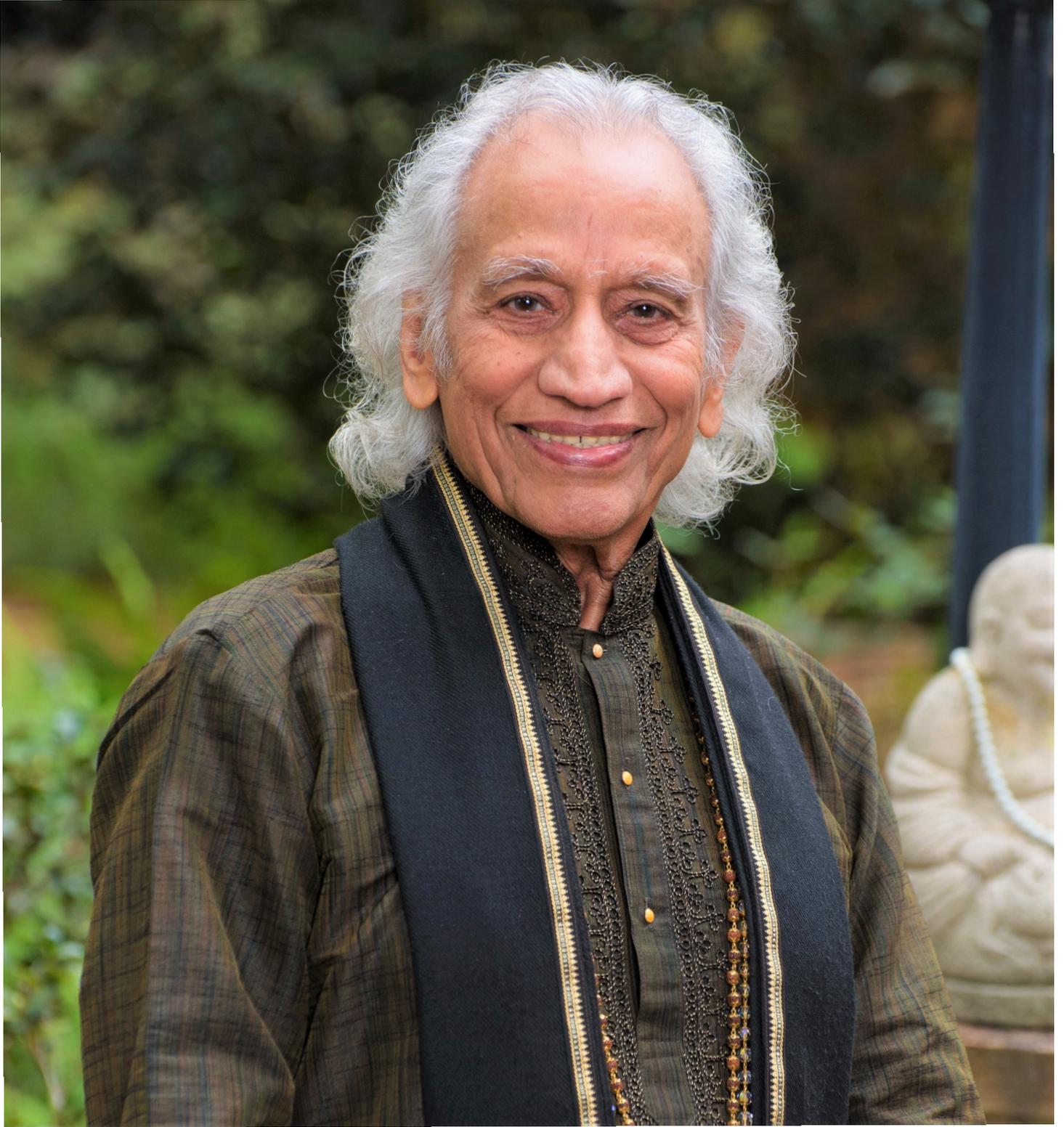


# *Gurudev Shri Amritji*



Press Kit

# **Table of Contents**

- 1. Biography**
- 2. Titles, Awards & Certifications**
- 3. Professional Qualifications & Accomplishments**
- 4. Major US Conferences & Seminars**
- 5. International Conferences & Seminars**
- 6. Recent Engagements**
- 7. Books Authored By or About Amritji**
- 8. Testimonials**
- 9. Contact Info**

