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SHOPPING **New in Town: Yogacara** By [Editors](#) | June 22, 2010 | [Leave a Comment](#)



Radhika Vachani knows that when it comes to setting up an enterprise, three things are of utmost importance: location, location, location. The yoga teacher almost gave up looking for a space for her "healing arts centre" and had decided on setting up a yoga retreat in Alibaug instead. Then, a friend told her about a small place in an old bungalow near Mahalakshmi Mandir, and she knew instantly that she had found what she was looking for.

The space, Yogacara is essentially a small room, but it's a room with a view. And what a view it is. Yogacara overlooks a verdant lawn and a small patch of the Arabian sea. But the best part about it is that even though it's just two minutes away from noisy Haji Ali, you can't hear any of the city's cacophony.

"I visited a lot of yoga studios in the city," Vachani says. "I found a lot of them had no windows, they smelt and were dark. It was very difficult to find a place where you can be by yourself and think." Yogacara may offer peace and quiet, but the serenity comes at a price. A three-month package, that includes three yoga sessions a week, one pranayam (breath control exercises) and meditation lesson a week, and two massage therapies a month, is priced at Rs6,800 (plus service tax). Vachani insists that it's a value-for-money deal. "If you were to spend all that individually, it would work out to Rs13,000."

For that money, you do get fairly personalised attention. Yoga sessions are restricted, by space and choice, to 10 people at a time. "I don't think I could do justice to more than that," Vachani says. There's also her assurance that if you practice yoga correctly, you needn't go to the gym. Vachani, who trained in the Bihar school of yoga, and continues to study and use the techniques of the Iyengar school, says that the practice helped heal her allergies and back pain, which she brought with her when she moved to India from San Francisco in 2006.

In Mumbai, she says the most common ailments are high levels of stress, hypertension, slipped

disc, cervical spondilitis, asthma, and allergies—each of which can be dealt with using yoga. "With the regular practice of asanas, one starts moving beyond the anatomical level where balance, movement and flexibility are of primary concern" Vachani says. "Soon, one's awareness moves into the physiological body, [and] one automatically starts making lifestyle changes to be more aligned with a healthier, happier, and much more rejuvenated self."

Visit www.yogacara.in for details of different membership packages and schedules. During Yogacara's trial period, which ends on Wednesday, June 30 you can get one free yoga and one free pranayam-meditation class, or any one massage for Rs1,500. Available by appointment only; call 98331 98371.

Tags: [Radhika Vachani](#), [Shopping](#), [Wellness](#), [Yogacara](#)

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LISTING INFORMATION

Location:

Rewa House Bungalow

Lane between Mahalakshmi Mandir and Bank of India

Opposite National Garage

Near Haji Ali

Bhulabhai Desai Road

Phone:

98331 98371

Official Website:

www.yogacara.in

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