

# Promoting Unity and Peace: Integral Yoga Institute New York in the Heart of the West Village, NYC

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/EINPresswire.com/ -- Nestled in New York City's vibrant West Village, [the Integral Yoga Institute](#) stands as a cherished sanctuary devoted to fostering peace, self-discovery, and communal harmony. Since its inception in 1966, this institute has been a guiding light for spiritual seekers in the bustling metropolis. Inspired by the teachings of Sri Swami Satchidananda, a revered spiritual luminary from India, the institute has resonated deeply with New Yorkers, especially during periods of cultural upheaval like the hippie and flower children movements.



Integral Yoga Institute New York

Originally established as a nonprofit organization, the [Integral Yoga](#) Institute has steadfastly served the community by imparting the timeless wisdom of Yoga as espoused by Sri Swami Satchidananda.

"At Integral Yoga, our mission is to empower individuals to unlock their fullest potential by nurturing a tranquil body, a serene mind, and a purposeful life, ultimately leading to the realization of one's true Self," explains Radha Metro-Midkiff, the institute's Executive Director. "We embrace diversity and inclusivity, providing a welcoming space for people of all backgrounds to embrace the transformative benefits of Yoga. Our aim is to cultivate inner peace while fostering understanding and harmony in the wider world."

In 1970, the [Integral Yoga Institute New York](#) found its permanent residence in a charming brownstone building on West 13th Street in the historic Greenwich Village. Here, it has continued to draw spiritual seekers from various walks of life, offering an array of classes, workshops, and a vegetarian natural foods store that aligns with Yoga's principles of purity and nonviolence. The institute has also expanded its outreach efforts to address diverse health concerns through Yoga, introducing programs like Yoga At Work® and Yoga At School™ to make the practice accessible to all, regardless of their surroundings.

"Our commitment to inclusivity is evident in the diverse range of activities we host, including Kirtans (devotional chanting) and Satsangs (spiritual discussions)," adds Metro-Midkiff. "Our team comprises Swamis who have devoted their lives to service, alongside dedicated teachers and part-time staff."

For those seeking more information about the Integral Yoga Institute New York and its upcoming events, classes, and teachings, visit the institute's website <https://iyiny.org/>.

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