## **Gurudev Shri Amritji**

### **Carrier of the Kripalu Lineage to the West**

Gurudev Shri Amritji (Yogi Amrit Desai) is one of a handful of gurus who came to America from India in the early 1960s. This wave initiated the craze that has grown into the diverse yoga systems now practiced by 300 million people worldwide, 36 million in the U.S. alone. Amritji was the first to bring the authentic inner dimension of yoga to the West, Patanjali's Ashtanga Yoga (circa 200 A.C.E), which has continued to transform countless lives. His Integrative Amrit Methodology (I AM Yoga), which incorporates Patanjali's Yoga Sutras, the first written code on the meaning of yoga, the combination of Hatha and Raja Yoga into one practice. The yoga he developed has the potential to help practitioners on the physical, mental and spiritual levels, bringing about permanent changes in health and well-being, as well as one's outlook on life's endless possibilities. His I AM tools and techniques are truly unique in their practicality and wisdom and are available to all.

Out of his 1970 awakening experience, he originally formulated his teachings as Kripalu Yoga, named in honor of his guru, H.H. Swami Shri Kripalvanandji, himself one of the greatest yogic saints of the 20<sup>th</sup> century. From the Yoga Society of Pennsylvania (1966) to the Kripalu Ashrams (1971 and 1976), Amritji went on to establish the Kripalu Center for Yoga & Health in Lenox, Mass. in 1983, which became the largest of its kind in North America. Today, he resides at the Amrit Yoga Institute in Salt Springs, Fla., where he continues to refine the I AM methods while traveling and teaching extensively around the world. He has been repeatedly honored for his unique contributions. (hyperlink to awards). The yoga he has created is now practiced and taught by thousands in more than 40 countries.

Amritji has captured the heart and soul of yoga by applying the experiential practice of Patanjali's Yoga Sutras, that has revealed the unknown aspect that were missing from the popular practice of yoga. This stunning map of the posture of consciousness he incorporated into I AM Yoga empower the practitioner to explore their own divine potential.

The uniqueness of his contribution to world of yoga comes from his own spiritual awakening of mystic union of consciousness and energy (Shiva and Shakti) he experienced in 1970. This revealed to him the hidden meaning of Patanjali's Ashtanga Yoga and Yoga Sutras that has made such an historical impact in the field of yoga. He discovered that it is not just a philosophy of yoga, but a manual for the practice of yoga. I AM Yoga makes the mystic teachings of the ascetics accessible and practical. It leads one to the spiritual dimension and depth of yoga through the synthesis of body, mind, heart and soul,

## **Certifications and Titles/Awards:**

### *SIGFA RATNA, 2017*

- Presented by **Dr. B. K. Chandra Shekhar** Guinness World Record holder in Education, Asia Book of Records holder in Education, India Book of Records for inventing Mind Testing Machine

### *International Yoga Grand Master Award, 2013*

*Presented by Padma Shri H.H. Jagat Guru Amrta Suryananda Maharaj*

Only previous recipients were **Padma Vibhushan Shri B.K.S. Iyengar** and **Padma Shri Dr. H. R. Nagendra, SVYASA University, Bangalore**

### *Maharishi Sandipani Award, 2014*

- **The Ujjain Yog Life Society International** at the 4th International Yog Conference, held January 2014 in Ujjain, M.P. India

- 

### *International Yoga Grand Master, 2013*

- Presented by **Padma Shri H.H. Jagat Guru Amrta Suryananda Maharaj**
- Only previous recipients were **Padma Vibhushan Shri B.K.S. Iyengar** and **Padma Shri Dr. H. R. Nagendra, SVYASA University, Bangalore**

### *Inaugural Fellow, Council for Yoga Accreditation International (CYAI), 2012*

- The council recognized four inaugural Fellows who have demonstrated extraordinary achievement and contribution to the field of Yoga

### *Grand Master of Yoga, 2012*

- Conferred by the **Portuguese Yoga Confederation on the World Yoga Day Celebration**, Lisbon, Portugal

