



Patanjali Yog Peeth (UK) Trust  
UK Charity No. 1115370

# The Patanjali Yog Peeth (UK) Trust

The Patanjali Yog Peeth Trust was co-founded in India in 1995 by world renowned Yog master, Swami Ramdevj Ji and Acharya Balkrishan Ji, to promote Yog and the ancient tradition of holistic healing, native to India called Ayurved medicine.

Yog promotes health, happiness and inner harmony using breathing techniques, physical exercises and postures designed to re-energise, rejuvenate and revitalise the mind, body and soul.

The charity now has 100,000 trained teachers worldwide who volunteer their time and host in the region of 35,000 classes per week. In the UK there are 1600 trained teachers hosting approximately 300 classes per week. All classes are free to attend and are accessible to everyone.

The Trust's ethos is "Good Health is Humanity's Birthright" and the aim is to take Yog to every corner of the world. By encouraging more people to take responsibility for their own health and adopt the principles of Yog and Ayurved and will be helping to reduce the spread of disease, prevent illness and create a healthier world. Since the Trust's formation, millions of people around the world have benefitted from this ancient science.

# [www.pypt.org](http://www.pypt.org)

**[www.natureandherbs.co.uk](http://www.natureandherbs.co.uk)**

*In support of World Diabetes Day, Nature & Herbs will donate  
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