

C U R R I C U L U M V I T A E

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A W A R D S , T I T L E S & H O N O R A R Y D E G R E E S

Maharshi Sandipani Encomium Ujjain Yoga Life Society International – 4 th International Conference, Ujjain, India	2013
International Yoga Grand Master From Padma Shri H.H. Jagat Guru Amrta Suryananda Maharaj Only previous recipients of this award are: Padma Shri Dr.H.R. Nagendra, SVYASA University Bangalore B.K.S. Iyengar	2013
Inaugural Fellow of the Council for Yoga Accreditation International CYAI recognized 4 inaugural Fellows of the CYAI who have demonstrated extraordinary achievement and contribution to the field of yoga, Lonovala India	2012
Grand Master of Yoga - World Yoga Day Conferred by Portuguese Yoga Confederation, Lisbon Portugal	2012
Lifetime Achievement Award International Ayurveda Academy (IAA), Pune, India; and Tathagat Foundation, Dubai	2011
Yogiraj Award from Paramanand Institute of Yoga Sciences & Research – Indore, India	2011
Natural Awakenings Holistic Magazine Lifetime Achievement Award in Yoga Voted by the readers as one of the top 5 Organizations representing Natural Living	2010
Patanjali Award for Excellence in Yogic Research & Teachings in North America Presented by the Association of Ayurvedic Practitioners of North America (AAPNA)	2010
Enlightened Mind Award by Yogadhi James Weldon	2008
Paul Harris Fellow Award received from the Rotary Foundation of Rotary International in Naples, Florida in appreciation for tangible and significant assistances given for the furtherance of better understanding and friendly relations among peoples of the world.	2007
Best Foreign Yoga Practitioner as Great Yoga Exponent Awarded by the World Yoga Society at the 15 th All India UNI Yoga Competition '07, Kolkata India	2007
Bhaskar Award New Delhi India highest award of Bharat Nirman in recognition of outstanding services rendered to mankind	1998
Awarded Membership in the Pan American Yoga Association American Yoga Council	1998

In recognition of outstanding service in the cause of true yoga

Global Service Award 1994
Awarded by Kripalu International Network
For the fulfillment of the vision of the whole world is one family

Unity in Yoga Plaque 1993
Presented by Unity in Yoga Teachers Association
Awarded in deep appreciation and honor for years of dedicated service to yoga in America
Celebrating 100 Years of Yoga in America

Yogacharya 1993
Awarded by the Pan-American Yoga Association
Recognized by the Government of Buenos Aires

Padma Vibhushan Nomination 1992
Nominated for the second-highest honor of India by the late Prime Minister,
Shri Chandra Shekhar, with a positive response for the following year from
then Prime Minister Narasimha Rao

Professor of Yoga 1988
Awarded by the Latin American
Confederation and the Union of National Federations of Yoga,
Montevideo, Uruguay

Yogacharya 1987
Conferred at the 19th Convocation of the Vishwa Unnyayan Samsad,
Pitambar Bhavan Ananda Ashram

Vishwa Yoga Ratna 1987
Award conferred by the World Development Parliament of India, presented by the
President of India in recognition of life long dedication and service in the field of Yoga to
10 world renowned teachers from 10 countries (India, USA, England, Australia, New
Zealand, Italy, Belgium, Switzerland, Brazil, France). Gurudev was selected to represent the USA.

Jagadacharya 1986
Awarded by the World Religious Parliament of India in New Delhi, established in
1894 by Swami Vivekananda; this honorable title was awarded to five world renowned
Teachers for spreading Hindu philosophy and wisdom worldwide.

Maharishi 1982
Awarded by 105-year-old H.H. Ved-Darshanacharya Sadguru Swami Gangeshwaranandji
Maharaj Udasin, Chancellor of Udasin Sanskrit University, Benares
Founder of 12 ashrams in India and 600 Ved Mandirs

Yogacharya 1980
Conferred by Amritji's guru, H.H. Swami Shri Kripalvanandji,
founder of Kayavarohan Tirtha Shiva Temple And Malov Ashram, and Lord Lakulish Yoga Inst.
In honor of years of intensive study, teachings and practice of philosophy and spiritual principles of yoga.

Acharya Pravaraha 1975
Awarded by Swami Vedavyasanandji
Chancellor of Rishikul Sanskrit University, Haridwar

Doctor of Yoga Science 1974
Awarded by H.H. Jagadaguru Shakaracharya Maharaj (Dwarka), spiritual leader of Hinduism
For outstanding contributions to humanity.

Honorary Doctor of Philosophy

Florida Research Institute, Melbourne Florida

1971

Title of “Yogi”

Conferred by H.H. Swami Shri Kripalvanandji

1969

For significant knowledge of philosophy, principles and practice of yoga

Winner of 12 prizes in art shows

work displayed at the Philadelphia Museum of Art (March 19-May 2, 1965)

1962-
1968**BOOK AWARDS**

Seven Literary Awards: *Ancient Wisdom, Modern Master (2012)* – Shri Amritji’s biography.

