Göran Boll
Swedish yoga teacher/therapist
Founder of MediYoga
Director of the MediYoga Institute in Stockholm
Director of MediYoga Sweden
Member of IAYT Advisory Council

MediYoga, that was established and developed in Sweden by Göran Boll, has its origins in classical Kundalini yoga, and started to take shape in 1998, when Göran participated in the first yoga research project in Sweden, at the Karolinska Institute. Today Göran has long standing research collaboration with the Karolinska Institute, the Karolinska University Hospital (KUH) and Danderyds Hospital (DH) and has initiated, designed and participated in most of the research conducted on yoga in Sweden. 2014-2017 Göran is together with KUH and DH running two of the largest randomized heart studies in the world, involving a total of more than 300 patients.

Over the years Göran has introduced yoga at some 300 workplaces all over Sweden and lectures regularly in universities, at conferences, in hospitals and workplaces, both in Sweden and internationally. 2001-2005 he lectured on yoga at the Medical College of the Karolinska Institute. He was a speaker at SYTAR in Boston 2013, one of the organizers behind “Breathing Day” in Sweden in 2014, with breathing conferences in six cities all over Sweden. In 2015 Göran organized the first yoga research conference in Sweden, in collaboration with the Karolinska Institute and IAYT. Researchers from all over Scandinavia came to K.I. and lectured about their research on MediYoga.

Göran’s articles on yoga therapy have over the years been published internationally in *Yoga Therapy Today*, British *Yoga Magazine*, German *Yoga Aktuell*, and in several Swedish newspapers and magazines.

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