- 

### *Lifetime Achievement Award, 2011*

- **Tathagat Foundation, Dubai** and **International Ayurveda Academy (IAA), Pune, India**

- 

### *Yogiraj, 2011*

- **Awarded by Parmanand Institute of Yoga Sciences & Research Indore, India**

### *Lifetime Achievement Award in Yoga, 2010*

- Presented by **Natural Awakenings Magazine**, Voted by the readers as one of the top 5 Organizations

### *Patanjali Award, 2010*

- Awarded by the **Association of Ayurvedic Professionals of North America (AAPNA)** for Excellence in Yogic Research and Teachings in North America

***Paul Harris Fellow Award, 2007***

- Received from the **Rotary Foundation of Rotary International** Naples, Florida in appreciation for tangible and significant assistances given for the furtherance of better understanding and friendly relations among people of the world.

***Best Foreign Yoga Practitioner, 2007***

- As Great Yoga Exponent Awarded by the World Yoga Society at the 15th All India UNI Yoga Competition Kolkata, India

***Bhaskar Award, 1998***

- New Delhi India highest award of Bharat Nirman in recognition of outstanding services rendered to mankind.

***Global Service Award, 1994***

- Presented by the **Kripalu International Network (KIN)** that Amritji established; Amritji founded the **Kripalu Center for Yoga & Health** in 1983 which grew to be the largest thriving international yoga & health center in North America with 350 full time resident volunteer staff, accommodating more than 300 guests and hosted great yoga masters from all over the world

***Yogacharya, 1993***

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

***Unity in Yoga Plaque, 1993***

- Presented by **Unity in Yoga Teachers Association celebrating 100 years of Yoga in America**
- In deep appreciation and honor for years of dedicated services to yoga in the Americas

***Padma Vibhushan Nomination, 1992***

*Nominated by the late Prime Minister of India, Shri Chandra Shekhar, with a positive response from then-Prime Minister Shri Narasinha Rao for 1993.*

***Professor of Yoga, 1988***

- Awarded by the Latin American Confederation and the Union of National Federations of Yoga, Montevideo, Italy

***Yogacharya, 1987***

- Conferred at the 19th Convocation of the **Vishwa Unnyayan Samsad**, Pitambar Bhavan Ananda Ashram

***Vishwa Yoga Ratna Award, 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

- In a letter by **Swami Shri Gitanandgiri** from Gitanand Ashram Pondicherry to Amritji: "*I am writing to congratulate you ...for the award of 'Vishna Yoga Ratna'...This (is a) great distinction for your lifelong work in the field of Yoga.*"

***Maharishi, 1986***

- Awarded by **105-year-old H.H. Sadguru Swami Gangeshwaranandji Maharaj**, Udasin, chancellor of Udasin Sanskrit University, Benares, founder of 12 ashrams in India and 600 Ved Mandirs

***Yogcharya, 1980***

- Conferred by **H.H. Swami Shri Kripalvanandji**, Amritji's guru and founder of Kayavarohan Tirtha Shiva Temple, Malav Ashram, and Lord Lakulish Yoga Institute, in honor of years of intensive study, teachings and practice of philosophy and spiritual principles of yoga

***Acharya Pravaraaha, 1975***

- Awarded by **Shri Swami Vedavyasanadaji**, Chancellor of Rishikul Sanskrit University in Haridwar

***Doctor of Yoga Science, 1974***

- Awarded by **H.H. Jagadaguru Shankaracharya Maharaj**, Dwarka, spiritual leader of Hinduism, for outstanding contributions to humanity

***Honorary Doctor of Philosophy, 1971***

- Florida Research Institute, Melbourne Florida

***Title of "Yogi", 1969***

- Conferred by **H.H. Swami Shri Kripalvanandaji** for significant knowledge of philosophy, principles and practice of yoga

## **Professional Qualifications and Accomplishments**

**International University of Yoga and Ayurveda in Salt Springs, FL, 2014, Co-founder**

### **International Yoga Grand Master, 2013**

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

### **Inaugural Fellow of the Council for Yoga Accreditation International, 2012**

CYAI recognized 4 inaugural Fellows of the CYAI who have demonstrated extraordinary achievement and contribution to the field of yoga, Lisbon Portugal

