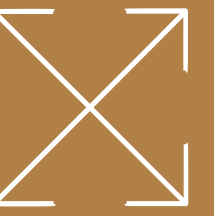


# ABOUT ME



I am a yoga practitioner. Yoga has been a part of my life for years. It helped me create free space for myself and reduce obstacles I have been experiencing in my own body. I am an optimistic person also a believer which helped me get involved in yoga.

Yoga inspired me to live each moment more mindfully. I think everyone should practice it during their early teens or as soon as possible. It is a natural remedy for mental, physical, and emotional drama. Yoga cherishes the spirit and builds both confidence and comfort to move their body through life. People join yoga classes but 4 out of 5 often leave it, so this is also a major factor that degrades your yoga journey and stiffens your body.

**Remember, Consistency is the Key!**

In my class, I love to combine creative sequencing, a spirit of joy, and a dose of inspiration to help you deepen your practice. I seek to help others thrive in life by nurturing body, mind, and soul with yoga. And my hope is that you step off the mat feeling refreshed, nourished, and balanced.



*"You deserve to feel better"*

*Practice Now!*

**ADITI  
PHIRKE**