

Dr. Ambika Chandani

Motivated and responsible yoga and pranayam instructor and yogic philosopher extensively trained in fitness, nutrition and health education. Fitness Instructor accomplished in helping clients at all levels get into the best shape of their lives. Strongly believe, health is a conscious lifestyle choice necessary for longevity and happiness.



Skills

- Health & Wellness expert
- Human anatomy aptitude
- Certified group fitness instructor
- Highly skilled motivator
- Nutrition expert
- Energetic personality
- Expert in yogic philosophy & meditation
- Therapeutic yoga
- Develops tailored camps for personality and character development

Experience 01/1997-present

- Founder/Director - Indra Yoga Sansthan
- Non-profit organization
- Caters to the wellness needs of people from all strata of
- Focused on creating deep and meaningful relationship through interaction and engagement

Education

- **Ph.D.**, Medical Sociology