

Adiyogam



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Adiyogam in Sanskrit means “the Original” or “the First Union” – symbolizing the timeless path first revealed by AdiYogi – Lord Shiva. At Adiyogam, we honour this sacred lineage by offering authentic yoga education through Yoga Teacher Trainings and Yoga Retreats in Goa. Nestled in the beautiful part of Goa, Adiyogam is a space for experiencing deep Yogic wisdom, conscious movements and inner awakening. From the focused Alignment and Therapy based yoga practices to India’s most trusted Aerial yoga program, we are now recognised as the finest [Yoga school in Goa.](#)

For more details, please visit

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