

# Aakanksha Mishra

Yoga Teacher | Wellness Guide  
Neurotherapy & Ayurveda Enthusiast

## About me

I am a certified Yoga teacher with experience in guiding individuals towards holistic well-being through yoga, ayurveda & neurotherapy. My approach emphasizes calmness, mindfulness, & therapeutic practices - helping students not only strengthen their bodies but also find balance, clarity, & inner peace.

Where some teachers bring high intensity, my strength lies in creating safe, nurturing spaces where students can reconnect with themselves. My teaching style blends traditional Hatha and restorative practices with breath awareness, meditation, and lifestyle wisdom from ayurveda.

## Teaching Philosophy

- **Calm over Chaos:**

I believe yoga should be a grounding practice not a performance.

- **Individualized care:**

I design sessions based on student needs whether for stress relief, flexibility, or deeper meditative work.

- **Healing integration:**

combining yoga with ayurvedic insights & neurotherapy, I support complete wellness - body, mind & spirit.

- **Authenticity:**

I hold space with empathy, patience, and deep listening. so, students feel seen and supported.



## What I offer

- Online group & one-on-one Yoga classes.
- Therapeutic yoga for stress, anxiety, and recovery.
- Ayurvedic lifestyle guidance for balance & harmony.
- Meditation & pranayama sessions for inner clarity.
- Neurotherapy informed practices to release energy blockages.

## Why choose me

- students often describe my sessions as soothing, grounding, and transformative. If you are looking for a teaching who values quality of presence over quantity of postures, I bring energy that helps students feel safe, calm, and renewed.