

Come to
practise Yoga
at the Finnish Yoga
Institute!



The Finnish Yoga Institute

has been a national centre for practising and teaching yoga since 1973. The institute is owned by the Finnish Federation of Yoga (FFY). It is situated in a beautiful and pristine location near a lake in Saarijärvi, in Central Finland. With its peaceful and homely atmosphere, the Yoga Institute provides a unique setting for practising yoga, silent retreat, and holistic personal renewal.

Throughout the year, the Yoga Institute offers yoga courses that have a variety of thematic contents. Course programmes include yoga practice, lectures, and discussions, both in the yoga halls and outdoors. The teachers have a wealth of experience in yoga and related course themes.



The Yoga Institute also functions as the training venue for new yoga teachers. The FFY® teacher training (EUY-500) is the only yoga teacher training approved by the European Union of Yoga (EUY) in the Nordic Countries. In addition, qualified yoga teachers FFY® are provided with various in-service training courses at the Institute.

Yoga

- Yoga is an ancient method of self-care and self-development that suits everyone interested in their personal well-being and mental growth.
- Yoga practitioners work according to their own capacity.
- Yoga suits both women and men, regardless of their age or physical condition.

Yoga

- enhances overall health
- increases the mobility, flexibility, and strength of the body
- leads to relaxation and mental stability
- increases the ability to concentrate
- leads towards inner silence
- leads to healthy ways of living

The deepening of self-knowledge and self-awareness opens up a deeper understanding of personal values and the experience of harmony, thus leading towards a balanced and rewarding way of life.



Inner Joy from Yoga

A New Vitality from Yoga





Health-enhancing vegetarian food

The Institute's kitchen boasts a table full of appetizing, warm vegetarian dishes, fresh salads, and rye bread made with the aid of traditional starter dough. Most of the ingredients are organic and locally produced.



Smoke sauna

In summer you can enjoy the Institute's smoke sauna on the shore of Lake Saarijärvi. The soft, hot steam of the sauna, followed by a dip into the clear water of the lake, will make your yoga course unforgettable.



Finnish Yoga Institute

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Course inquiries and registrations
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www.joogaliitto.fi/kurssikalenteri
(course calendar)



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Discover more about the courses the Yoga Institute offers and become a member of the Finnish Federation of Yoga.