1st place in the Yoga and Meditation division from the Living Now Book Awards

Book of the Year Finalist for Biography in the Foreword Reviews

Honorable Mention in five festivals:

Paris Book Festival

New York Book Festival

London Book Festival

Hollywood Book Festival

Southern California Book Festival

Five Awards: *Yoga of Relationships (2015)*

Winner of the Nautilus Book Award

1st place in the Great Midwest Book Festival

2nd place in the Spiritual Division in the London Book Festival

Honorable Mention in two festivals:

Southern California Book Festival

Paris Book Festival

Three Awards: *Love and Bliss: Meditations on the Art of Living (2014)* – Collection of inspired poetry.

2nd place in the poetry division from the Great Midwest Festival

2nd place in the poetry division from the Southern California Book Festival

Honorable Mention in the Florida Book Festival

Shri Amritji’s books represent a distinctive original approach, filling the gap in what is missing from the popular approach to Hatha Yoga. In addition to the award-winning titles listed above, he is also the author of *Kripalu Yoga Meditation in Motion (Books 1 & 2)*; *Amrit Yoga: Explore, Expand Experience*, *The Spiritual Depth of Yoga*; and *Amrit Yoga and the Yoga Sutras*, as well as the *Amrit Yoga* and *Amrit Yoga Nidra* teacher training manuals.

HUMANITARIAN RECOGNITION

Paul Harris Fellow Award received from the Rotary Foundation of Rotary International

in Naples, Florida in appreciation for tangible and significant assistances given for the furtherance of better understanding and friendly relations among peoples of the world.

The Yug Prabha newspaper, Halol, India stated in a 2007 article, “*Yogisbri Amrit Desai was honored in his home town of Halol for his humanitarian works known to offer scholarships to the poor, approximately 5,000 women are helped financially through the Bhuriben Trust he established... Helpless and poor patients receive free medicines and medical treatment... [H]e has financed the building of the new children’s school in Halol.*”

Bhuribhen Trust - Established to support children’s education with scholarships and educational supplies, provide for widow’s home industry with sewing machines, and offer medicine and medical treatment to the destitute.

Lord Lakulish Shiva Temple, Kayavarohan; Kripalu Ashram, Malav (*founded by Shri Amritji's guru, H.H. Swami Shri Kripalvanandji*) - Provided services and funds to the humanitarian works connected to these organizations.

Ambulance - provided for the town of Halol

Computer College in Halol - Donation of computer equipment

The Urmila Amrit Desai Shrishuvihar - children's school established in 2009.

EXPERIENCE

International University of Yoga and Ayurveda in Salt Springs Florida 2014
Co-founder

Amrit Yoga Institute established in Salt Springs, Florida 2002

Current Programs at Amrit Yoga Institute Based on Core Teachings of Yogi Desai

Ayurvedic Treatment and Panchakarma Center with Dr. Vijay Jain 2010

Integrative Amrit method (I AM) Quantum Breath Meditation 2007

Integrative Amrit Method (I AM) Yoga Nidra Professional Trainings 2005

Integrative Amrit Method (I AM) Yoga Teacher Training Level II 2003

with Master's Degree from Hindu University, Orlando, Florida

Integrative Amrit Method (I AM) Yoga Teacher Training Level 1 2002

Founder of Amrit Yoga and Amrit Yoga Institute 1997

Summneytown, Pennsylvania

Originator of Amrit Yoga Teacher Certification Trainings leading to Masters Degree from Hindu University of America.

Promoting advanced education, deepening the authentic values and principles in the teaching and practice of Amrit Yoga®, plus in-depth Intensive training in Yoga Nidra and Amrit Yoga.

Founder and Teacher for Foxhollow Leadership Center 1991

Lenox, Massachusetts

Adjunct 230-acre, 37,000-square-foot conference facility with 120 rooms. The Corporate Wellness Center included health spa amenities, indoor and outdoor pools, whirlpools, sauna, and steam room. Catering to business executives from companies such as General Electric, Phillips, IBM, Kellogg's and Sony.

Founder/Spiritual Director of Kripalu Center for Yoga and Health 1983

Lenox, Massachusetts

350-acre estate in Massachusetts with a 167,000 square-foot building, consisting of 435 rooms that accommodated over 900 guests and staff. Became an internationally recognized educational, health and spiritual retreat center, renowned and highly respected for its excellence in training, practice and professional certifications. Offering a wide range of programs in yoga, personal growth and transformation.

The center was operated by 350 full-time volunteer resident staff, who entered the in-depth practice of spiritual lifestyle and the study of yoga and ancient scriptures. Established a renunciate order for 10-year and above resident staff.

20,000 program participants per year

3,000 Kripalu Certified Holistic Health Practitioners

5,000 Certified Kripalu Yoga Teachers worldwide

5,000 Certified Kripalu Massage Therapists worldwide

Some of the Programs Designed Around the Teachings of Gurudev

Health and Fitness Programs: Health for Life, Fasting, Stress Reduction

Certified Professional Trainings: Kripalu Holistic Health Educator Trainings; Kripalu Yoga Teacher Training; Bodywork Training; Spiritual Lifestyle Training

Spiritual Life programs: Yoga, Meditation, Sanskrit Training; Self-Discovery Programs

Ashram Residency Program: for spiritual seekers who wish to dedicate their lives to personal and spiritual development through an in-depth practice of yoga and study. Selfless service not only integrates the teachings in their lives but plays an important role in serving humanity. There are Apprenticeship and Summer Residency programs.

