

## **Yogriahi Vishvketu (Vishva-ji)**

Himalayan Yoga Master and founder of Akhanda Yoga, Yogriahi Vishvketu (Vishva-ji) is known for his infectious laughter and stories. His holistic approach brings forward ancient wisdom for a modern age, incorporating asana, pranayama, mantra, meditation and yogic wisdom in every class. His deepest aim is to inspire people to connect to their true nature, which is joyful, fearless, expansive and playful. A yogi at heart, Vishva-ji has studied and practiced Yoga in the Himalayas since the age of 8 and holds a Ph.D. in Yoga Philosophy. He is the author of *Yogasana: The Encyclopedia of Yoga Poses* (Mandala Insight Editions).