



Classical Hatha Yoga Teacher and Founder of Yoga-Evolve, Arti Bhoge, is trained by the Isha School of Hatha Yoga in South India and accredited with over 1,750 teacher training hours. She began practicing Kriya Yoga through the Isha Foundation in May 2015 at the age of 21 about a week before graduating from Siena College. Little did she know what kind of journey she'd be in for! Initially, she was not a dedicated practitioner due to still being in the mode of a social college student, but later intensified her practices once those around her started commenting about the positive changes they had noticed taking place. Once committing to a regular practice, Arti realized that her life had started to seriously transform. She had better relationships with those around her, but more importantly, she was at peace within herself, something she had long struggled to find. Barely a year later, she then decided to pursue her Classical Hatha Yoga Teacher's Training in July 2016 in order to offer others the experience of these powerful practices. She currently teaches in New York City and Upstate New York. **Arti Bhoge** Licensed Real Estate Agent / Doreen Ross Associates / 1595 Union St., Schenectady, N.Y. 12309 Isha Classical Hatha Yoga Teacher / facebook.com/Yoga-Evolve / Instagram: @yoga_evolve [Cell] 518-986-5163 [Fax] 518-346-2689