

AMEETA MEHRA has taught courses in Integral Yoga and Philosophy, Integral Education and Future Studies, since 1996. She is a renowned speaker and also a published writer with several books to her credit.

Ameeta graduated from Lady Shri Ram College, University of Delhi. She completed Management Education Programme from IIM-Ahmedabad (Gujarat), Equine Management from The Irish National Stud (Ireland) and Equine Nutrition from Kentucky (USA).

Ameeta went through an intensive study of Integral Yoga (of Sri Aurobindo and The Mother) for 12 years (1988-2000), under the guidance of Dr. Nirodbaran (literary secretary of Sri Aurobindo). She also served on the Governing Board of Auroville for several years.

Ameeta is the co-founding Trustee and Chairperson of The Gnostic Centre and International Centre for Integral Studies (ICIS), and also heads one of India's top horse-breeding farms. At The Gnostic Centre and ICIS, Ameeta teaches onsite as well as online courses, in Consciousness Studies, Integral Yoga and Philosophy, Integral Education and Future Studies. She has worked with several schools and colleges to train the faculty in meditation and growth of consciousness.