



Acharya Shunya: Media Bio

Namaste, and welcome. We are honored to introduce Acharya Shunya, a celebrated author, speaker, and lineage holder of ancient Vedic wisdom from India. Her name "Shunya" signifies infinity, and "Acharya" is a customary title for teachers of traditional knowledge. Residing in the San Francisco Bay Area, Acharya Shunya continues the sacred traditions of the Vedas, Upanishads, and Bhagavad Gita, cherished by her family for generations.

Acharya Shunya has been hailed as a modern-day mystic, alongside renowned teachers such as Jack Kornfield, Caroline Myss, Adyashanti, Damien Echols, and Lama Rod Owens. She has shared her teachings at prestigious institutions like UCSF, UCLA, Stanford, Kripalu, Omega, and the World Ayurveda Congress.

A passionate advocate for personal growth and spiritual awakening, Acharya Shunya helps individuals worldwide recognize their true potential and achieve self-realization. She invites all to join her on a transformative journey from darkness to light and emotional bondage to spiritual freedom.

Rooted in ancient wisdom from her yogi ancestors, Acharya Shunya shares teachings of Advaita Vedanta, yoga philosophy, Vedic meditation, and Ayurveda. She blends tradition with a modern approach to guide well-being and self-discovery.

Deeply devoted to the Divine Feminine and Ishvara, her teachings channel this divine connection, offering blessings to inspire and guide others. Growing up in a family honoring the Divine Feminine for over 2000 years, she began her Vedic learning at nine, guided by her sage grandfather.

In her retreats, workshops, and goddess immersions, she empowers seekers to connect with their inner divine strength. Her acclaimed book "Roar Like A Goddess" (2022) combines Vedic wisdom with personal stories and has won several awards. "Sovereign Self," her second book, is a guide to recognizing and embodying essential wholeness. Her first book, "Ayurveda Lifestyle Wisdom" (2017), was recognized among the Top 10 Books in Alternative Medicine by Healthline. All three books have become Amazon bestsellers.

Acharya Shunya has received prestigious awards, including the Lifetime Achievement Award by CIIS, the Nalanda Award, and the Global Women's Power Award. She has served as an Advisor to the Government of India on International Yoga affairs.

Join Acharya Shunya on a journey of self-discovery and spiritual awakening through her transformative teachings and practices.

For more information, visit www.acharyashunya.com and follow @acharyashunya on social media (Facebook, Instagram).