



Shri K. Pattabhi Jois

July 1915 – May 2009

Guru of Ashtanga Vinyasa Yoga

He was a very special person who contributed greatly to many people by bringing yoga into their lives. This is an amazing gift that will continue to affect us and many others for generations to come. We thank him deeply for this.

He taught Gerald the Ashtanga system personally and Linda indirectly through other teachers. She eventually had the good fortune to study with him a couple of times, even if shortly. He was a great source of inspiration in changing both of our lives and then bringing us together.

We will continue to spread the practice of this great man for the rest of our lives. His memory will last lifetimes with love and affection.

Pattabhi Jois was born in the South Indian village Kowshika. At twelve years old he attended a demonstration and lecture given by Krishnamacharya at his high school. When Guruji saw the yoga demonstration he was immediately inspired to take up yoga practice. He went to meet Krishnamacharya the next day and started his yoga practice.

Guruji moved to Mysore to study at the Sanskrit college where he became a professor and was invited by the Maharaja to start a yoga department. He continued his studies with his Guru, Krishnamacharya for 25 years and was instructed by him to teach this method. He did so for more than sixty years.

