

Yoga Expert

Dr. Pragya Mishra has been with Shanti Spa since 2013. She has specialized in different types of yoga such as: Hatha Yoga, power Yoga, Kundalini Yoga, Kriya Yoga, Mantra Yoga, Nada Yoga, yoga for children, Vedic rituals to harmonize chakras and life, bhakti Yoga which was created by Acharya Ram Sharma. Dr. Mishra gained her Master's Degree & Ph.D. in Human Consciousness & Yoga Science from the Dev Sanskriti Vishwavidhalaya (India).

