Melissa Jhunja has been practicing yoga for over 10 years and loves to share this transformative practice with others. She completed her 200 hour teacher training through YogaWorks and 500 hour training at ISHTA yoga. Melissa combines the flow of vinyasa with precise alignment and focus on breath in her classes, to nurture a profound and healing mind-body connection. Melissa is trained in Trauma Informed Yoga, which she applies with at-risk youth, veterans and prison populations. She is also certified in restorative yoga and Yoga Nidra. Off the mat, Melissa is a Social Worker, Reiki practitioner and animal lover. She is excited to share the healing practice of yoga with her students at ETI helping them find strength and peace for mind & body. To learn more visit healinghathaflow.com