

## Vimala

Written by ADMMHSE

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**Vimala Thanggavilo** co-founder she explored in Yoga & Meditation of the Indian Ancient Knowledge as earlier as 19 years old which is officially and systematically. She was guided and initiated in the Kundalini Yoga Meditation by Gananavallal Paranjothi Subramaniam. Under guidance from her revered gurus, she began to practice Kundalini Yoga Meditation in 1999. She also successfully, completed 7DTJ, EPA & SOUL NOURISHMENT (BWG) in SAC.

Having Architecture Technology Diploma proceeding to be certified Architect. Mean while she is founder of her own operating architect services firm V Design & Consultant. She also obtains The Heart Centre chakra (Anahatha) initiation during the BWG 14 days programme, healing with body energy techniques are taughts.