

A
Modern
Yogi

Charu Puri



From Aspiring Actress to International Yogi

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Biography

Charu Puri is a healer and guide, public speaker, author and international Yogi. Charu began as an actress, pursuing film and television roles in Canada and India. For the life of an actress mind-body upkeep is crucial. As a spiritualist and health enthusiast Charu maintained this balance very well with consistent yoga, breathing and chakra meditation practice prior to her acting career.

The transition to Yogi came after countless peers began relying on her advice, suggestions and keen sense of centeredness. After training in India and abroad, Charu took on the challenge of helping others find their inner yogi. She moved from entertainment to enlightenment. She now believes that, “We can all be AMY” (A Modern Yogi).

Charu’s face can be seen on the cover of several Canadian magazines. Her written work has been featured in online and print magazines. She has been the guest experts for a wellness segment on “Breath of Fresh Air” television show in the UK, as well as hosted several seminars for national health and education conferences.

A Roadmap to Happiness

Her uniquely modern approach to training and practice, gives a new dynamic and soulful edge to Yoga training. With an energy all her own, she intuitively works the healing therapies that highlight these ancient practices. An alluring and ethereal confidence mixed with a down-to-earth mentality is well-rooted in her knowledge, experience and passion .

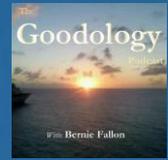
Charu has over 15 years of experience as a yogi and healer for a cross-section of individuals, groups, and companies in both the United States and Canada. She has helped hundreds of busy professionals, artists and community leaders, transform their mind, body and spirit by creating sustainable personal action plans for total being wellness.

Charu is an expert at co-collaboration and map planning. Those tired of hitting dead ends or getting lost on the back roads, look to Charu for direction. Her work is focused on a unique combination on Yoga, breath-work and chakra meditation that she has woven into practical and accessible programs.

Her goals are rooted in helping individuals experience a better quality of life; One they can truly be proud of.

MISSION & VISION

CHARU'S AFFILIATIONS:



A MODERN YOGI is led by Charu Puri, whose vision is to create space for busy professionals, broken spirits and uncertain minds to slow down, heal and find certainty. AMY's mission is to create access to healing and happiness by providing informed yoga, breath-work, chakra meditation training, personal counseling and wellness support to individuals, groups, corporations, and institutions.



— A MODERN —
YOGI

CORPORATE PARTNERSHIPS:

Canadian Mental Health
Assoc. – Brampton, ON

Canadian Lung Association -
Toronto, ON

Children's Circle Montessori -
Brampton, ON

CTI Working Environments -
Mississauga, ON

Loblaws Head Office
Mississauga, ON

OCJ- Ontario Court of Justice
- Brampton, ON

Saje Natural Wellness -
Bramalea City Centre, ON

TVH Canada Ltd -
Mississauga, ON

CERTIFICATIONS & TRAINING:

Dayaram Institute of Holistic Healing & Sciences - Bharat Heritage
Services
Rishikesh, India

The Yoga Institute
Santa Cruz Mumbai, India

A Modern Yogi –Registered
CYB-RYB – Canada

A Modern Yogi – Certified
CYB-RYB – Canada



Testimonials



“In my teaching career of last 6 years I had taught many students around the globe at Rishikesh which is known as Yoga capital of the world and where many serious yoga aspirants come to seek the real knowledge in its spiritual environment, but I never met with any serious student like Charu. And she was already a teacher and teaching Yoga. I was surprised that she was so keen to learn more.

She has so much energy that she learned all very quickly. She did Kundalini / Tantra Yoga Courses with us and taken intensive classes and practiced full time. As good students look for good teachers so good teachers also find good students to impart his knowledge to right person for the benefit of humanity. I found all that in Charu.” - Vivek B.Gaur- Bharat Heritage Centre, Rishikesh India

“Charu has been very good student applying principles of yoga in her practical life also. I know her personally as my student at the yoga institute at Santacruz she has been trained by me in asanas and pranayama and found to be well worth to teach. I hope your work will be very popular.” - Prabhakar Shirpurkar- Yoga Institute Santa Cruz, India

“Thank you so much.... I appreciate your taking the time and your willingness to share your thoughts...That is why I am grateful for your ideas and suggestions. I welcome your future comments.” - Kathleen Wynne, Premier of Ontario

“Great yoga session at the Running Room, Square One! My runners loved the stretching exercises, positive attitude, outside, surrounded by nature and great people! Strongly recommended! Thank you for sharing all your knowledge and experience with us!” - The Running Room, Canada

“Dentistry can be physically demanding and in the middle of our long day, we feel refreshed and relaxed after Charu's yoga class in our office. Her words make us feel peaceful yet focused. We highly recommend her class in an office environment as we sit and stand in our work clothes”. - Hunt Dentistry, Brampton ON

“This was absolutely the best quarantine date night ever! Charu is gifted in her teaching and patience. We were entertained by her humor, encouraged by her knowledge and empowered by her spiritual guidance. This class returned us into the most sacred place of love. A Modern Yogi's Couples Yoga is a MUST, for any coupling interested in deepening their connection.” – Pickens Solutions, LLC, Los Angeles, CA

EVERYONE CAN BE AMY



A Modern Yogi's audience is global! Charu has already touched the lives of hundreds in the United States, Canada, India and the United Kingdom, with her eclectic style and training. AMY students range in age from youth to seniors. They come from all walks of life into the most sacred space of self-actualization. Corporations and governments have utilized the techniques and practices available in AMY Yoga, through in-studio, conference and virtual

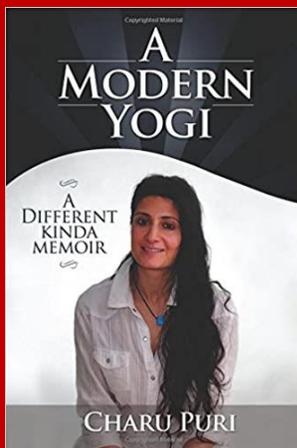
platforms.

The busy professionals, who manage and coach other people, who are leaders and wish to stay that way also need coaching. Charu provides them with the road map to personal awareness and rejuvenation.

Her clientele also feel supported by her book, website, social media platforms, retreats and speaking engagements needed to make success happen. Charu's following can connect with her through social media, one-on-one consultations, retreats and her website.



ABOUT THE BOOK



In addition to being an international Yogi, Charu Puri is also an author. Her book fast becoming a popular client favorite. A Modern Yogi: A Different Kinda Memoir, is the evocative life story of Charu Puri, who travels from Canada to India to enlightenment. Her story is that of a remarkable young woman, a regular girl turned clairvoyant, who communes and channels the astral realm--- but it is, perhaps, the story of us all along life's journey – a digital age Siddhartha.

A Modern Yogi: A Different Kinda Memoir is available at Amazon.com and online at www.amodernyogi.com.

WORK WITH Charu Puri

Charu has a highly engaged following and online channels. Her campaign consists of retreats, live events and special guest appearances.

To work with or affiliate with A MODERN YOGI please contact:

647-444-9884

info@amodernyogi.com


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WWW.AMODERNYOGI.COM