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Sindhu Tiwari, M.Sc, PGDYT, is yoga teacher and therapist in Kaivalyadhama Yoga Institute, Lonavla, India. Young and dynamic, nature- lover, prefers to be known as seeker. She is assisting in Beyond Cancer and Chronic Solutions in Kaivalyadhama, Lonavla, India. She also leads students in practicals of Kaivalyadhama online Yoga Instructor Course.