



Nitin

Nitin has been teaching Yoga, Meditation, Reiki, and Ayurvedic Healing in the spiritual city of McLeod Ganj, India for the past 13 years. Nestled in the foothills of the Himalayas in the Dhauladhar mountain range, Nitin has serviced hundreds of travelers from all over the world who come to learn ancient healing practices, and visit this city, home of the Dalai Lama in exile. He also volunteers and works with Tibetan Refugees and other local community members who seek his services.

Nitin's devotion to the continuous study and practice of yoga healing led him to the father City of Yoga, Rishikesh, India where he studied at the Trust for Health Care, Education, Research & Development Institute: The Aham Brahmasmi Yog Mandir Trust.

The art of living healthy through yoga has been used for centuries. Its your chance to relieve your mental stresses from your inner core. Nitin has been teaching westerners who are really looking to go different and become free from physical and mental distractions so one can focus on the self with great confidence to then give love and peace to others.

- **WEDNESDAY EVENINGS – 7:45PM – 8:30PM**
- **SATURDAY MORNINGS @ 8:00AM! START YOUR DAY WITH RELAXATION AND PEACE!**

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