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specific movements of each posture, and how to sequence postures in a routine.

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Founder and Director of the American Viniyoga Institute. 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

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International in Paris, France in 1988.

Gary Kraftsow - American Viniyoga
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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 Psychology and Religion from the University of California at Santa Barbara

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Yogacampus | Gary Kraftsow

Yoga therapist Gary Kraftsow evolved his approach to yoga from the teachings transmitted by T. Krishnamacharya and T.K.V. Desikachar of Madras, India. Gary is the director and senior teacher of the

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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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In *Yoga for Wellness*, one of America's top yoga teachers gives a clinic on the holistic nature of yoga practice, especially in regard to healing and well-being. With over 1000 photographs, Gary Kraftsow covers the basic postures, the specific movements of each posture, and how to sequence postures in a routine.

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Yoga For Wellness: Healing with the
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Meet Gary Kraftsow. As a 19-year-old college student, majoring in Religious Studies, he traveled to India, never suspecting that it would lead him to a lifelong path of studying and sharing the

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ancient wisdom of yoga he learned from
TKV Deśikācar and his father, T
Kriṣṇamācārya.

Online Classes with Gary Kraftsow
Gary Kraftsow, founder of the American
Viniyoga Institute, author of Yoga for
Wellness and Yoga for Transformation,

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talks with J about his precedent-setting career in yoga and yoga therapy. They discuss his relationship to TKV Desikachar and the impact it had on his teaching, why the efforts to create a national organization were thwarted, the story behind him using the name Viniyoga, TKV's son ...

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His wide-range of educational and
research experience demonstrates just part
of the reason Gary is widely considered
the leader in the field of Yoga Therapy. He
is the Director and Senior Teacher of the
American Viniyoga Institute (AVI), the

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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

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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 500-hour certification in June 2006.

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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 Yoga Therapy. He began his study of yoga and Yoga Therapy in India with T.K.V.

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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

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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. See Gary's full bio [HERE](#).

Gary Kraftsow | Devanadi Yoga

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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 Therapy for Depression, Yoga Therapy for Better Sleep, Yoga

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Therapy for Anxiety, and Asana
Unlocked.

Articles by Gary Kraftsow - Yoga Journal
Maui Yoga Therapy is now the American
Viniyoga Institute, and Kraftsow has
traded Hawaii for California. He spends
much of the year traveling, conducting

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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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