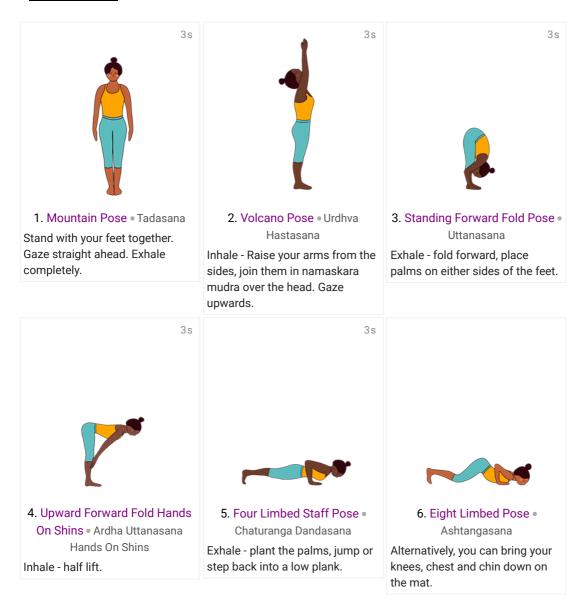
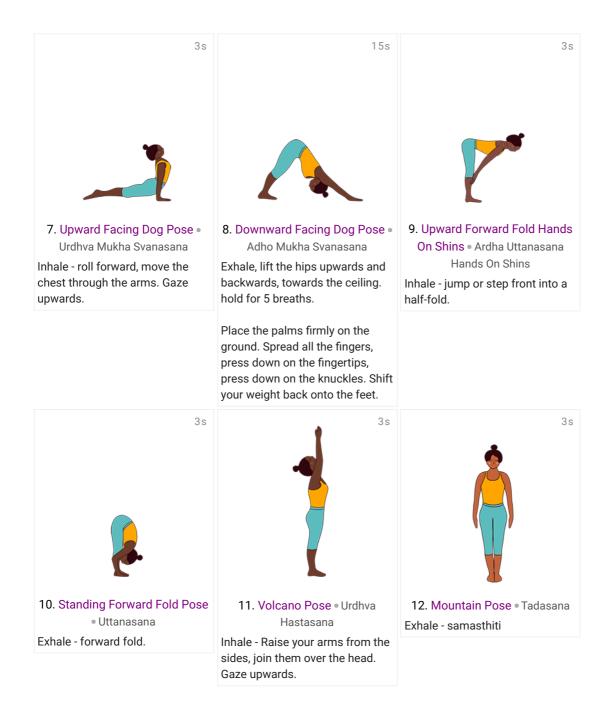


## Surya Namaskara A (Sun Salutation A)

Srividya Vinyasa yoga teacher Founder & teacher at 10 Elephants Yoga Website - 10elephantsyoga.com Instagram handle - 10elephants







Srividya is a Yoga Alliance (US & UK) certified Vinyasa yoga teacher. Her journey began in 2006 when she turned to yoga to heal a back injury, and she has never looked back since. While she has also been working in the finance sector for the past decade, her passion for yoga has only grown with every class she has taken and taught.

She started 10 Elephants Yoga to align her passion and her work. At the heart of it all is her belief that we should all "care for our bodies like we would in a world where mirrors didn't exist!". Her classes are structured with a strong regard for traditional yoga and its mindful practice. She hopes that her students too may find the clarity and peace yoga brought into her life.

Srividya currently lives in Bangalore, and teaches both in person and online at 10 Elephants Yoga.