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BIKRAM YOGA San Jose Who Is Bikram? Bikram Choudhury Began Learning Hatha Yoga Poses In His Native India At The Age Of 3 Under The Study Of Bishnu Ghosh, The Brother Of Paramahansa Yogananda Founder Of The Self-Realization Fellowship.

Bikram Quickly Became A Yoga Champion And At Age Eleven Was The Youngest Contestant Ever To Win The National India Jan 3th, 2024

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