

## Mimamsa Yogshala

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**Mimamsa Yogshala** shows one how to meditate and perform interactive yoga. Founded in 2013, by Mr Manoj Rawat , they have schools based in China and Rishikesh that effectively combines Yoga and Music and helps one rejuvenate from within. Thanks to our busy lifestyle and stress level more and more people are resorting to yoga to unwind after a hard day and get fit. Yoga helps to align the mental and physical health and also aids in removing the toxic negative energy that gets stored in our body. We also have various Yoga teacher training programs that are much sought after and renowned.

For more details, please visit <https://www.indiabusinessstoday.in/detail/mimamsa-yogshala-rishikesh-552975>

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