### **Grand Master of Yoga - World Yoga Day, 2012**

Conferred by Portuguese Yoga Confederation, Lisbon Portugal

### **Lifetime Achievement Award, 2011**

International Ayurveda Academy (IAA), Pune, India; and Tathagat Foundation, Dubai

### **Yogiraj Award, 2011**

Paramanand Institute of Yoga Sciences & Research, Indore, India

### **Natural Awakenings Holistic Magazine Lifetime Achievement Award in Yoga, 2010**

Voted by the readers as one of the top 5 organizations representing Natural Living

### **Patanjali Award for Excellence in Yogic Research & Teachings in North America, 2010**

Presented by the Association of Ayurvedic Practitioners of North America (AAPNA)

### **Enlightened Mind Award by Yogadhi James Weldon, 2008**

### **Paul Harris Fellow Award, 2007**

Rotary Foundation of Rotary International in Naples, Florida in appreciation for significant furtherance of better understanding and friendly relations among peoples of the world.

### **Best Foreign Yoga Practitioner as Great Yoga Exponent, 2007**

World Yoga Society at the 15th All India UNI Yoga Competition '07, Kolkata, India

### **Amrit Yoga Institute, Salt Springs, FL, 2002, Founder and Spiritual Director**

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

#### **Ayurvedic Wellness Center, 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, FL*  
**Integrative Amrit Method (I AM) Yoga Teacher Training Level 1, 2002**

**Bhaskar Award New Delhi India highest award of Bharat Nirman, 1998**

in recognition of outstanding services rendered to mankind

**Awarded Membership in the Pan American Yoga Association, 1998**

**American Yoga Council** In recognition of outstanding service in the cause of true yoga

**Amrit Yoga Institute, Sumneytown, PA, 1997, Founder and Spiritual Director**

Originator of Amrit Yoga Teacher Certification Trainings leading to master's 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

**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 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 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

**Foxhollow Leadership Center, Lenox, MA, 1991, Founder and Teacher**

Adjunct 230-acre, 37,000-square-foot conference facility with 120 guest 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

**Professor of Yoga, 1988**

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

***Professor of Yoga, 1988***

Awarded by the Latin American Confederation and the Union of National Federations of Yoga, Montevideo, Italy

***Yogacharya, 1987***

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

***Yogacharya, 1987***

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

***Vishwa Yoga Ratna Award, 1987***

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).

***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, 1986***

Awarded by **H.H. Sadguru Swami Gangeshwaranandji Maharaj**, Udasin, chancellor of Udasin Sanskrit University, Benares, founder of 12 ashrams in India and 600 Ved Mandirs

***Kripalu Center for Yoga and Health, Lenox, MA, 1983, Founder/Spiritual Director***

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

***Yogcharya, 1980***

Conferred by **H.H. Swami Shri Kripalvanandji**, Amritji's guru and founder of Kayavarohan Tirtha Shiva Temple, Malav Ashram, and Lord Lakulish Yoga Institute, in honor of years of intensive study, teachings and practice of philosophy and spiritual principles of yoga

**Opened Holistic Health Center, Summit Station, PA, 1979**

Provided group programs and individual services in holistic health.

**Kripalu Institute, Summit Station, PA, 1978**

Offering Master's Degree in Yoga, Philosophy and Psychology

**Kripalu Yoga Retreat Adjunct Facility, Summit Station, PA, 1976**

*280 acres retreat center offering 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 US*

**Acharya Pravaraaha, 1975**

Awarded by **Shri Swami Vedavyasanadaji**, Chancellor of Rishikul Sanskrit University, Haridwar

**Doctor of Yoga Science, 1974**

Awarded by **H.H. Jagadaguru Shankaracharya Maharaj**, Dwarka, spiritual leader of Hinduism, for outstanding contributions to humanity

**Honorary Doctor of Philosophy, 1971**

Florida Research Institute, Melbourne Florida

**Kripalu Yoga Ashram, Sumneytown, PA, 1971**

*A non-profit, tax exempt 75-acre facility comprised of six buildings and large dormitories accommodation for 70 resident staff and 80 guests.*

