Samara Chopra – Dalmia

Samara Chopra – Dalmia, a trained yoga therapist from India, has been invited by the Embassy of India, Kyiv to make a presentation on yoga at the event being organised to celebrate the first United Nations designated International Day of Yoga on Sunday, 21 June 2015 at the Kyiv City State Administration.

Samara has been practising yoga for over two decades. Trained under Yoga Vahini founder – Saraswathi Vasudevan from the Krishnamacharya tradition – Samara's understanding and practice of yoga is rooted in Patanjali's yoga sutras. She holds a Yoga Teacher Training Diploma from the Sivanada Ashram as well as Jawaharlal Nehru University (Affiliated with Kavaliyadham, Lonavla).

She has worked with New Delhi TV (NDTV), where she has hosted several seasons of shows on yoga and alternate therapies.

Samara teaches out of New Delhi, India and organises yoga retreats. She has also worked with children with learning disabilities.

For full details, please see her website www.samarayoga.in.