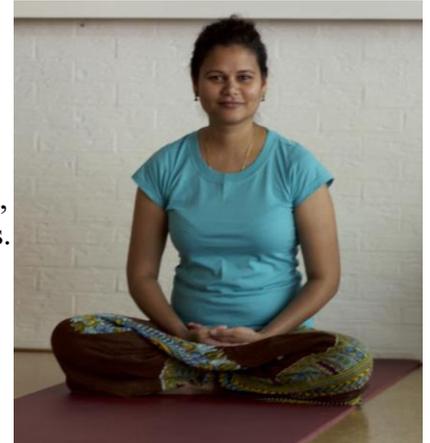


## TEACHER'S INFORMATION

### **Pinky More**

Pinky More was born in India. Here she has completed an advanced teachers training Program at The Yoga Institute in Mumbai, the Oldest Organized Yoga Center in the world. After a few years of working and traveling over the world she has settled down in the Netherlands to introduce Indian Classical Yoga, the traditional style of Yoga. In Kerala, India, Pinky has studied Ayurveda and started with Ayurvedic massages. Since 2012 Pinky organizes Yoga retreats at Centre Lothlorien in France. In 2019 she started the affiliation between Centre Lothlorien and 'The Yoga Institute'. Currently, besides leading her own Teacher Training Courses in France she teaches in several other European countries and participates to Yoga programs in Ghana and India.



### **Sneha Arora**

Trained as a Semi-Indian Classical Vocalist, Sneha pursued yoga, as a philosophy and way of life. Sneha studied at a young age at The Yoga Institute, India with a year-long Teacher's Training course and continued her personal development at Hatha based Yoga Schools in India, like Sivananda, B.K.S Iyengar and others. Bhakti Yoga, Meditation and Therapeutics were an extended part of the learning and teaching.

Having an international career as a Yoga Practitioner and Kirtaneer, in countries like Turkey, Bali, Hong Kong, North America and Dubai, Sneha now conducts Yoga Teachers Training courses.



### **Rachael Hammerlein**

Specializing in Community Arts, Rachael earned a Masters degree in Education from the New College of California. As a path to self reflection this led her to a practice of meditation and she has studied and practiced Theravada, Zen and Mahayana Buddhism in addition to serving as a volunteer coordinator for the California Vipassana Center, Integral Yoga Institute in San Francisco and chairing the outreach committee for the Yoga Society of San Francisco. She completed a Masters in Philosophy at Mumbai University with an emphasis in the Yoga Philosophy of Patanjali and she worked as Assistant to the Dean at The Yoga Institute of Mumbai where she coordinated the Yoga Teacher Training Program for foreign students.



### **Frans Van Dongen**

Frans has been associated with the Yoga Institute, Mumbai since 1974 and has completed the seven-month yoga teacher training internally at the Yoga Institute. The Yoga Sutras in particular fascinate Frans to this day. He has translated and studied the sutras from Sanskrit. At the insistence of other sadhakas, a dictionary has been made with all Sanskrit words translated into English.

