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Ex-singer on song with Yogic energy

This entertainer-turned-empath is helping people take control of their life

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With an opera singer for a father and a rock and roll singer for a mother, Avril Quadros' childhood was filled with music. For a while she followed in their footsteps but a series of personal challenges, kickstarted her journey into kundalini yoga and *pranic* healing. Her teachers told her that she had the qualities of an empath (a person with the paranormal ability to perceive the mental or emotional state of another individual.)

She claims that once when she slipped and dropped a kettle of hot water on herself, she was able to heal herself with *pranic* energy. "In two months, I had new skin and that is when I realised that I could help other people with my knowledge."

Travelling back and forth from Mumbai to Bengaluru, to take care of her parents and train in acting, she armed herself with courses in Cellular Healing, Law of attraction training, and Meridian Therapy. "I am so resilient that it saw me through situations like losing out on a movie offer because it was an Indo-Pak collaboration. The movie was never made because of the outrage after Kargil and Bollywood had boycotted all Pakistani artistes". In October 2017, she started a YouTube channel Avrils' Qs' to share her learnings. "A lot of people came to me for customised healing sessions and *Kundalini Yoga*, which I learnt from a teacher in Canada to cure myself of hormone imbalance and lost 10 kg over six months."



Her business has a tagline 'Align. Attract. Achieve' which she explains saying, "You must align your energy with the universe's energy in a synergistic way to magically manifest your desires and then you will attract effortlessly from the universe what you want and need and this will lead to achievement of any goal/purpose or passion you have."

Quadros helps people feel empowered and take control of their lives. "I show them how they can become receptive to positive universal energies and cure themselves of psychosomatic issues, relationship and career issues with a 99% success rate." She says she is in the happiest phase of her life. Her fans may miss her as an entertainer but her bigger mission is to empower one person at a time.