Corporate Wellness and Stress Management Trainings and Consultation

Founder of Kripalu International Network 1993

Vasudhaiva Kutumbakam—The Whole World is One Family.
Network of professional yoga teachers, massage therapists, holistic lifestyle teachers and inspiration groups represented in all 52 states and 30 countries.

Founder/Management Potentials, Inc. 1979

Summit Station, Pennsylvania

Provided training and consultation services to businesses in the areas of stress management and corporate wellness.

Opened Holistic Health Center 1979

Summit Station, Pennsylvania

Provided group programs and individual services in holistic health.

Established Kripalu Institute 1978

Summit Station, Pennsylvania.

Offering Master's Degree in Yoga, Philosophy and Psychology

Established Yoga Retreat as Adjunct Facility 1976

280 acres in Summit Station, Pennsylvania

Professional training for yoga teachers, massage therapists, holistic health practitioners and personal growth.

Resident staff of 170 with accommodations for 150 guests

Inaugurated by Swami Shri Satchidananda and

Indian Ambassador to the United States, Mr. Kaul

Founder and Director of Kripalu Yoga Ashram in Sunnyside 1971

A non-profit, tax exempt 75-acre facility in Sunnyside, Pennsylvania

Comprising 6 buildings and large dormitories accommodating 70 resident staff and 80 guests.

Originator of Kripalu Yoga 1970

Pioneering work in spiritualizing Hatha Yoga Practice in America.

Today it is taught by more than 8,000 trained yoga teachers in 45 countries.

Presently continued in the form of Amrit Yoga.

Kundalini Awakening Experience 1970

from which he redesigned his approach to the practice of yoga

Founder and Director of Yoga Society of Pennsylvania 1966-71

trained 50 yoga teachers; offered 150 classes per week

More than 2,500 students taught per 10-week semester

Yoga Teacher 1960-66

Philadelphia and New Jersey Area

H I G H E R E D U C A T I O N

Yogacharya <i>Intensive study, teaching and practice of the philosophy and spiritual principles of yoga. Conferred by H.H. Swami Shri Kripalvanandji</i>	1980
Advanced Study with H. H. Swami Shri Kripalvanadji <i>Title of "Yogi" received in recognition of significant knowledge of philosophy, principles and practice of yoga</i>	1969
Philadelphia College of Art—B.F.A. Philadelphia, PA	1960-63
Training and Education in Yogic Discipline and Scriptures with H.H. Swami Shri Kripalvanandji (part time) <i>Including asana, pranayama, meditation, bandhas, kriyas, scriptures Chosen as one of only four disciples to carry on his work Recipient of shaktipat diksha and empowered to impart shaktipat diksha</i>	1948-60

G O V E R N M E N T S E R V I C E

Indian Air Force Selected as first-class Airman and received complete military training at Madras.	1953-54
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I N T E R N A T I O N A L S E M I N A R S & C O N F E R E N C E S

Gurudev Shri Amritji

I n d i a

CYAI Fellow	CYAI Meeting Ujjain with Subodh Tiwari, Rajan Narayan Swami Veda Bharati and representatives from Ananda Ashram and Svyasa Yoga University	2016
Leader Workshop	Kumbha Mela 5 th International Yoga Seminar sponsored by The Yoga Life Society	2016
Leader Workshop	Kumbha Mela Global Yoga Convention	2016
Opening Keynote	Kumbha Mela, Yoga Life International Convention	2016
Special Guest	invited by Chief Minister Shivraj Singh Chouhan to Simhastha Convention Madhya Pradesh also attended by Jaggi Vasudev, Swami Ramdev Prime Minister Modi	
Keynote Speaker	World Peace Harmony Day hosted by Acharya Lokesh Muni Vijyan Bhawan New Delhi	2016

Keynote Speaker	World Yoga Day, Lisbon, Portugal	2014
Chief Guest Speaker	4 th International Yoga Seminar, Ujjain	2014
Keynote Speaker	World Ayurveda Conference, Pune	2012
Founding Fellow	CYAI Council for Yoga Accreditation International Inaugural Meeting, Lonavala	2012
Keynote Speaker	7 th Kaivalydharm International Conference Lonavala	2012
Guest of Honor	Bombay Women's Yoga Competition by Yog Vinayasa Assn.	2010
Featured Guest	Hinduja Hospital, Mumbai, Yoga Nidra Seminar for doctors, nurses and staff	2007
Seminar leader	Amby Valley, Sahara City (Mahashtra Chamber of Commerce and Indusind Bank) Introduction to Amrit Yoga and Yoga Nidra for business leaders	2007
Guest Speaker	Mumbai Rotary Club	2007
Seminar Leader	Sponsored by World Human Development Center, Mumbai	2007
Speaker	Micro Inks Corporation with Executive Staff, Vapi	2007
15 th All India Uni Yoga Competition Awarded best Foreign Yoga Practitioner Calcutta		2007
Seminar Leader	Vile Parle Gymkhana Club, Juhu, Mumbai	2004
Seminar Leader	Jamnabai Narsee School, Juhu, Mumbai	2004
Featured Speaker	International Yoga Festival Government of Pondicherry	1993
Keynote Speaker	International Conference on Science and Religion by Bharat Nirman bringing religion and science together	1988
Special Event	H.H. Shri Kripalvanandaji first public speech after observing 12 years of silence; attended by 25,000 devotees	1971
Keynote Speaker	World Conference on Scientific Yoga, New Delhi	1970
Pilgrimage Tours	to the sacred seat of Shaktipat Kundalini lineage the Temple of Bhagavan Brahmeshwara Lord Lakulish; Malav Ashram trainings and darshans with Swami Shri Kripalvanandaji	1969-present
 <i>D u b a i</i>		
Chief Guest	International Yoga and Ayurveda Conference	2014
Seminar Leader 2006	Young Presidents Organization and Consultation to employees of The One Company	

