

Dr. Indu Arora

MD (AM) | ND | BMHS | IYT | E-RYT 500 | Yoga Shiromani | Yoga Bhaskar

Dr. Indu Arora is a highly accomplished international speaker, acclaimed Master Yoga Teacher, Ayurvedic Consultant, Healer and Author. She is a regular presenter at National/ International Level Conferences & Symposiums. She is an E-RTY ~ Grand parenting through Yoga alliance with more than 30,000 hours of teaching experience.

She has received awards like 'Gem of India', "Ray of Light", "Hall of Fame", "Dupage Woman you should know" at national and international platform for her contribution to Yoga.

Dr. Indu Arora's has authored "Yoga: Ancient Heritage Tomorrows vision" which is honored, acknowledged and highly appreciated by Yoga Masters & Professionals, students and peers alike.

A board member of the World Movement of Yoga, an International Advisor to World Yoga Council, she is a regular columnist for acclaimed Yoga & Wellness magazines "Tathaastu" and "Yoga Chicago".

Dr. Arora is presently pursuing her PhD in Metaphysical Sciences from University of Metaphysical Sciences, CA and presenting a telesummit called "Women on the verge of Evolution" with 17 other highly accomplished and successful women from all over United Stated.

Her philosophy: "Nothing has the greatest power to heal, but self."