

Dr. Kusuma

(Ph.D)

Dr. Kusuma Ph.D., is an experienced Yoga expert of more than 26 years of experience in teaching Yoga. She is a Yoga educator and has specialised in giving Yoga Therapy and Training for Women and Children. Dr. Kusuma has been awarded Ph.D. in Yoga for her Theses on "A Study of Ashtang Yoga in Relation to Holistic Health " from H.S Gaur University, Sagar, Madhya Pradesh.