

# **Ms. Aarti Maheshwari**

Ms. Aarti Maheshwari is the Director of Samatvam Academy, Gurugram. She is the Certified Yoga Educator from The Yoga Institute, Santa Cruz, Mumbai, and has over 20 years of teaching experience. Aarti is the author of the book "Samatvam Yoga – A Paradigm for Deeper Sanity and Success". Yoga therapy is her key forte.