

Book Private Yoga Therapy Sessions with Gary Kraftsow

Gary Kraftsow, MA, E-RYT (500) offers private yoga therapy in Oakland, California. Gary 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. Gary founded the American Viniyoga Institute (AVI) in 1999.



He developed, directs, and serves as senior teacher of the AVI Yoga Teacher, Foundations for Yoga Therapy, and Yoga Therapist Training Programs. He is the author of *Yoga for Wellness* and *Yoga for Transformation*. Gary has produced two DVDs: *Yoga Therapy for Low Back, Sacrum, and Hips* and *Yoga Therapy for Upper Back, Neck and Shoulders*.

Location

Gary Kraftsow's Yoga Studio in Oakland, CA, address and directions provided after booking appointment.

Airport

It is a 15-20 minute car ride from the Oakland Airport to Gary's location. It is a 30-35 minute car ride from the San Francisco Airport to Gary's location.

Scheduling

Email Donna McCloskey at donnam@viniyoga.com. Gary has a busy schedule and must plan in advance for private appointments while he is home in California. There is a 6-9 month waiting list. When working privately with students, Gary prefers to schedule 3-5 sessions for 1.5 hours each day in a given week.

Payment

\$250 per daily session, 3-5 days
\$250 deposit required upon booking

Convenient Housing

A cottage located on Gary's property with internet access is available for rent and is separate from the main house and yoga studio.

*"The guest cottage is beautifully furnished, comfortable and private. It is a beautiful space for relaxation and reflection."
Clare, Lansing, Michigan*

The cottage is located within walking distance to shops and restaurants, BART (College Avenue Stop), Trader Joe's, Whole Foods, and Berkeley. Kitchen not provided.

\$200/night, no taxes or additional fees
\$200 deposit required upon booking, balance due upon arrival