Costa Rica

Guest speaker Invited by the University of Peace in San Jose for international radio interview. 2000

Seminar Leader Week-long Seminar, Pura Vida 2001

Mexico

Seminar Leader *Explore the Spiritual Power of Yoga*, Maya Tulum 2001

Turkey

Seminar Leader Amrit Yoga and Yoga Nidra Workshop, Istanbul 2006

Bali

Seminar at Anahata Resort 2007

Germany

Seminar Leader Seminar Frankfurt 2013

Portugal

Guest of Honor Sponsored by World Yoga Day Lisbon Portugal 2013

Switzerland

Keynote Speaker Sponsor: European Yoga Teacher's Association, Switzerland 1982-1986
Workshop Leader Advanced Instruction for 1500 European Yoga Teachers from 23 countries.

Lecturer World Academy of Yoga 1986
European Union of Yoga Federations
Royal Holloway College, England
Various other conferences and yoga associations

Iceland

Workshop Leader Seminars and lectures in Reykjavik 1990, 2007

Russia

Keynote Speaker Invited by Soviet Ministry of Health to speak at first Soviet-American Conference on Yoga and Meditation, Leningrad and Moscow. Attended by over 700 people 1990

Japan

Lectures/Seminars Tokyo, Yamaguchi, Kanazawa, Nagasaki, Osaka and Oguchi where 1,000 attended within 3 days 1991

Consultations With Japanese Government to introduce Yoga (body/mind fitness) to Japan 1991

China

Workshop Leader Week-long tour and seminars in several cities sponsored by the Shanghai Youth Federation 1991

Australia

Lecturer University of Sydney, Melbourne, and the Emissary Community at Yogeshwar Muni Ashram 1991

Singapore

Lecturer Invited by Kala Mandir in Singapore 1991
Lecture Series

Brazil

Special Guest Invited to attend three separate national yoga teachers conferences in Recife Purnambuco, Rio de Janeiro and Vitoria, Espirito Santos 1992

Israel

Special Guest Yoga for Peace Conference and Planetary Healing 1995
Taught yoga and meditation to Palestinians and Israelis, empowering them to foster peace and deal with conflict issues with consciousness

Various Seminars

England, Belgium, Holland, Portugal, Canada, 1986-present
Italy, France, Germany, Switzerland, Australia,
Barbados, St. Croix, St. John, Hong Kong,
Jamaica, Puerto Rico, Mexico, Sweden, Turkey, Dubai

Keynote Speaker

Repeated invitations to national and international 1966-present
yoga and health conference, world religious
parliaments and Vishwa Hindu Parishad events.

Major U.S. SEMINARS & CONFERENCES include:

1st International World Yoga Day represented Southeast USA with Atlanta Embassy 2015

Ayurveda & Yoga Conference with Shri Shri Ravi Shankar, Boone, NC 2014

Yoga and Psyche Conference California Institute of Integral Studies Key Note Speaker 2014

Jet (Jeeyar Educational Trust) Convention Orlando Honored Guest 2014

Speaker and Sponsor for Medical Understanding of Yoga Conference AYY 2013

Keynote Speaker with Shri Ramesh Oza at Swarnin Gujarat Celebration New Jersey 2010
attended by 3,000

Association of Ayurvedic Professionals of North America (AAPNA) Conference 2010
Miami Florida Guest Speaker

International Conference on Total Health-Research Perspectives ; 2010
Modern Medicine, Yoga and Ayurveda Hindu University Orlando Florida,
Guest Speaker

New York Yoga –New Life Expo Speaker 2008

Gandhi Memorial Lecture, Univ. of Massachusetts, Dartmouth 2008

Inaugural Speech at 7th WAVES Conference University of Central Florida 2008
Attended by Scholars, Professors, Doctors, Swamis

