

Biography - Petri Raisanen

Petri Raisanen (born August 13, 1967) is internationally known and respected as one of Ashtanga Yoga's new generation of teachers. He is a devoted student of his Guru, Sri K. Pattabhi Jois, who has authorized Petri to teach, and Petri carefully passes on his Guru's exact teachings.

Petri started practicing Ashtanga yoga in 1988 and teaching in 1990. He is co-owner and director of Ashtanga Yoga Helsinki, one of the world's largest Yoga Shalas, which he founded with his friend Juha Javanainen in 1997. The biggest motivation to open the school came from their teacher Lino Miele, and from Sri K. Pattabhi Jois who blessed the school to teach the traditional Ashtanga method.

In his yogic path Petri has studied with many other respected Ashtanga yoga instructors such as Derek Ireland (his first teacher), Radha Warrel, Gwendoline Hunt, and Eddie Stern, in addition to Lino Miele and Sri K. Pattabi Jois.

Petri focuses his teaching on integrating healing and therapy with yoga, meeting student's individual needs and guiding their progress. Petri's Yoga pose adjustments are gentle, effective, therapeutic and, according some of his students, almost magical, and originate (besides his own practice and teaching) from his past practice as a traditional Finnish folk healer and naturopath. His friendly and relaxed behavior and precise perception gives a meditative, open and energetic atmosphere to his classes.

In 2004 Petri wrote the book "Ashtanga - The Yoga Tradition of Sri K. Pattabhi Jois" in collaboration with Sri K. Pattabhi Jois and his grandson Sharath Ranganaswamy. The book introduces the Ashtanga yoga method and philosophy, as well as its potential as a physical, mental, intellectual and spiritual practice. It is written as part of Petri's pilgrimage into Ashtanga yoga's inner word, with a great sense of respect towards his Guru and the Yoga Tradition.

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