



*As an Internationally certified yoga meditation teacher, yoga therapist and lecturer, Göran created the yoga form MediYoga® and founded the MediYoga Institute, which has trained thousands of instructors in Swedish national health care. MediYoga today has presence in several hundred hospitals and health centers across the country. Sweden today is a number one in the world when it comes to implementation of yoga in national healthcare.*

*Since the mid-90s Göran has introduced yoga in many of Sweden's most well-known workplaces, e.g: SAS, Ericsson, Investor, Stockholm School of Economics Executive Education, and the Association of Swedish Higher Education Institutions leadership training. For five years he lectured on yoga at the Karolinska Institute Medical College.*

*In Sweden, Göran has trained yoga teachers since 2000. Internationally, he has lectured and further trained yoga instructors, teachers, therapists and others in Norway, Denmark, Finland, Germany, the Netherlands, England and the USA. In India, he has lectured at [Kaivalyadhama](#), one of the world's oldest yoga research institutes. For over 20 years a member of [The International Association of Yoga Therapists](#), where he participated in the development of the organization's global guidelines for the training and certification of yoga therapists. A Certified Yoga Therapist (C-IAYT) himself, he is since 2013 also part of the IAYT Advisory Council.*

*Today, Göran runs the I AM PROJECT in order to make yoga's awareness raising techniques available to everyone. Read more about Göran's other yogic activities [HERE](#)*