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Viji Vasu



Viji Vasu, BEd, MEd, Diploma in Yoga (KYM),

CYT, E-RYT 500 was teaching at a prestigious school in Chennai, India for 14 years before completing her Diploma in Yoga from the Krishnamacharya Yoga Mandiram (KYM) where she

worked as a senior Yoga Therapist and Yoga Teacher for 13 years. Viji had the great honour of studying directly under Sri T.K.V. Desikachar during that time.

Viji Vasu and D.V. Sridhar went on to co-found Yoga Raksanam in 2002. In addition to delivering private Yoga Therapy and classical Yoga group classes, she taught in Yoga Raksanam's Yoga Teacher Training Diploma. She specialized in the art of Viñyasa Krma (sequencing) as well as analyzing classical postures versus their modification for therapeutic purposes. Viji is also very adept in her knowledge and practice of Meditation and the Bhagavad Gita. She recently retired after almost 20 years of service, a beloved Teacher by many.

Viji continues to teach her private students online, as well as for other programs around the globe including Yoga Therapy International. We are honoured to have her shining presence with us during our new online Term 1 as she introduces us to the Bhagavad Gita, one of Yoga Philosophy's most important texts.

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