Dr. Kausthub Desikachar is the successor and current lineage holder of the classical Yoga tradition of T Krishnamacharya & TKV Desikachar. He is an acclaimed yoga teacher, yoga therapist, healer and spiritual adviser. His objectives include the sharing of the authentic teachings of Yoga to the modern era, as well as building bridges between different healing modalities to promote physical, emotional social and spiritual health. For more than fifteen years, Kausthub has taught a multitude of students and teachers around the globe and has conducted numerous teacher and therapist training programs.

Dr. Kausthub Desikachar began studying yoga when he was 9 years old under the guidance of his teacher and father TKV Desikachar and started teaching at the age of 13. After completing his dual Masters degree from the renowned Birla Institute of Technology & Sciences, Pilani, he committed himself to becoming a full-time student and teacher of Yoga. Later in 2011, he concluded his doctoral studies from Psychology Department at the University of Madras, where his topic of research was “Effect of Individualized Yoga Training on Quality of Life.”

As a Yoga educator, Dr. Kausthub Desikachar is known for his remarkable, deep and well-versed knowledge and his ability to present the ancient teachings in a way that is profound as well as applicable for modern day practitioners. He treats each student with the respect, compassion and dignity, and honors their capacity for growth and transformation. His teachings are especially beneficial for yoga teachers and yoga therapists as he helps them grasp the fullness and deep insights of the ancient teachings so that they are able to apply them in a competent and sincere way. He has also authored and co-authored numerous books on yoga, such as "The Heart of Asana: A comprehensive manual on Classical Yoga Postures” and a biography on his grandfather, the great yoga acharya T. Krishnamacharya, called "The Yoga of the Yogi".