

The European Union of Yoga Organizations

member of International Yoga Federation and International Yoga Sports Federation

Founded in 1997 under the name of the European Yoga Commission, during the European Yoga Congress and International Yoga Congress of the International Yoga Federation in Genoa, Italy. Currently, with new statutes, it has become the European Union of Yoga Organizations, the largest confederation of federations, associations, unions and yoga centers in Europe.

The highest body of the European Union of Yoga Organizations is its general assembly that brings together the delegates of the member associations once a year to make the resolutions of the institution.

The General Assembly elects an Executive Committee or Executive Board that administers the European Union of Yoga Organizations.

The Governing Body, made up of delegates designated by the member associations, has the function of coordinating the directors of the UEYO in each country and the yoga events.

The Governing Body coordinates and interacts with the European Commission for Yoga Education, European Commission for Traditional Yoga, European Commission for Modern Yoga, European Commission for Professional Yoga, European Commission for the Regulation of the Yoga Teacher Profession, European Commission for Yoga Therapy, Commission European Council of Sports Yoga, and the European Yoga Council that brings together the Grand Masters of Yoga and the main Grand Masters of the different lineages, traditions, specialties and styles of yoga.

The European Union of Yoga Organizations is full member of International Yoga Federation ® and International Yoga Sports Federation ®

The European Union of Yoga Organizations has full and complete member institutions, adherent member institutions, honorary member institutions, as well as centers that can be registered, accredited, recognized or associates.

Members of European Union of Yoga Organizations

Liste des organisations membres:

1. Francophone Yoga Federation
2. Spanish Integral Yoga Alliance - Alianza Española de Yoga Integral
3. Spanish Professional Yoga Alliance - Alianza Española de Yoga Profesional
4. Yoga Federation of Macedonia
5. Yoga Integral Association of Portugal
6. Asociacion Portuguesa de Yogaterapia Integrativa

7. German Yoga Association
8. Israeli Yoga Association
9. Raja Yoga Fed. of Holland - Stichting Raja Yoga Nederland
10. SYN - Samenwerkende Yogadocenten Nederland
11. Association Scientifique, Traditional Yoga Motivational, La Reunion - France
12. National Yoga Association of India
13. Yoga Alliance International (France - Europe)
14. Union Francaise de Yoga
15. Association Ecole Internationale de Yoga of France
16. Association Yoga du Monde of France
17. Sadhana Life Center of France
18. Association Mandala OM de France
19. Yoga Centre Oum ru of Russia
20. Yoga Association of Greece
21. Yoga Arts Centre Association of Greece
22. European Yoga Alliance - Alianza Europea de Yoga
23. International Yoga Institute
24. Trinkel Yoga Centre - Bulgaria
25. Scorpion Yoga Centre - Bulgaria
26. SK-AMRITA YOGA of Bulgaria
27. Ecole Yogakshemam France
28. YSR YOGA La Rochelle France
29. Ecole Internationale Shiatsu Yoga Mediteranneo
30. Mandala Yoga Studio of Greece
31. Raja Yoga Institute of Holland
32. Arhanta Yoga Ashram de Nederland en de Benelux
33. Het Raja Yoga Instiuit Midden - Nederland
34. Samyama Nederland
35. Academie Raja Yoga Nederland
36. Yoga Dinesh of Russia
37. Yoga Association Centro Yoga Sacchi of Italy
38. Jiva Yoga Association of Italy
39. Yoga Mostoles - Centro de Yoga Om Ganesha
40. Vasudeva Yoga Association of Spain
41. Yoga Centar Subotica - Serbia
42. Sombor Yoga Centre - Serbia
43. Kala Yoga Israel
44. Yoga Samvit School of Germany
45. Das YogaHaus Samvit de Alemania
46. Tao Center Escuela de Yoga España
47. Escuela Tradicional de Yoga Jivadaya de España
48. Indra Yoga Mindfulness de España
49. Escuela Internacional de Yoga Srl of Argentina
50. Mediterranean Yoga - Aurum Solis