Baroda Medical College Alumni Association Annual Conference 2007
Orlando Florida

Hindu Temple, Tampa Florida -Seminar 2007-present

<i>Satchidananda Ashram, Yogaville, WV</i>	2005
<i>Midwest Yoga Conference, Ignite Your Spirit Chicago</i> Keynote Address 30 teachers from various traditions	2004
<i>Hindu University of America, Orlando</i>	2004
<i>Holistic Holiday Cruise</i>	2004-2014
<i>Midwest Yoga Conference, Chicago</i> Keynote Address 20 workshops by prominent yoga teachers	2003
<i>Global Dharma Conference attended by Gurus Swamis Yogis and Philosophers</i>	2003
<i>Los Angeles Convention Center Yoga Expo</i> with Bikram Choudhury and Deepak Chopra, LA Conference Center	2003
<i>Conference of the Yoga Research Society</i> Thomas Jefferson Un Phil PA	2002
<i>WAVES International Conference, University of Massachusetts, Dartmouth</i> Attended by Vedic Scholars, Professors and Swamis	2001, 2002
<i>Chopra Center for Well Being Guest Teacher for Seduction of the Spirit with Deepak Chopra</i> 7-Day Seminar	2001
<i>Stone Mountain Evergreen Conference Resort</i> Georgia Opening Keynote Address and Special Intensive on Amrit Yoga for teachers 24 workshops offered by teachers from various traditions	2001
<i>Midwest Yoga and Wellness Conference, MI</i> Keynote Address 33 seminars conducted by prominent yoga teachers Special guests Deepak Chopra and Gurudev	2001
<i>Southeast Yoga Conference, GA</i>	2001
<i>Three Masters Retreat, Hawaii & NYC</i> With Deepak Chopra and Bikram Choudry	2001
<i>Yoga Vision Conference, Arizona State Un. Tempe, AZ</i> Opening Keynote Address Seminars by 22 distinguished yoga teachers	2001
<i>Vraj Bhumi Temple, Summit Station, PA</i> Seminar with Ramesh Oza and Swami Sri Chidanandji (Muniji) Rishikesh	2001
<i>Deepak Chopra New Millennium Celebration, Guest Teacher</i> Palm Springs, CA	1999

RECENT MAGAZINES OR BOOKS FEATURING CHAPTERS OR WRITINGS BY Yogi Desai

Magazines

*DeshVidesh; Tatthatua; Enlightenment Magazine; Sacred Pathways; New York Spirit and Wisdom
Creations Magazine; Holistic Health; Velocity Magazine; Natural Awakenings*

Books Which Include Feature Chapters About Gurudev, His Spiritual Work or his Writings:

The Surrender Experiment by Michael Singer published by Harmony Books 2015 pg. 98-100 Mickey relays his shakti experience with Gurudev.

Yoga: The Art of Transformation by Debra Diamond. Smithsonian Publications, 2014 page 100 “The 60’s brought an infusion of Indian gurus to the U.S. including Swami Muktananda. ...and Amrit Desai (b. 1932) who established the Yoga Society of Pennsylvania and the Kripalu center for Yoga and Health named for his guru, Swami Kripalvanandji.”

Homegrown Gurus published by State University of New York Press Albany 2013 pg. 63-84 The rise and growth of Amrit Desai, his ashrams and latest residence Amrit Yoga Institute in Florida in the Ocala National Forest.

Small Pastures by Patricia Stevens and Julia Keller Published by Infinity Publishers 2009 Dedicated to yogi Amrit Desai and Chapter quotes by Yogi Desai.

My Four Year Yoga and PMR Prednisone Challenge by Audrey Pearson; iUniverse Inc. 2009 How Amrit Yoga was instrumental in dealing with the withdrawal symptoms of prednisone therapy.

Yoga and the Path of the Urban Mystic by Darren Main published by iUniverse Star 2007 pg. 53-55 Darren Main experience with Yogi Desai at Kripalu Ashram.

Kundalini Shakti Awakens in the Suburbs by Audrey Pearson 2005 Her renewal with Yogi Amrit Desai and reflections on her time at Kripalu.

America’s Alternative Religions, “Kripalu Yoga” edited by Timothy Miller; published by State University of New York, 1995 for capturing the heritage of yoga in the teachings of Kripalu Yoga.

Ultimate Happiness by Peter Mellon page 65-108 A personal journey with Yogi Desai and ashram life.

Transformative Adventures, Vacations and Retreats by John Benson, 1993 Kripalu Center listed as the world’s largest based holistic health center.

Voices on the Threshold of Tomorrow: 145 Views of the New Millennium, Georg Feuerstein and Trisha Lamb Feuerstein, 1993 “We Heal the Planet As We Heal Ourselves” article by Yogi Desai.

The Spiritual Seekers Guide: A Complete Source for Religions and Spiritual Groups of the World, “Masters and Movements: Gurudev Amrit Desai”_Steven Sadleir; 1992 describes more than 120 spiritual traditions and teachers from around the world.

The Best Spas edited Theodore van Itallie MD and Leila Hadley 1988 “Your body is the most sacred place of pilgrimage to which you will ever come, “ the charismatic Desai has written. “It is the dwelling place of the divine spirit, it is the true temple of god, go within and experience the glory of god within you...when you love the body, know that you are not the body but the soul.”

