami Mukundananda:

<http://www.jkyog.org/swami-mukundananda>

Jagadguru Shree Kripaluji Maharaj



The worldwide mission of Jagadguru Shree Kripaluji Maharaj has been established to serve humankind with true knowledge of spirituality and Yoga, as prescribed in the original Hindu scriptures, to help attain spiritual, mental, and physical well-being <http://www.jkyog.org/>

Review the biography of Jagadguru Shree Kripaluji Maharaj:

<http://www.jkyog.org/jagadguru-kripaluji-maharaj>

What is Jagadguru Kripaluji Yog (JKYog) ?

5 Sciences of JKYog:

1. *Yogasans*
2. *Pranayams*
3. *Subtle Body Relaxation*
4. *Roop Dhyam Meditation*
5. *Science of Healthy Diet*

Yog, popularly known as Yoga, is a great spiritual heritage of India, as revealed in the ancient Vedic literature, for the attainment of Divine Bliss. The Garud Puran states: *“The union of the individual soul with the Supreme is called Yog.”*

Jagadguru Kripaluji Yog Is a unique system of Yog, with a holistic approach for nourishing the mind, body and soul. It includes five ancient Vedic sciences, which are taught with the focus on meditation and Divine Love, for purifying and elevating the mind. They include many esoteric techniques for physical, mental, intellectual and spiritual health, leading to true Yog, or Union with the Supreme.

JKYog Jacksonville
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Web Meet-up Group:

<http://www.meetup.com/JKYog-Jax-Yoga-Meditation-Satsang/>