

*Dr Alka Tyagi has been practicing yoga for 32 years now. Initially, she learnt yoga from her school yoga teacher and was part of her school yoga team. She received her Yoga Teacher's Training at Bihar School of Yoga, Munger, India, in the year 2003.*

*Since 2003, she has been conducting regular workshops and yoga classes for children and adults at various platforms including spiritual centres like Maharshi Rammama Kendra, New Delhi etc.*

*Main focus of her teaching is on creating a sense of wellbeing and management of common lifestyle diseases like blood pressure, diabetes, thyroid, backache, cervical spondylitis, weight management, stomach disorders and other psychosomatic ailments.*