**Kripalu Yoga, 1970, Originator**

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

**Title of "Yogi", 1969**, Conferred by **H.H. Swami Shri Kripalvanandji** for significant knowledge of philosophy, principles and practice of yoga after advance study under Kripalu

**Yoga Society of Pennsylvania, Philadelphia, PA, 1966-71, Founder and Director**  
trained 50 yoga teachers; offered 150 classes per week; more than 2,500 students per 10-week semester

**Philadelphia College of Art—B.F.A., 1960-63, Philadelphia, PA**

**Indian Air Force, 1953-54**

Selected as first-class Airman and received complete military training at Madras.

Some of the Programs Designed Around Amritji's Teachings include:

**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**

## Major U.S. Seminars & Conferences

3rd International Conference on Integrative Medicine Harvard Medical School - Role of Yoga and Ayurveda	2017
4th International World Yoga Day Conversations with Yoga Masters on Yoga for Peace	2017
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 (Jeevar Educational Trust) Convention Orlando Honored Guest	2014
Speaker and Sponsor for Medical Understanding of Yoga Conference AYI	2013
Keynote Speaker with Shri Ramesh Oza at Swarnin Gujarat Celebration New Jersey attended by 3,000	2010
Association of Ayurvedic Professionals of North America (AAPNA) Conference Miami Florida Guest Speaker	2010
International Conference on Total Health-Research Perspectives ; Modern Medicine, Yoga and Ayurveda Hindu University Orlando Florida, Guest Speaker	
New York Yoga - New Life Expo, Guest Speaker	2010
Gandhi Memorial Lecture, Univ. of Massachusetts, Dartmouth	2008
Inaugural Speech at 7th WAVES Conference University of Central Florida <i>Attended by Scholars, Professors, Doctors, Swamis</i>	2008
Baroda Medical College Alumni Association Annual Conference <i>Orlando, Florida</i>	2008

Hindu Temple – Seminar, Tampa, FL <i>Tampa, Florida</i>	2007
Integral Yoga Institute, Yogaville, WV	2005
<i>Keynote Address 30 teachers from various traditions</i>	2004
Hindu University of America, Orlando	2004
Holistic Holiday Cruise	2004-2014
Midwest Yoga Conference, Chicago <i>Keynote Address 20 workshops by prominent yoga teachers</i>	2003
Global Dharma Conference attended by Gurus Swamis Yogis and Philosophers Los Angeles Convention Center Yoga Expo <i>with Bikram Choudhury and Deepak Chopra</i>	2003
Conference of the Yoga Research Society <i>Thomas Jefferson University, Philadelphia, PA</i>	2002
WAVES International Conference, University of Massachusetts, Dartmouth <i>Attended by Vedic Scholars, Professors and Swamis</i>	2001, 2002
Chopra Center for Well Being Guest Teacher - <i>Seduction of the Spirit</i> <i>7-day Seminar with Deepak Chopra</i>	2001
Stone Mountain Evergreen Conference Resort, Georgia <i>Opening Keynote Address and Special Intensive on Amrit Yoga for teachers</i> <i>24 workshops offered by teachers from various traditions</i>	2001
Midwest Yoga and Wellness Conference, MI <i>Keynote Address 33 seminars conducted by prominent yoga teachers</i> <i>Special guests Deepak Chopra and Gurudev</i>	2001
Southeast Yoga Conference, GA	2001
Three Masters Retreat, Hawaii & NYC <i>With Deepak Chopra and Bikram Choudry</i>	2001
Yoga Vision Conference, Arizona State Un. Tempe, AZ <i>Opening Keynote Address Seminars by 22 distinguished yoga teachers</i>	2001
Vraj Bhumi Temple, Summit Station, PA	

