

Acharya Shunya

Public Event Bios

For hosts, media teams, festivals, conferences, retreats, and spiritual institutions.

Short Bio

Acharya Shunya is a Vedic lineage teacher, bestselling author, and the first woman to lead the Sarayu Parampara, an ancient lineage of yogis and householder sages from Northern India. She is the founder of Vedika Global, a 501(c)(3) nonprofit headquartered in the San Francisco Bay Area, and guides seekers worldwide through the Vedic Study Circle. Her teachings bring the Vedas, Upanishads, Bhagavad Gita, Ayurveda, and the four yogas into living practice for modern seekers. She is the author of Sovereign Self, Roar Like a Goddess, and Ayurveda Lifestyle Wisdom.

Medium Bio

Acharya Shunya is a Vedic lineage teacher, bestselling author, and the spiritual head of the Sarayu Parampara, an ancient lineage of yogis and householder sages from Northern India. The first woman to formally lead this tradition, she is also the founder of Vedika Global, a 501(c)(3) nonprofit headquartered in the San Francisco Bay Area, and the guiding teacher of the Vedic Study Circle, a donation-based global learning community.

For over two decades, Acharya Shunya has brought the wisdom of the Vedas, Upanishads, Bhagavad Gita, Ayurveda, and the four yogas into meaningful dialogue with modern life. Her books, Sovereign Self, Roar Like a Goddess, and Ayurveda Lifestyle Wisdom, have become trusted companions for seekers of spiritual freedom, embodied wisdom, and dharmic courage. Her work has been recognized by the California Institute of Integral Studies, AAPNA, Spirituality & Health, Healthline, the City of Emeryville, and India's Ministry of AYUSH. She has taught or presented at Stanford, UCLA, UCSF, Omega, Kripalu, the World Ayurveda Congress, the Theosophical Society in America, and other national and international forums.

Very Short Introduction for Stage Use

Please welcome Acharya Shunya, a Vedic lineage teacher, bestselling author, and the first woman to lead the Sarayu Parampara. She is the founder of Vedika Global and the author of Sovereign Self, Roar Like a Goddess, and Ayurveda Lifestyle Wisdom.

Name and Title Line

Acharya Shunya, Vedic Lineage Teacher, Bestselling Author, and Founder of Vedika Global

Prepared for public event use. Hosts may use the short or medium bio according to space and program format.