51. Sivananda World Peace Foundation of South Africa
52. Ordre Kabbaliste Rose-Croix
53. Yoga School of Portugal Association
54. Yoga Alliance International - Alianza International de Yoga SRL
55. Sociedad Internacional de Yoga
56. International Yoga Association of Ukraine
57. Ishwara Yoga Centre of Ukraine
58. Yoga Association of Oreiras - Portugal
59. Centre Yoga & Terre Happy of France
60. Centro Yoga R9ma Est. Sole e Mezzanotte of Italy
61. Scuola Yoga Eleonora Medici -Lakshmi House of Italy
62. Yoga School of Belgrade, Serbia

Liste of Individual membres:

1. **Natalia Velazquez,**
2. **Eugenia Paola Salas**
3. **Beatriz Katchi**
4. **Franca Sacchi**
5. **Nilamegame**
6. **Fernando Estevez-Griego**

The Executive Board and the Executive Office of European Union of Yoga Organizations

EUROPEAN UNION OF YOGA ORGANIZATIONS
 UNION EUROPÉENNE DES ORGANISATIONS DE YOGA

Executive Commission
 2024 - 2029






Honorary President
Franca Sacchi



Honorary President
Swami Sai Shivananda



Honorary President
Maitreyananda
Fernando Estevez-Griego



Gabriele Gailli
President
European Union of
Yoga Organizations

Jiva Yoga Association of Italy
Yoga Organization of Italy



Mataji Lakshmi Devi (Eugenia Salas)
Vicepresident
European Union of
Yoga Organizations

Yoga Alliance
International - France
International Yoga School Association of France



Sri Nilamegame
Director
European Union of
Yoga Organizations

STMY Yoga Association of France
National Yoga Association of India



Vladimir Fernandes
Secretary General
European Union of
Yoga Organizations

Association Yoga School of Portugal



Cristiana Vai
Treasurer
European Union of
Yoga Organizations

Yoga Organization of Italy

Regional Headquarters of European Union of Yoga Organizations in the World

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Executive Commission

2024 - 2029

European International HQ






Honorary President
Franca Sacchi



Honorary President
Swami Sai Shivananda



Honorary President
Maitreyananda

European International HQ



Gabriele Gailli
President
European Union of
Yoga Organizations
Jiva Yoga Association of Italy
Yoga Organization of Italy



Mataji Lakshmi Devi (Eugenia Salas)
Vicepresident
European Union of
Yoga Organizations
**Yoga Alliance
International - France**



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Director
European Union of
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STMY Yoga Association of France
National Yoga Association of India



Vladimir Fernandes
Secretary General
European Union of
Yoga Organizations
Association Yoga School of Portugal



Cristiana Vai
Treasurer
European Union of
Yoga Organizations
Yoga Organization of Italy

Regional Headquarters

**President
Regional HQ
Italia**



Honorary President
Franca Sacchi

**President
Regional HQ
North America**



Honorary President
Swami Sai Shivananda

**President
Regional HQ
Latin America**



Honorary President
Maitreyananda

**President
Regional HQ
Africa**



Sri Njameame
Director
European Union of
Yoga Organizations

**President
Regional HQ
Ukraine**



Anatolij Zenchenko
**International Yoga
Association**
Ishvara Yoga Centre
Ukraine

**President
Regional HQ
India**



Dr Radhakrishna
**National Yoga
Association of India**

**President
Regional HQ
Portugal**



Beatriz Portugues Katchi
**Integral Yoga
Association of Portugal**

**President
Regional HQ
Russia**



Andrey Verba
**OUM RU
Yoga Centre
of Russia**



The Governing Council



The General Assembly.

