

# **AWAKEN, ALIGN, ARISE**

**THE INNER JOURNEY TO  
OUTER EFFECTIVENESS**

**MAY  
09  
2025**

FRIDAY  
6:00 pm - 7:15 pm  
MMA MANAGEMENT  
CENTER

**MS YOGACHARINI MAITREYI**  
FOUNDER  
ARKAYA FOUNDATION,  
VANCOUVER, CANADA



# Synopsis

In a world driven by constant activity and external achievement, true effectiveness begins within. In this transformative session, Yogacharini Maitreyi – practical mystic, founder of Arkaya Yoga, and global wellness consultant – guides participants on a journey inward to discover how self-awareness, inner alignment, and conscious living can enhance leadership, relationships, and overall work-life balance.

Drawing from over 25 years of experience across cultures and continents, Maitreyi will share timeless yogic wisdom, mindfulness practices, and experiential tools to help awaken inner clarity, align personal values with outer actions, and arise to one's highest potential.

With her unique mix of warmth, clarity, and thoughtful guidance, she helps us shift from stress to calm, from reacting to responding, and from feeling scattered to feeling whole.

# Programme

5:15 PM

Registration & Hi-Tea

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6:00 PM

Welcome Address

**Gp Capt R Vijayakumar (Retd), VSM**  
Executive Director, MMA

Chairman Opening Remarks

**Mr S N Venkataraman\***  
SBU Chief, Packaging & Printing Business  
ITC Limited

Address by the Speaker

**Ms Yogacharini Maitreyi**  
Founder  
Arkaya Foundation, Vancouver, Canada

Q&A

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7:10 PM

Vote of Thanks

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7:15 PM

End of the program

\*Confirmation awaited

# Profile



## **Ms Yogacharini Maitreyi**

Founder

Arkaya Foundation, Vancouver, Canada

Yogacharini Maitreyi is a practical mystic and the founder of Arkaya Yoga, dedicated to holistic self-development and inner alignment. With over 25 years of experience, she has taught diverse audiences – from Buddhist monks in Sri Lanka to corporate leaders in India, yoga teachers in Vancouver, and even prisoners in Sweden – encouraging them to reconnect with their inner rhythm and access deeper clarity, joy, and purpose.

Recognized with titles such as Yoga Shiromani (gem), Yoga Chemmal (expert), and Yoga Acharini (guide), Maitreyi has been instrumental in spreading awareness of classical yoga and sattvic tantra across the globe. She was among the youngest invited to the Advisory Board of the World Yoga Council in Europe and has spoken at international forums including their conference in Rome.

Maitreyi has led wellness programs for over 60 organizations including Ford, L&T, and Nasscom. Her unique 'Magick of Mindfulness' playshops blend ancient wisdom with practical tools for stress management, leadership, and life balance. She also offers life enhancement coaching, energy and chakra assessments, and holistic health consultations for top management and decision-makers.

A former media professional, she realigned her creative pursuits with her values, expressing them through poetry, columns in The Hindu and Economic Times, and spiritual art. Featured on national and international media channels, Maitreyi continues to be a bridge between the ancient and the modern, helping individuals and organizations awaken, align, and arise.

# CONNECT WITH MMA



Email:

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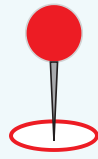
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