*Seminar with Ramesh Oza and Swami Sri Chidanandji (Muniji) Rishikesh*

2001

Deepak Chopra New Millennium Celebration, Guest Teacher  
*Palm Springs, CA*

1999

## International Seminars & Conferences

### **India**

CYAI Fellow	CYAI Meeting Ujjain with Subodh Tiwari, Rajan Narayan, 2016 Swami Veda Bharati and representatives from Ananda Ashram and Svyasa Yoga University
Leader Workshop	Kumbha Mela Bhakti Yoga, 2016
Leader Workshop	Kumbha Mela Third Eye Meditation, 2016
Opening Keynote	Kumbha Mela, Yoga Life International Convention, 2016
Special Guest	Simhastha Convention Madhya Pradesh, 2016 with Chief Minister Shivraj Singh Chouhan also attended by Jaggi Vasudev, Swami Ramdev Prime Minister Modi
Keynote Speaker	World Peace Harmony Day hosted by Acharya Lokesh Muni, 2016 Vijyan Bhawan New Delhi
Keynote Speaker	World Yoga Day, Lisbon, Portugal, 2014
Chief Guest Speaker	4th International Yoga Seminar, Ujjain, 2014
Keynote Speaker	World Ayurveda Conference, Pune, 2012
Founding Fellow	Council for Yoga Accreditation International CYAI Inaugural, 2012 Inaugural Meeting, Lonavala
Keynote Speaker	7th Kaivalydam International Conference Lonavala, 2012
Guest of Honor	Bombay Women's Yoga Competition by Yog Vinayasa Assn., 2010
Featured Guest	Hinduja Hospital, Mumbai, 2007 Yoga Nidra Seminar for doctors, nurses and staff
Seminar leader	Amby Valley, Sahara City, 2007 (Mahashtra Chamber of Commerce and Indusind Bank) Introduction to Amrit Yoga and Yoga Nidra for business leaders
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
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, 1988 by Bharat Nirman bringing religion and science together
Special Event	H.H. Shri Kripalvanandaji, 1971 first public speech after observing 12 years of silence; attended by 25,000 devotees
Keynote Speaker	World Conference on Scientific Yoga, New Delhi, 1970
India Pilgrimage Tours	to the seat of Shaktipat Kundalini lineage, the Temple of Bhagavan Brahmeshwara Lord Lakulish; Malav Ashram trainings with Swami Shri Kripalvanandji, 1969-present

*Dubai*

Chief Guest	International Yoga and Ayurveda Conference, 2014
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Seminar Leader	Young Presidents Organization, 2006
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Seminar Leaders	Consultation to the One Company, 2006
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*Costa Rica*

Guest speaker	University of Peace in San Jose international radio interview, 2000
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Seminar Leader	Week-long Seminar, Pura Vida
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***Mexico***

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

Seminar Leader	Amrit Yoga and Yoga Nidra Workshop, Istanbul, 2006
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*Bali*

	Seminar at Anahata Resort, 2007
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***Germany***

Seminar Leader	Seminar Frankfurt, 2013
<b>Portugal</b>	
Guest of Honor	Sponsored by World Yoga Day Lisbon Portugal, 2013
<b>Switzerland</b>	
Keynote Speaker	European Yoga Teacher's Association, Switzerland, 1982-1986
Workshop Leader	Advanced Instruction for 1,500 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
<b>Iceland</b>	
Workshop Leader	Seminars and lectures in Reykjavik, 1990, 2007
<b>Russia</b>	
Keynote Speaker	Soviet Ministry of Health, first Soviet-American Conference on Yoga and Meditation, Leningrad and Moscow, 1990
<b>Japan</b>	
Lectures/Seminars	Tokyo, Yamaguchi, Kanazawa, Nagasaki, Osaka, 1991 and Oguchi
Consultations	With Japanese Government to introduce Yoga, 1991
<b>China</b>	
Workshop Leader	Shanghai Youth Federation, 1991
<b>Australia</b>	
Lecturer	University of Sydney, Melbourne, and the Emissary, 1991 Community at Yogeshwar Muni Ashram
<b>Singapore</b>	
Lecturer	Kala Mandir, 1991
<b>Brazil</b>	
Special Guest	Three 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 yoga and health  
conference, world religious parliaments and Vishwa Hindu Parishad  
events, 1966-present

## **Past Engagements:**

### **2018**

#### MASSACHUSETTS INSTITUTE of TECHNOLOGY (MIT)

Amritji was the Valedictory Speaker on “Creating Awareness in Integrative Medicine, Ayurveda, Yoga and Cancer.” Attending experts in the field of medicine health, wellness and cancer included: Dr Balram Singh, Director, Institute of Advanced Sciences; Dr. Shuvendu Sen, Raitan Bay Medical Center; Dr. Marc Halpern, President, California College of Ayurveda; Dr. Gregory Friccione, Director, Benson Henry Institute for Mind Body Medicine; Dr. Vikas Sukhatme, Dean, Emory University Medical School, Dr. H.R. Nagendra, President, S-VYASA.

