



BIHAR SCHOOL

WHO: RADHIKA VACHANI, 41

Founder, Yogacara Healing Arts Centre

TEACHING STYLE: "I follow a very traditional method. For me, yoga is a slow process. I begin by teaching students balance and alignment. Then they are taught how to turn the gaze inwards and become aware of how the internal and the external align. Then we move into meditative asanas and Pranayama. I also incorporate Iyengar props as a teaching tool."

YOGA TIP: "Discipline and consistency will give you the real benefits of yoga."