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Gary Kraftsow - American Viniyoga Institute

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Gary Kraftsow has been a pioneer in the transmission of yoga for health, healing, and personal transformation for over 30 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.

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In Yoga for Wellness, one of America's top yoga teachers gives a clinic on the Page 18/34

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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you are interested in hosting Gary at a conference, yoga studio or retreat center, please contact media@viniyoga.com.

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the American Viniyoga Institute for two unique trainings in 2020. Gary Kraftsow has been a pioneer in the transmission of yoga for health, healing and personal transformation for over 40 years.

Gary Kraftsow | Kripalu Yoga for Life! Weekend with Gary Page 26/34

Kraftsow. Public · Hosted by Earth Yoga Colorado and 2 others. Interested clock. May 17 at 6:30 PM - May 19 at 5:30 PM MDT. about 4 months ago. pin. Earth Yoga Colorado. 1381 Forest Park Circle, Unit #102, Lafayette, Colorado 80026. Show Map. Hide Map. Yoga Studio (720) 593-1008

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Practice Are you living for your yoga practice, or using your yoga practice to help you live your life? Join Gary Kraftsow, Founder & Director of the American Viniyoga Institute, to explore specific Yogic teachings and practices that provide methods to help us achieve our highest potential.

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the United States for more than 40 years. Gary is the founder, director, and senior teacher of the American Viniyoga Institute and author of two books: Yoga for Wellness and Yoga for Transformation.

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