

# SHANTI MAURICE

RESORT & SPA



## AYURVEDIC EXPERTISE

The Shanti Spa gives great focus to supporting mindfulness and a healthy lifestyle. The real essence of Ayurveda treatments are delivered by our international expert therapists incorporating the basic principles of Ayurvedic nutrition for a delicate balance between the body, mind and spirit.

### Dr. Pragya Mishra

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A talented yoga aspirant, Dr. Pragya Mishra is an anthropologist with deep interest in Indian cultural values. She has been studying yogic and ayurvedic texts for over five years and has now become a renowned scholar in the field of Yoga and Ayurveda. By combining learning of various healing sciences, Dr. Pragya has become one of the most suitable wellness doctor. Her warm and caring personality brings the best out of her students.

#### Degrees and Qualifications:

Holding a master in Yoga, human consciousness and yogic sciences from Dev Sanskrit University, Haridwar in the U.K, Pragya is equally actively involved in various researches in the field of Yoga & Ayurveda. She also had the opportunity to present her research papers in National and International Seminars focused on yoga. She is a doctorate from the highly reputed University of Dev Sanskriti Vishwavidyalaya in India.