

# Biography

## Alexandra Oleinika (Ardas Kaur Khalsa)

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**B**orn in Latvia into an emigrant family with Finnish and Ukrainian roots. Painter from an early age, Integral Yoga Instructor, Art Therapy Researcher: painting, free dance, song and vocalization; Self-learned Investigator of Aryan-Slavic culture, Humanology and Simbology.

**F**rom a young age had a fascination with painting that emerged spontaneously from her heart. As a source of stimulation, she made frequent visits to museums in Riga and later on, those in Moscow and Saint Petersburg. Little by little, she formed her own interpretation of an internal reality. Until now, she continues the path of intuitive and purely artistic painting, given her tendencies of the mysterious, deep, profound inquiries into the interior of ones being, with her lights and shadows.

**A**uthor of many pictorial works, conceived through meditative practices, accompanied by music from India, China and Japan. Through this technique sound takes on life through color and is called the Sound of Color. The objective of this work is to take the person to an altered state of consciousness so that their internal communication specifies with Intelligence, Spiritual, and Conscious Communication. Where one can grow from a more scientific spirituality, which carries a deeper understanding. This means a different state of mind, healthy, undivided state of happiness and fullness.

**S**he has a degree in Style, Design and Fashion, as well as a Degree in Naturopathy and Homeopathy. A Certified Trainers' Trainer and Certified Kundalini Yoga Instructor.

**H**as participated in various television and radio programs, concerts and shows and other public performances.

**T**rained in various centers en Riga (Latvia) Madrid (Spain) and Delhi and Jaipur (India).

**T**hroughout her professional career has worked as Artist, Entrepreneur, Personal Development and Conscious Communication Consultant, and an Integral Yoga Instructor.

Has taught for more than seven years at the university level; both to professionals, as well as students.

**H**as taken calligraphy and painting classes under the tutelage of Calligraphy Maestro Liu and has taken Kandzi Japanese classes at the Japanese House of Arts.

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**“My soul’s perfume intoxicates all existence”**

A. Oleinika