

Spa and yoga center brings holistic therapies to North Texas

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Plano's Lakeside Market has a slew of familiar names (Smith & Hawken, Starbucks, Weir's), and one that's less so: PRANAA. The 8-month-old ayurveda spa and yoga center is the brainchild of Renuka Srinivasan and Sonali Rathi-Pramanik, natives of India who wanted to bring the classic holistic therapies of their homeland to North Texas.

Two ayurvedic practitioners offer diet and lifestyle consultations based on a client's *doshas*, or primary energies. Morning and evening yoga classes link movement with breath. And therapy rooms bearing names such as Ananda (joy), Mukta (freedom) and Moksha (salvation) set the tone for treatments including *shirodhara*, a nirvana-inducing hour in which warm, aromatic oil gently flows over the forehead; sandalwood body wraps; and the lower-back therapy known as *kati basti*. Equally transporting: the richly serene, India-inspired decor by Donovan Lord of DLD Interiors.

Pranaa Ayurveda Spa & Yoga, 4017 Preston Rd., Plano, 972-608-0402, pranaa.com

