



# SADHGURU

Jaggi Vasudev, generally referred to as Sadhguru, is an Indian yogi and author. In 1992, Vasudev established Isha Foundation, which has been involved in various activities in the field of spirituality, education, and environment.

Watch the short video provided. Write down at least a paragraph on the guru's opinion of competition. Share your thoughts with us at [myrmidontraining@gmail.com](mailto:myrmidontraining@gmail.com)