Each Member Yoga Organization of the European Union of Yoga Organizations must be represented by a delegate at the annual General Assembly. To make resolutions, 50% of the affiliated institutions must be present



General Assembly of European Union of Yoga Organizations

Member of International Yoga Federation



FRANCA SACCHI
Sacchi Yoga Center of Italy
Italian Yoga Organizations



Swami Sai Shivananda
Francophone
Yoga Federation



Mataji Lakshmi Devi (Eugenia Sales)
Yoga Alliance
International - France



Yogacharya Nilamegama
Association
STM Yoga France



Dharmachari Maitreyananda
International Yoga School
Association - France



Babakar Khane
Institute International
de Yoga



Beatriz Portugues Katchi
Integral Yoga
Association of Portugal



Dr Radhakrishna
National Yoga
Association of India



Carlos Miguel Pérez
Vasudeva Yoga Centre
Spain
European Yoga Alliance



Ishwar Ramlutchman
Sivananda World
Peace Foundation
South Africa



Gabriele Gailli
Jiva Yoga Association
of Italy



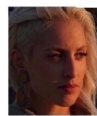
Rashko Zaikov
Amrita Centre
of Bulgaria



Andrey Verba
GUM RU
Yoga Centre
of Russia



Arjuna Ramnandanlal
Stichting Raja Yoga
Energieontwikkeling
Nederland
Het Raja Yoga
Instituut Midden



Lari Kate
Mandala Yoga Centre
Yoga Association
of Greece



Anatoly Zenchenko
International Yoga
Association
Ishvara Yoga Centre
Ukraine



Németh Zsolt
Yoga Center
Subotica, Serbia



Daniel Petrov
Yoga Club "Scorpion"
of Bulgaria



Daniel Gauthier
YogaPartout - Satoshi.Yoga



Corine Stays Grannet
Association
Mandala
Yoga of France



Vladimir Fernandes
Yoga School of Portugal
Association



Klaas Stulve
Academie Raja Yoga
Nederland
Samenwerkende
Yogadocenten
Nederland (SYN)



Ram Jain and Kalyani
Arhanta Yoga © International
Arhanta Yoga Ashram, Nederland



Ute Hempel
Yoga Association
of Germany



Ajita (Philippe Barbier)
The Raja Yoga
Institute Nederland



Rosa Rodriguez
Integral Yoga Alliance
of Spain



Miroslav Vidojevic
Joga Sombor
Centre of Serbia



Eleonora Medici
Yoga School
Lakshmi House Italy



Gerson Stay - Javier Gerrero
Yoga Jiva Daya
Traditional Yoga School
of Spain



Brigitte Bruyex
B & B, The Relais
desANGES
France



Gleb Loginov - Sabine Schaik
Tatami Spirit
Yoga School of Spain



Bertram Mück
YOGAHAUS Samvit
of Germany



Soledad Arigue
Spanish Yoga &
Yoga Therapy Centre
of Spain



Alessia Latini
Yoga Centre of Rome
Sole e Mezzanotte Italy



Jean-Louis de Biasi
Kabbalistic Order of
the Rose-Cross
Mediterranean Yoga



Patricia Bourin
Mediterranean Yoga®
Aurum Solis®



Anabel Sousa Tevares
Integrative
Yoga Therapy
Association of
Portugal

European Yoga Organizations of International Yoga Federation



European Yoga Conferences - Euroyoga

- 1997 Genoa, ITALY
- 2000 Genoa, Italy
- 2003 Santa Maria, PORTUGAL
- 2004 Madrid, SPAIN
- 2005 Milan, ITALY
- 2006 Lisbon, PORTUGAL
- 2007 Copenhagen, DENAMARK
- 2008 Lisbon, PORTUGAL
- 2009 Rome, ITALY
- 2009 Lisbon PORTUGAL
- 2010 Lisbon, PORTUGAL
- 2011 Sofia, BULGARIA
- 2012 Moscow, RUSSIA
- 2013 Paris, FRANCE
- 2014 Lyon, FRANCE
- 2015 Madeira, PORTUGAL

2016 Mafra, PORTUGAL
 2017 Mafra, Portugal
 2018 Sofia, Bulgaria
 2019 Kolašin, Montenegro
 2020 Europe Online
 2021 Europe Online
 2022 Malaga, Spain
 2023 Oporto, Portugal