Kundalini Evolution and Enlightenment edited by John White, 1979

“Kundalini Yoga through Shaktipat” chapter by Gurudev

“Instant Cosmic Consciousness” D.R. Butler on a seminar attended by Gurudev attended by 200. “Clad in a flowing white robe and sitting before us, Amrit easily assumed the lotus posture, his body perfectly poised. He led us into a meditation and the first thing I noticed was a wave of euphoria permeating my body. Suddenly surges of energy like electrical charges streaked up my spine. These gradually evolved into a steady current of hot energy flowing from my tip of my spine to the top of my head. Brilliant colors stirred inside my head, I thought I would burst with happiness.... Apparently everyone was experiencing the same manifestation of the same energy I was feeling....We had undergone a shaktipat experience and the power had come from him through his own master Swami Kripalu....Amrit himself was without ego. After a lifetime of practicing intense yogic disciplines, he knew he was only a channel for transmitting the energy the others experienced.”

Books Yoga Network International Publications

Desai Yogi Amrit, <u>Ancient Wisdom-Modern Master</u> (Biography)	2012
Desai, Yogi Amrit, <u>The Yoga of Relationships</u>	2010
Desai, Yogi Amrit, <u>Love & Bliss</u> (poetry)	2010
Desai, Yogi Amrit, <u>Amrit Method® of Yoga Nidra Manual</u>	2004
Desai, Yogi Amrit, <u>Amrit Yoga and its Roots in Yoga Sutras and Ashtanga Yoga</u>	2002
Desai, Yogi Amrit, <u>Amrit Yoga® Teacher Training Manual-Level I/II</u>	2001
Desai, Yogi Amrit, <u>Amrit Yoga: the Spiritual Depth of Yoga</u> ,	2000
Desai, Yogi Amrit, <u>Seven Integrative Principles of Amrit Yoga</u>	2000

Books Kripalu Ashram Publications (self-published)

Desai, Yogi Amrit, <u>Love, Service and Surrender: Handbook for Ashram Living</u>	1972
Desai, Yogi Amrit, <u>Guru and Disciple: A Relationship of Love</u>	1975
Desai, Yogi Amrit, <u>Shaktipat Kundalini Yoga: Frequently Asked Questions</u>	1975
Desai, Yogi Amrit, <u>God is Energy: Articles on Kundalini Yoga</u>	1976
Desai, Yogi Amrit, <u>Love is like the Sun: Meditative Reflections</u>	1976
Desai, Yogi Amrit, <u>Love: Flight from Addiction to Freedom</u>	1976.
Desai, Yogi Amrit, <u>Daily Journal with Reflections</u>	1978.
Desai, Yogi Amrit, <u>Kripalu Yoga: Meditation in Motion: Book I</u>	1981.
Desai, Yogi Amrit, <u>Happiness is Now</u>	1982
Desai, Yogi Amrit, <u>The Wisdom of the Body</u>	1984.
Desai, Yogi Amrit, <u>Reflections of Love Calendar</u>	1985.
Desai, Yogi Amrit, <u>Reflection Cards (Daily Inspirations)</u>	1985.
Desai, Yogi Amrit, <u>Love is an Awakening</u>	1985
Desai, Yogi Amrit, <u>Yoga Asana Chart</u> ,	1985
Desai, Yogi Amrit, <u>In the Moment Inspirational Quotes</u> ,	1985
Desai, Yogi Amrit, <u>Greeting Cards (from original artwork)</u> ,	1985
Desai, Yogi Amrit, <u>Working Miracles of Love</u> ,	1985
Desai, Yogi Amrit, <u>Journal of the Spirit</u> ,	1985
Desai, Yogi Amrit, <u>Listen With Your Heart</u> ,	1987
Desai, Yogi Amrit, <u>Kripalu Yoga Sadhana Journal</u> ,	1990
Desai, Yogi Amrit, <u>Inspirational Quotes Appointment Book</u> ,	1991

Desai, Yogi Amrit, <u>Kripalu Yoga Posture Sheets</u> ,	1992
Desai, Yogi Amrit, <u>Loving Each Other</u> ,	1992
Desai, Yogi Amrit, <u>The Twelve Steps: A Yogic Perspective</u> ,	1993
Desai, Yogi Amrit, <u>Yoga of Unity Consciousness</u> ,	1993
Desai, Yogi Amrit, <u>Kripalu Yoga Meditation in Motion: Book II</u> ,	1985

Books about Yogi Desai or Based on His Teachings

<u>Journey to the New Age</u> (compiled by Rajendra)	1976
<u>Streams of Love: Songs from the Heart</u>	1975
<u>Handbook for Total Living</u> (compiled by the Kripalu Center Staff)	1978
<u>The Kripalu Eightfold Way to Well Being</u> (compiled by the Kripalu Center Staff)	1979
<u>The Self-Health Guide</u> (compiled by Kripalu Center Staff)	1980
<u>Songs of Love: Chants, Prayers, Bhajans from the Kripalu Tradition</u>	1981
<u>Gurudev: The Life of Yogi Amrit Desai</u> (by Sukanya Warren)	1982
<u>Kripalu Kitchen Natural Foods Cookbook and Nutritional Guide</u>	1984
<u>Kripalu Yoga Posture</u>	1990
<u>In the Presence of a Master</u> (edited by Sukanya Warren)	1992
<u>The Awakening of Love</u> (Teachings of Yogi Amrit Desai) by Robin Wing (plus other publications based on teachings of Swami Kripalvanandji and Yogi Desai)	1993
<u>Ancient Wisdom, Modern Master</u> (by Lila Ivey), winner 7 literary awards	2014

