

Kirti Kaur (Christine Plaud) is a KRI certified Kundalini Yoga teacher and one of the trainers on the KRI Asia KY Teacher Certification Program being involved in Singapore, Malaysia and Thailand programs. She started teaching Kundalini yoga in 2003. Her approach to teaching is joyful and spirited and she particularly enjoy the use of the sound current technology.

She is also a practitioner in the healing technique called The Bodytalk System as well as trained therapist in Ayurvedic, Thai and Chinese acupressure massages.

Born in France, she studied Asian civilization with Mandarin, Thai and Burmese languages at the Paris Oriental Institute. She is leaving in Asia for the past 18 years. After 10 years in corporate world, mainly in recruitment and career management roles, she started her own company: Inner Keys, Pte Ltd in 2005.