



Moving Bodies. Moving Minds
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BIO (150 words):
(name)

Mandira is a certified Expressive Arts Therapy Practitioner from St. Xavier's College, Mumbai. She is passionate about animal welfare and has been a rescue worker for the past 12 years.

Through her work in the expressive arts field she strives to encourage overall well-being in individuals, which includes building self-expression and self-awareness, managing stress and anxiety.

She is particular about ethics, and actively works towards an inclusive, depth-oriented and trauma-informed practice. She looks forward to continuing her work in this field and serving more people through creative modalities of therapy.