Magazines by Kripalu Productions Based on the Teachings of Yogi Desai

<i>Samsara</i>		1967-68
<i>Yoga Jyoti</i>		1967-75
<i>Kripalu Community at Sumneytown</i>	Circulation: 25,000	1972-94
<i>Guru Prasad</i>	Circulation: 25,000	1977-89
<i>Kripalu Yoga Quest</i>	Circulation: 70,000	1978-81
<i>The Kripalu Experience</i>	Circulation: 120,000	1982-94
<i>The Kripalu Spirit: A Journal of Consciousness</i> ,		1992-95
<i>Kripalu International Network Directory</i>		1993-94
For members consisting of professional graduates trained as yoga teachers, massage therapists and holistic health workers from 52 U.S. states and 30 countries.		

Since 1966 until the present, hundreds of audio tapes, CDs and video lectures on such topics as health, stress reduction, personal growth and transformation, as well as yoga and holistic living have been released.

PRESS REPORTS

1985 “Women’s News” August”*In the best of all possible worlds, the human being would rise to the highest level of pure thought and integrity. Rubbish you say! Smack in the world of hijackers, marauders and thrill seekers....Kripalu Center offers a slice of life at its potential optimum...*” “*Bankers, realtors, stockbrokers, secretaries, physicians, weight lifters, therapists and people in every conceivable walk of life come to Kripalu.*”..”*A weekend at the Kripalu Center left me energized, active thinner....It is a loving caring and precious experience...*”

1987 New York Times April”*as Yogi Desai interacted with each person, it was not what he said that convinced me to trust him as a teacher. It was instead his presence...this combination of radiant energy and responding to each person with a respect, kindness and love that I had never seen before any human being....*”

1988 USA Today Nov 9 reports: “*Kripalu Center for Yoga and Health was included as one of the 5 finest health centers in America. It is among the most prestigious facilities in the country such as, The Charleston Retreat, The Golden Door and Canyon Ranch. Kripalu Center is by far the most economical and available of them all.*”

1991 New York Times Sunday April 7, East Coast Spas....”*Kripalu Center is not a spa, or at least it does not call itself one. It is a yoga and meditation center that draws people seeking a more spiritual life. Like a spa it offers a chance to learn something new, to regenerate....Kripalu is not a place that exists solely for the comfort of the visitors. It is a community of people who are seeking a spiritual path as followers of Yogi Amrit Desai while living at the Center.*”

1991 Travel Sunday May 19 “*Here finally was a place I could relax in spite of my inclination to conjure up tension in any situation. The change came from allowing the place to work its magic on me. and magic Kripalu is. By the time I left, I felt a rare sense of serenity that carried me through the week....Kripalu has changed me in profound ways...*”

2002 The Enterprise Mountaineer Seeking World Oneness- a recent yoga conference in Haywood County sought to promote the concept of world oneness. An internationally recognized yogi was on hand for the event (Yogi Amrit Desai) “*I have watched his (Gurudev) work for the past 20 years. He teaches more about peace and oneness of spirit than anyone else I know, said Carroll who said Desai has a strong following from all faiths and cultures.*” “*Desai says, Yoga is a science. People of all religions embrace it because it is a science of health and healing for personal growth and transformation*

2003 Ocala Magazine in an interview with Scott Olsen Professor of Philosophy and Comparative Religion describes his experience with Gurudev as...”*uplifting*” and added “*only a handful of people in my experience such as Huston Smith have the powerful resonance of this man. He is a rare representative of humanity who helps us discover the universal principles embodied in morality and religion. He is a genuine inspiration.*”

2005 “Ocala Magazine” On yoga stated, “*Whether you are new to yoga or have been practicing for a long time, one of the best places in the world to discover your untapped meditative potential is in salt Springs at Amrit Yoga Institute founded by Amrit Desai, noted guru who founded Kripalu and comes from a long line of yogic masters.*”

2006 Khaleej Times Turkey *Yogi Amrit Desai, the pioneer of Yoga practice in USA to conduct a yoga retreat in Dubai for the 1st time...*” *Yogi Amrit Desai, the world famous yogi who introduced and revolutionized the practice of the ancient art of yoga in America in the 60’s is in Dubai on a world tour program..he belongs to the Kripalu Lineage of Kundalini Masters...*” “*Amrit Yoga has proven to be a successful method that has been described as helping one to make the journey from outside ones body to inner spiritual self*” Lastly Desai said, “*Yoga helps you to explore your consciousness, expand understanding of yourself and experience the state of unity within yourself. It is a deeply meditative yoga practice that anyone from any tradition can enjoy and benefit from..*”

2006 Aksam Cumartesi Gazette Istanbul feature on Gurudev

2006 Emirates Today “*And Desai who was in Dubai this week to hold a series of seminars and workshops about the holistic exercise, hopes his trainings will help UAE residents cope with stress related illnesses often linked to work, parenting and holidays..., The 75 year old Doctor of Yoga who is internationally recognized as a world leading authority on spiritual practice believes yoga is the best way to clear the mind of the strains of everyday living.*”

