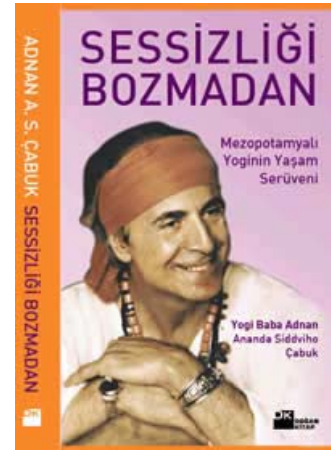


- Adnan Çabuk, born on January 10, 1944 in Mardin, comes from a big family of around 15 thousand members spread all around the world.
- Education - attended Primary School in Mardin, worked to support his family and education through Middle and High school in Diyarbakir and Ankara.
- During his middle and high school education he was a part of the "gymnastics" group of the Ankara region for four years.
- He was a founding member of the "First



Acrobatics team of Türkiye and himself an acrobatic parachutist. He also is a certified "Glider" (Planor).

- He was a Fine Arts student of Adnan Çoker's studio at the Academy of Fine Arts in Istanbul and simultaneously he modeled for "Vakko", and played pantomime with Oğuz Aral.
- Adnan Çabuk became the precursor of the popular Hippie movement of the time in Türkiye and he headed a European Hippie group with whom he hitch-hiked Europe.
- Worked as a fashion model and a fashion coordinator in London and New York.
- Some 15-20 years of his life was spent in Sweden, London, Beirut, Italy, USA and India working and researching.
- He first encountered "YOGA" while teaching aerobics, Chinese yoga and Tai Chi Chuan in YMCA - New York. From then on his interest shifted to Spirituality and YOGA.
- His thirst for Spiritual knowledge grew as he traveled to different countries in the Far East (Thailand, Malaysia, Indonesia, Philippines, China, Japan, Srilanka, Nepal, Tibet) and finally India where he researched and studied Hatha Yoga, Kundalini Yoga, and Tantric Yoga.
- He got his first certificate as a yoga instructor at the Swami Sivananda School.
- Then, at Dr. Kurup 's "Sanjivani Holistic Farm" where he trained for Holistic healing.
- He furthered his studies and became a disciple of Guruji Dr. Ananth Atre. from whom he learned "Kundalini Yoga", its principles and was given a hand (authority or blessing) to teach.
- He learned the system of "Live food Diet" from the world famous American Dr. Ann Wigmore who deals with Fresh and Raw Food Healings, which was more focused on cancer patients.
- He continues on his spiritual search and study a few months every year in India.
- During his time Turkey, he teaches Spiritual YOGA to aspirants and gives Teacher's certificate to those who are ready to share the knowledge of Yoga.



Adnan Hoca's Book
The Life Journey of Mesopotamiam Yogi