#### HARVARD MEDICAL SCHOOL

World-renowned scientists, doctors, professors and yogis in attendance at the 3rd International Conference on Integrative Medicine, held at the Joseph Martin Conference Center at Harvard Medical School, sponsored by Indo-U.S. Health Initiatives and Boston Center of Excellence for Health and Human Development. Amritji also serves on the advisory board.

#### HARVARD MEDICAL SCHOOL

Harvard Medical School 3rd International Conference on Yoga and Ayurveda Boston, MA. Attended by researchers in the field of yoga and Ayurveda; Amritji was a member of the panel of experts.

#### 4th WORLD YOGA DAY, UNITED NATIONS, NEW YORK CITY

Member of panel discussion on “Yoga for Peace,” including Dr. H.R. Nagendra President, S-VYASA; Acharya Dr. Lokesh Muni, Swami Paramananda and Swami Maheshwarananda.

### **2017**

#### MORARJI DESAI NATIONAL INSTITUTE OF YOGA, AYUSH, GOVERNMENT OF INDIA

Presentation of a workshop-seminar on “Yoga and the Healing Miracles of Yoga Nidra.” This inaugural function was organized by the Moraji Desai International Institute of Yoga and Ministry of AYUSH, Government of India, attended by 150 yoga teachers, senior officers and dignitaries of the ministries of the government of India.

#### INTERNATIONAL YOGA FESTIVAL, PARMARTH NIKETAN, RISHIKESH

Lighting Ceremony attended by 110 nations, featuring 50 elite Yoga Masters, Spiritual Teachers and Philosophers. Prime Minister Modi gave a live address to the audience via video conferencing.

## **Books Authored by or About Amritji:**

### ***The Yoga of Relationships: A Practical Guide for Loving Yourself and Others (2015)***

received Five Literary Awards

- 2<sup>nd</sup> place - the Nautilus Book Award
- 1st place in the Great Midwest Book Festival
- 2nd place in the London Book Festival
- California Book Festival- Honorable Mention
- Paris Book Festival- Honorable Mention
- Cover art by Amritji

### ***Love and Bliss: Meditations on the Art of Living (2014)***

received Four Literary Awards

- 2nd place in the poetry division from the Great Midwest Book Festival
- 2nd place in the Southern California Book Festival
- New York Book Festival-Honorable Mention
- Florida Book Festival-Honorable Mention
- Cover art by Amritji

### ***Ancient Wisdom, Modern Master by Lila Ivey (2013)***

received Seven Literary Awards in 2013

- 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
- *Paris Book Festival*- Honorable Mention
- *New York Book Festival*- Honorable Mention
- *London Book Festival*- Honorable Mention
- *Hollywood Book Festival*- Honorable Mention
- *Southern California Book Festival*- Honorable Mention

## **Other Books include:"**

*Letters from Swami Kripalu: Personal Correspondence from HH Swami Shri Kripalvanadaji to Yogi Amrit Desai 1966-1973*

*Amrit Yoga & The Yoga Sutras*

*Amrit Yoga: Explore, Expand, Experience, The Spiritual Depth of Yoga*

*A Yogic Perspective on the 12 Steps*

*Embodying the Power of the Zero Stress Zone with Peggy Sealton*

*Kripalu Yoga Meditation in Motion (Books 1 & 2)*

*Happiness is Now*

## **Magazines and books featuring chapters or writings by Gurudev Shri Amritji include:**

- *The Surrender Experiment*" by Michael Singer
- "Homegrown Gurus, Yoga and the Path of the Urban Mystic, American's Alternative Religions" State University of New York Press

- *Ultimate Happiness by Peter Mellon,*
- *Transformative Adventures, Vacations, and Retreats, Voices on the Threshold of Tomorrow*
- *The Spiritual Seekers Guide*
- *Kundalini Evolution and Enlightenment.*

Amritji is also the author of the manuals for the Integrative Amrit Methods: Amrit Yoga teacher training and Amrit Yoga Nidra teacher training, as well as hundreds of audios, videos, CDs and DVDs.