2006 MetroLife Dubai “*Worlds Most Famous Yogi*” “*Amrit’s fame originates from the 1960’s in America where he is said to revolutionize the methodology that altered the popular notion of yoga as a physical discipline by reintroducing a spiritual dimension to the practice. Desai is also the founder of the Amrit Method of yoga which is said to erase tensions on all levels of the body, mind and being, creating deep change within oneself....*” “*Amrit yoga combines the strengths of batha yoga and raja yoga into what Desai describes as meditation-in-motion.....*”

2007 Star Banner Ocala “*Moving to Florida 2001 he continues to develop Amrit yoga and looks for new teaching opportunities. Desai has been a guest speaker at Central Florida Community Colleges, Weber Center and Appleton Museum of Art.....teaches how to relax consciously as a part of Amrit yoga. He also does chanting and teaches intensive weekend and multi day workshops. Desai said anyone at any age can do Amrit yoga because the emphasis is not on flexibility of the body but on how to relax consciously.*”

2007 Yug Prabhav Halol India Yogishri *Amrit Desai was honored in his home town of Halol for his humanitarian works known to offer scholarships to the poor and approximately 5000 women are helped financially through the Bhuribhen Trust he established 35 years ago. Helpless and poor patients receive free medicines and medical expenses. Recently through donations from his Amrit Yoga Institute has financed the building of the new children’s school in Halol. He has been doing extraordinary work of spreading Indian Vedic culture in America.*

2008 Montana Billings Gazette “*Yoga Master to lead Big Sky Retreat...Desai is an internationally recognized authority on yoga and holistic living. He is credited with introducing meditative yoga to the Western world in 1960.*”

2009 Tampa Tribune “*Yoga is the new chill pill. You can get addicted but it is totally drug free...The Hindu Temple of Florida begins its third annual Amrit yoga retreat and workshop conducted by master yoga teacher Yogi Amrit Desai, best known as Shri Amritji.*”

2009 Florida Weekly Naples “*Amrit Desai one of the world’s leading yogi masters has lived long enough to see his teachings about dealing with stress move from the fringes of American thought to a place closer to the intellectual middle ground*” “*People are looking for an easy solution for real problems that are so hidden and so deep in the unconscious mind says Yogi Desai.... who acknowledges that skepticism about his use of yoga, breathing techniques, meditation remains rooted in American society that is oriented towards quick fixes facilitated by the liberal use of physicians prescription pad.*” “*...Yogi Desai has come from a bravura performance before the Rotary Club where he addressed a luncheon gathering. (You could have heard a pin drop when he spoke, gushes one attendee)*” “*If you are meeting Yogi Desai for the first time you might expect to encounter someone more on the order of Maharishi Mahesh Yogi....if that is your expectation you will be sorely disappointed. Dressed in a cotton kurta- simple cotton slacks and sandals without socks..he could pass for a successful busiman on holiday....He speaks in slow measured tones that are pretty darn serene and stress reducing in their own right. He is quick to smile and unfailingly gracious. In short this yogi has terrific bedside manner and plays well with audiences around the globe...*”

2009 Neopolitan Naples News “*Desai is well known in the yoga community as the founder of Kripalu Yoga and also has a center near Ocala in North Florida. He will be in Naples for a workshop that will benefit Kids Against Hunger of southwest Florida through the Naples Rotary Club.*”

2009 East Oregonian Sunday “*Yoga Seminar brings national attention to Pendleton....(Tania) Wildbill thought of the Yoga Roundup after she invited her long time yoga mentor, Yogi Amrit Desai to Eastern Oregon....from the first time I experienced yoga I was hooked she said. I felt a peace amidst the chaos of life, its been a part of my life ever since and Yogi Desai has been my teacher ever since... Yogi Desai had such a dynamic presence and ability to guide me to drop into stillness within minutes...*”

S U M M A R Y

Yogi Amrit Desai (Gurudev Shri Amritji) has been repeatedly recognized for his pioneering work in bringing the authentic teachings of Yoga to America by such luminaries as Deepak Chopra, Swami Dayananda Saraswati, and H.H. Jagadguru Shankaracharya. He is one of the earliest such ambassadors to the west from India and is the last living master from the initial wave of gurus who came to America in the 1960s.

I A M Y o g a

Yogishri Amritji has given birth to the spiritual inner dimension and practical application of Patanjali's Ashtanga Yoga, giving it new meaning. He saw the sutras not as philosophy of yoga but turned it into a manual of yoga by building Patanjali's core principles into his techniques of I AM Yoga. The practice of postures and pranayamas become the medium for entering meditation, or Meditation in Motion. He reveals the ancient secrets of the transformative and healing power of prana, and shows how to tap into that mysterious power that is often called the wisdom of the body.

Such mysteries of the healing and transformative power of prana can only be revealed if your practice of yoga follows the essence of Patanjali's definition: yoga means witnessing the modifications of mind. It is the reactive thoughts and emotions that prevent us from accessing the infinite source of love, peace, health and harmony of the prana or Spirit being.

Most yoga centers and teachers who include Patanjali in their training courses teach the sutras separately as philosophy of yoga and practice yoga as an independent discipline. As such, they remain on the periphery of theory and practice. and miss the true spiritual depth of yoga as revealed in I AM Yoga.