



Gurudev Yogi Amrit Desai is one of a handful of gurus who came to the United States in the 1960's from India that began the yoga craze that has grown year after year into the massive and diverse yoga communities that we have today. Gurudev is one of the last living gurus from that initial wave. Gurudev is one of the closet disciples of H.H. Swami Kripaluvanandaji, the founder of one of the largest Shiva Temples at Kayavarohan Tirtha near Baroda, India and as a lineage holder, Yogi Amrit Desai, was the first disciple of Swami Kripalu to bring the legendary Lakulish Lineage to the West, fifty years ago. He has captured and presented the spiritual essence and the tradition of Shaktipat Kundalini Yoga in an applied and practical way.

He was the founder of Kripalu Center for Yoga and Health, one of the largest holistic centers in North America. He has authored many books on the inner depth of yoga, health, personal growth and transformation. He is the originator of “**I AM**”- the **I**ntegrative **A**mrit **M**ethods of Yoga, Yoga Nidra, Quantum Breath Meditation™ and also Kripalu Yoga. The system he developed is practiced and taught by more than 5,000 yoga teachers and thousands of healing professionals in more than 40 countries around the world today. Gurudev continually refines his teachings through his personal practice to research, discover and share new insights. His teachings are universal, insightful, experiential and easily adaptable by everyone, regardless of religious or cultural background.