## Testimonials

Dr. Deepak Chopra, author of 80 books on Ayurveda, Yoga and Integrative Medicine.

“Yogi Amrit Desai is a pioneer in introducing Yoga to the West, but more significantly through his unique style, his method of teaching draws upon the original spiritual depth that is missing in the popular practice of Hatha Yoga.”

Dr. David Frawley, Padma Bhushan winner, author of 30 books on Ayurveda, Yoga and Indian Culture

“Yogi Desai revived the ancient teachings of the millennial old Shaivite Yoga...(He) made these secret teachings once more alive and relevant to the entire world. He has left an indelible influence on modern Yoga...(demonstrating) a Prana Siddhi in which he can allow Universal Prana to move not only through his mind and body but also through his environment and into the audience around him, awakening their own inner Prana and spiritual intelligence.”

Smithsonian Publications (2014)

“The sixties brought on infusion of Indian gurus to the US including Swami Muktananda...and Amrit Desai (b. 1932) who established the yoga society of Pennsylvania and the Kripalu Center for Yoga & Health, named for his Swami Kripalvanadaji.”

Bhai Sahiba Bibiji Inderjit Kaur Khalsa, widow of Yogi Bhajan, the Sikh Dharma Worldwide Family

“Rare is the one who has served humanity with love and grace, with dignity and humility, with consciousness and compassion, in all of the ways that Amritji has done. There are a few enlightened souls in this world that God has sent for a special purpose at critical times. He has dedicated his entire life to fulfill this divine mission and bring the light of consciousness to our world.”

Ichak Adizes, PhD, founder of Adizes Institute, named one of the top 30 thought leaders and top 10 consultants in the US, recipient of 20 honorary doctorates, author of 20 books in 26 languages

“As a Holocaust survivor, one of the problems I have struggled with is opening my heart. But when I went to the Kripalu Center, which he founded, to rest and practice yoga, I did not realize that is where my heart would open thanks to Amritji. My profession is watching people, especially leaders and understanding them. Amritji was-and is-a very special leader. In gratitude to his teachings, I dedicated a book to him.”

Pujya Sri Swami Dayananda, founder of Arsha Vidya Ashram, USA & India, speaker in global forums such as the United Nations, UNESCO and the Global Peace Initiative.

“Yogi Amrit Desai is one of the pioneers who introduced yoga to the West. With his own personal contribution based on his experiments and experience, yoga sadhana has gained a credible therapeutic value.”

Shri Dwarkeshlalji Maharaj, the 14th Gadipati of Vallabhacharyaji the founder of Pushti Bhakti Marg (Path of Grace), and head of the Shashthpeeth at Vadodara and Ahmedabad, Gujrat. “Shri Amritji has created a holistic world outlook for the all-around emancipation of mankind. In a true sense he is a real Karma Yogi. Restoring the authentic practice of Patanjali's classical work on Ashtanga yoga is represented in Amritji's methods of yoga. Yoga Nidra and the quantum breath meditation are the combined practice of the Hatha and Raja yoga for creating a holistic practice.”

Michael A. Singer, author of the #1 New York Times Best Seller, *The Untethered Soul* and *The Surrender Experiment*

“There is simply no way to write about such a special human being in just a few paragraphs. After meeting Shri Amritji for the first time, a channel had been opened in my heart and a warm flow of energy kept passing through it. It has been more than 35 years now, but it is always there. The simple touch of Amritji's hand permanently opened my heart.”

**The Yug Prabha newspaper, Halol, India** wrote in a 2007 article:

*“Yogishri Amrit Desai was honored in his home town of Halol for his humanitarian works known to offer scholarships to the poor and 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.”*

## Contact Information

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