Profesional Degrees of Yoga

There are 33 degrees of yoga, recognized in the International Yoga Federation

What does each one do:
 (Those who practice yoga)

- 1) Beginner
- 2) Practitioner
- 3) Advanced practitioner

(Those who teach practical classes and theory)

- 4) Assistant Instructor
- 5) Instructor Assistant of Yoga Teachers

(Give classes to practitioners)

- 6) Physical Trainer in Yoga
- 7) Operator
- 8) Monitor
- 9) Trainer of Yoga
- 10) International Trainer of Yoga
- 11) Senior Trainer of Yoga
- 12) Coach/Technician of Yoga
- 13) International Coach or Technician of Yoga
- 14) Teacher of Yoga
- 15) International Teacher of Yoga
- 16) Senior Yoga Teacher

(Those who help the Trainers of Yoga Teachers, Yogacharyas and Master of Yoga but do not have training capacity)

- 17) Teacher Trainer. (Help the Teacher does not have training capacity)
- 18) Yoga Teacher Trainer or Trainer of Yoga Teachers
- 19) International Trainer of Yoga Teachers
- 20) Senior Trainer of Yoga Teachers

(Teachers are trained under the tutelage and supervision of a Grand Master of Yoga)

- 21) Master in Yoga Philosophy.
- 22) Master in Yoga Specialization (Master in Yoga)
- 23) Doctor of Philosophy of Yoga, Doctor of Yoga Specialization
- 24) Master of Yoga Teachers
- 25) Master of Trainers of Yoga Teachers
- 26) Yogacharya
- 27) Senior Master of Yoga or Honorary Doctor of Yoga
- 28) International Master of Yoga

(Those who Train Trainers of Yoga Teachers and Yoga Master or Master of Yoga under the tutelage and supervision of a Grand Master of Yoga Masters)

- 29) Grand Master of Yoga
- 30) International Grand Master of Yoga
- 31) Senior Grand Master of Yoga

(Those who Train Trainers of Yoga Teachers, Masters of Yoga and Grand Masters of Yoga, and acting as spiritual guides and tutors)

- 32) Grand Master of Masters of Yoga
- 33) International Grand Master of Masters of Yoga

Historical degrees recognized by the International Yoga Federation. There are 33 degrees of yoga, recognized in the Global Yoga Community and International Yoga Federation



Teachers Training and Masters Yoga Training Courses:

7 systems:

International Yoga Federation - European Union of Yoga Organizations

1. Teaching Cycle

The European system has a duration of 3 years with 9 month teaching cycles, and a minimum training program. This training program was based on the National Yoga Associations, mostly European, and was created and led by

trainers who were not yoga teachers.

2. Gurukula

In India, the training system is the traditional gurukula system, which takes place in the Ashram (spiritual community), courses of a duration that can vary between one month and 12 years. In this tradition it is not so important the program, the fundamental thing is that the course is given by a real Master with experience, who dominates the samadhi and the techniques.

The supporters of this system. They argued that most of the programs were limited to the training of teachers of yoga techniques, but they did not train yogis, much less yoga teachers. The real institution in yoga is not the National Associations, but the Masters and Lineages.

3. American System

The Americans, on the other hand, put together an American system, which is neither Gurukula nor European, which is based on hours and standards. The person obtained a degree, or a specialization according to the amount of hours taken.

4. Mixed

A fourth methodology was based on 12 training modules that have theoretical, technical and practical parts with spiritual practices.

5. Continuing education

Created in the USA, based on credits or points generated by events, seminars, retreats, congresses, etc.

6. Immersion Training

Subsequently, a sixth modality of immersion training appeared, consisting of short intensive periods of approximately two weeks.

7. On Going

This training modality, currently called "on going", is based on the shared time (several years) of the disciple with his or her Yoga Master, until the latter considers that the person has mastered Yoga and has become a true Yoga Master.

