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Indra Lahiri, Founder | O: 570-763-2908 | M: 570-855-8440 | indra@indraloka.org

Indraloka Animal Sanctuary Founder Indra Lahiri to Present at Philly VegFest this Saturday

Dalton, Penn. — **Bucks County native Indra Lahiri, PhD,** a trailblazer in the farmed animal sanctuary field, will speak at Philly VegFest this Saturday, June 10th.

In addition to establishing <u>Indraloka Animal Sanctuary</u> in 2005, Dr. Lahiri has 20 years of experience practicing organizational psychology. At Indraloka, Dr. Lahiri draws on her own background—professionally and personally—to spearhead programs that help people heal from the trauma of abuse and neglect.

"When people visit <u>Indraloka</u> and hear the stories of our beloved animals' suffering before their rescue—we're never graphic, but we do tell the truth—they learn something about themselves. Perhaps they've suffered abuse or perhaps they've been an abuser. When they see the animals overcoming seemingly insurmountable odds and thriving, they start to believe that grace is possible for them too," Dr. Lahiri explains. "The animals teach us that trauma is not the end of the story. It's just the middle or, maybe, the beginning. We are more than our scars."

Philadelphia VegFest, a celebration of life and the vegan lifestyle, promotes compassionate, sustainable, healthy living. "Indraloka is helping set the standard not just for farm animal sanctuaries, but for healthful & compassionate living for everyone. We are thrilled to continue this mutually-supportive relationship with Indraloka Animal Sanctuary and look forward to what may come in the future," VegFest organizer Richard Rogers says.

Set on 100 acres of verdant pastures rimmed by Northeast Pennsylvania's Endless Mountains,



Indraloka is home to nearly 200 farmed animals of all species. The sanctuary focuses on rescuing animals from the most desperate circumstances, animals that were discarded at live markets, left unattended on abandoned farms, rescued by humane police from extreme abuse.

Indraloka offers year-round programs, including meditative walks and meditation classes, art and music courses, summer camps for children of all ages, healthy (and delicious) food preparation, Reiki healing sessions, and dozens of other events. Each November, the sanctuary celebrates ThanksLiving, a spectacular feast that honors the Indraloka's many birds. It is one of the most popular outings in the area.

Dr. Lahiri is available for interviews and media tours. Indraloka has been gaining national attention as one of the preeminent farm animal sanctuaries in the world. The sanctuary's educational programs are hailed as the future of education.

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Media Contact:

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About Indraloka Animal Sanctuary

Indraloka, a 501(c) nonprofit, provides "heaven on earth" for farm animals that have nowhere else to turn. We inform, inspire and empower the community, especially children, on ways in which we can better care for ourselves and the environment while helping animals in need. We advocate for a kind and compassionate lifestyle that protects animals, the earth and our own health and. As educators, we offer a wide range of STEAM-based learning programs, summer camps and field trips for children, K-12. The community is invited to tour the sanctuary; reservations are required. We host live, public and virtual events throughout the year for adults and children. Visit us at Indraloka.org.