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T.K.V. Desikachar in 1974 and received a Viniyoga Special Diploma from Viniyoga International in Paris, France in 1988.

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and personal transformation for over 40 years. He began his study of yoga in India with T.K.V. Desikachar in 1974 and received a Viniyoga Special Diploma from Viniyoga International in Paris, France in 1988. Gary graduated with a BA, Magna Cum Laude, from Colgate University in 1976 and received his Masters Degree in

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Psychology and Religion from the
University of California at Santa Barbara
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Yoga therapist Gary Kraftsow evolved his
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T.K.V. Desikachar of Madras, India. Gary is the director and senior teacher of the American Viniyoga Institute; the author of two books: Yoga for Wellness and Yoga for Transformation, four DVDs, and several online workshops, including Pranayama Unlocked, Meditation Unlocked, Yoga ...

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Meet Gary Kraftsow. As a 19-year-old college student, majoring in Religious Studies, he traveled to India, never

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suspecting that it would lead him to a lifelong path of studying and sharing the ancient wisdom of yoga he learned from TKV De?ik?car and his father, T Kri??am?c?rya.

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Gary Kraftsow, founder of the American

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He is the Director and Senior Teacher of the American Viniyoga Institute™ (AVI), the author of two books published by Penguin: *Yoga for Wellness* and *Yoga for Transformation*. Today he remains the only American authorized to train teachers in the lineage of T.K.V. Desikachar.

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After practicing yoga for a number of years, I decided I wanted to make yoga a more integral part of my life. I began investigating various schools of yoga, finally settling on Gary and Mirka Kraftsow's American Viniyoga Institute (AVI), from which I graduated with a

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500-hour certification in June 2006.

About Yoga Your Way – Yoga Your Way NY

Gary Kraftsow has been a pioneer in the transmission of yoga for health, healing and personal transformation for over 40 years and is known as a leading expert in

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Yoga Therapy. He began his study of yoga and Yoga Therapy in India with T.K.V. Desikachar, in 1974 and received a Viniyoga Special Diploma from Viniyoga International in Paris, France in 1988.

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Gary Kraftsow has been a pioneer in the transmission of yoga for health, healing and personal transformation for over 40 years. He began his study of yoga in India with T.K.V. Desikachar in 1974 and received a Viniyoga Special Diploma from Viniyoga International in Paris, France in 1988. See Gary's full bio [HERE](#).

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Gary Kraftsow | Devanadi Yoga

Gary is the director and senior teacher of the American Viniyoga Institute; the author of two books: Yoga for Wellness and Yoga for Transformation, four DVDs, and several online workshops, including Pranayama Unlocked, Meditation

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Viniyoga Institute, and Kraftsow has traded Hawaii for California. He spends much of the year traveling, conducting workshops, speaking at conferences, and training yoga teachers and therapists. He is 53, healthy, and by many accounts a different man than he was before brain surgery.

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