European Union of Yoga Organizations

General Assembly of EUYO with all the delegates



Executive Board can have president and Chairman

European Council of Yoga or European Yoga council have president

The Yoga and Buddhism coming to Europe circa 326 a. C with the folk of **Alexander** the Great, son of God (Zeus -Amon) from the Achilles lineage. Greek in Indostan was buddhist. **The Greco-Bactrians** were known for their high level of Hellenistic sophistication and kept regular contact with both the Mediterranean and neighbouring India. **Indo-Greek kingdom** appeared circa 190 BCE. Greek culture. Greek culture reached Ariana and the Hindustan long before India existed. Their Yoga was known as Yavana Yoga, and the Greeks strongly developed Buddhism, creating the foundations of Buddhism, Mahayana and Tandrayana differentiated from the original Buddhism. In Ariana (Pakistan and Afghanistan) in Kashmir, North India, Tibet, Ubekistan, and Tauiskitan, the Greeks introduced human postures, which India had never practiced, developing the asanas within Buddhism. And developing the Greek Gymnasiums as true ahsrams and viharas where postures, sports, philosophy and spirituality were practiced. The concept of the spirituality of asanas is Greek. And the concept that sports is spiritual is Greek. The Greeks taught Homer's Iliad and Odyssey, epics on which the Mahabharata were based, including the Bhagavad Gita and the Ramayana, which were written in the Greek kingdoms of Bactria and Hindustan. The Gita is based on the life of Alexander the Great and Achilles and on the Greek idea of what we know as karma yoga. We can affirm that modern Hinduism is nothing more than the democratic

development of ancient Hellenism or the ancient religion of the Greeks that was always tolerant and coexisted with other religions or philosophies such as Jainism or Buddhism. The Buddhism of the Greeks was nothing more than a true primordial yoga, which coexisted with the Sanmkhya and from which Patanjali was later nourished. Yoga before Alexander the Great, who was an extraordinary philosopher, a disciple of Aristotle, and after Alexander, developed in Europe under other names. The tradition of ancient and modern yoga postures are a purely European tradition that was transmitted by the Americans on their continent. In Europe, Yoga was transformed at the end of the 19th century, and in the 20th century, European yoga was born as a different yoga from India, since in Europe as in America a Yoga that was psychophysical and spiritual was proposed. Yoga was an idea in European cultures long before European bodies practised anything called yoga. Indian philosophical ideas and ascetic practices were known to the ancient Greeks, whose imperial influence stretched into what is now northwest India (ca. 300 BCE). Currently, the yoga organizations of Europe have a meeting point in the European Union of Yoga Organizations, where all forms of Yoga from ancient times and modernity coexist, without one imposing on the other, without anyone being able to say this is yoga and this is not yoga, because there is no inquisitive vision. Yoga in Europe is professional, and it has such a secular vision that it makes it impossible for it to be religious, especially Hindu because it is professional. But it is equally accepted in the European Union of Yoga Organizations, all forms of yoga, and all methods and styles. Regardless of its origin. The European Union of Yoga Organizations defends the freedom, equality and fraternity of its members and has not a unique training program.

The European Union of Yoga Organizations does not accept any authority, interference, directive, control, guide or imposition of the yoga organizations of India, much less its government, being an institution that is not influenced by political parties. On the other hand, the European Union of Yoga Organizations does not believe that Yoga was born in India, because historical documents affirm otherwise. This Europeanist vision is what makes the European Union of Yoga Organizations an independent institution not only from the institutions and gurus of India (Indian Yoga Association) but also from the Yoga Alliance of the United States and European Yoga Union at Europe.

European Union of Yoga Organizations have official relationship and And mutual recognition with the International Yoga Federation, World Yoga Council of IYF, International Yoga Therapy Association, Asian Yoga Federation, Yoga Federation of Asia, South American Yoga Federation, Francophone Yoga Federation, Latin American Yoga Union, Yoga Federation of America, International Yoga Sports Federation ®, OUM.ru Yoga Organization of the Commonwealth of Independent States, Yoga Alliance International (Europe and America), International Yoga Association, Federation of India and National Yoga Association of India.