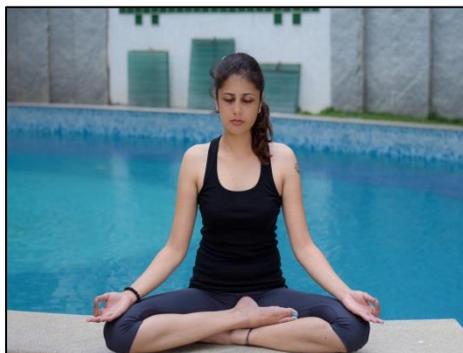




INDIRA GANDHI CENTRE FOR INDIAN CULTURE
SWAMI SIVANANDA AVENUE, PHOENIX

YOGA TEACHER: Ms NEHA RACCA



- Ms Neha Racca started her Yoga learning through B K S Iyengar style yoga at the age of 12. Focusing only on Asanas, she mastered and won several yoga awards consecutively for several years. She was a gold medalist in International yoga competition in 1996 organized by international yoga federation of India.
- BSc in computer science, but Yoga was imbibed in her since her childhood so finally she was pulled back to continue the journey and did a TV show for Doordarshan Sports named SAHAJ SWASTHYA for 2 years. She then went on to complete her diploma and then MSc in Yoga from S VYASA, Bangalore in 2005.
- Her services in the therapeutic yoga in treating various ailments and psychosomatic disorders started with Arogyadhama in Bangalore and since then she is taking therapy classes too.
- She Completed certificate course in advanced Pranic Healing & Pranic Psychotherapy from All India Yoga Vidhya Pranic Healing Foundation Trust, Pune, 2006. She did her Power yoga certification in 2010 from Atmayaan Bangalore.
- Her passion for teaching includes Astanga yoga, Hatha yoga, Rhythmic yoga, Flow yoga, Power yoga, yin yoga, etc. And thus her classes are integrated and customized as per the energy and requirement of the group or individual.
- Yoga to her is fun, relaxing and refreshing. Neha unwinds by watching comedy films, listening to music and sometimes combining dance and yoga to that music. She loves connecting to people and travelling. She has been awarded as the Best Cadet in NCC where she represented MP at the Republic Day Parade on 26th Jan 1998. In 2015 she has been selected by ICCR as an Indian yoga ambassador to Vietnam on International Yoga day.
- So with Neha you can be assured that you will experience a complete yogic energy flow through pranayama, asanas with various relaxation techniques and Meditation. A complete holistic approach towards healthy living. Come experience the journey of yoga with Neha.

Contact:

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