

Ambience

The yoga centre is set in a garden facing the Arabian sea. The effect is natural with the murmuring of the sea and the chirping of the birds to go with the yoga

Training

The founder is a certified student of the BKS Iyengar Institute of Yoga

What's good

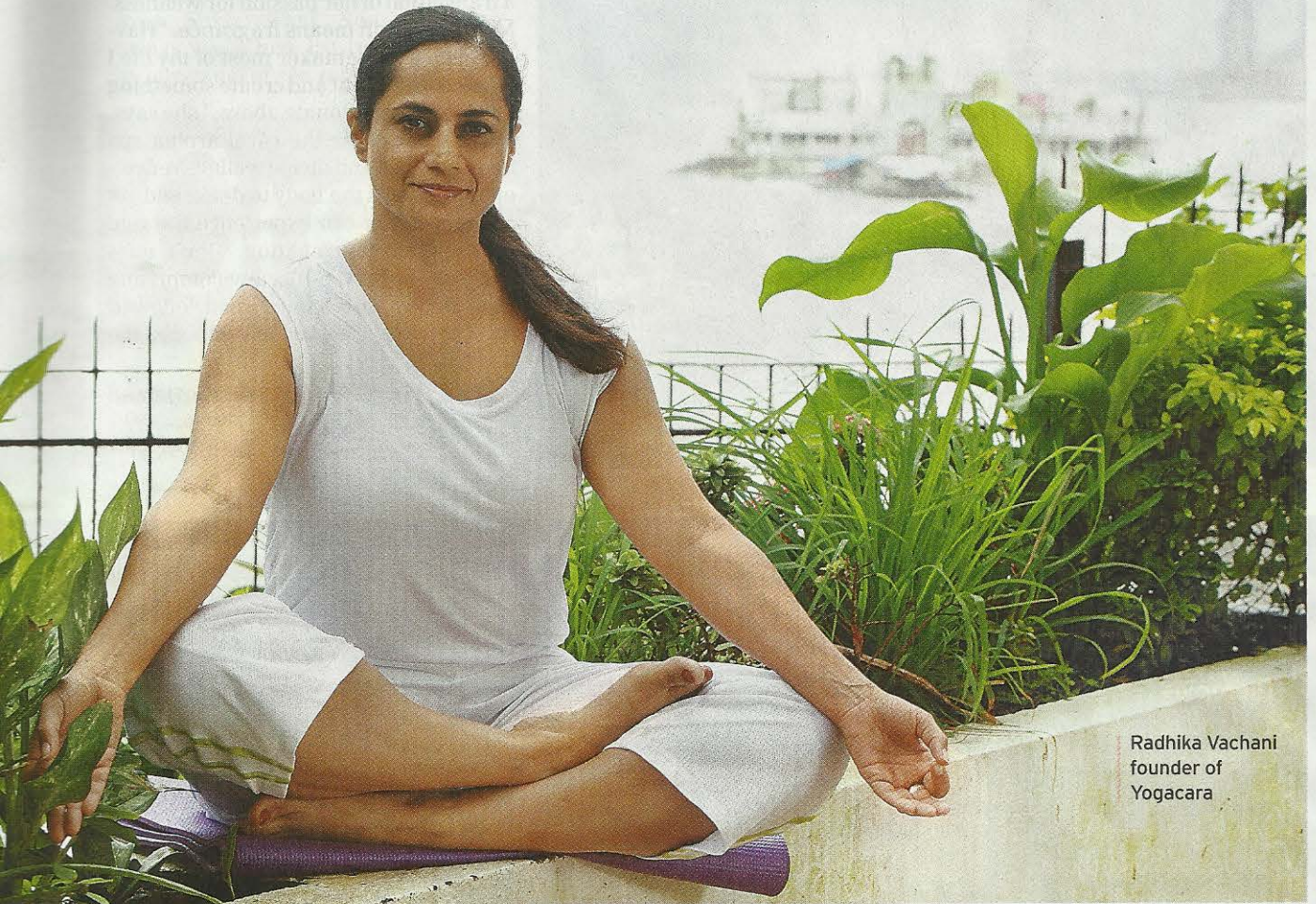
Before each yoga session, elaborate and detailed explanation of each *asana* is shared

What's different

Yogacara, a special massage therapy that relaxes muscles and soothes the nervous system

Cost

Rs 2,000 to Rs 10,000 plus taxes



Radhika Vachani
founder of
Yogacara

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Yogacara Healing Arts

Yogacara Healing Arts is located right across from the Haji Ali Dargah and faces the Arabian Sea. Started by Radhika Vachani, 42, who moved to the city in 2006 after quitting her corporate job in San Francisco, the studio trains people in various forms of yoga like traditional *hatha* yoga which begins with a few *asanas* followed by *pranayama* and meditation. It helps to reduce stress. Yogacara also has tie-ups with specialised Ayurvedic and Homeopathic doctors who can be consulted before you sign up for a particular programme. Vachani has started the Yogacara

Wellness Coaching programme which is about building a relationship with each client, and helping them reach their wellness goals.

Apart from the yoga classes, one of the major attractions is the massage therapy offered here. Some of the popular methods include Balinese, a combination of gentle stretches and acupressure; shiatsu, a oil less massage based on traditional Chinese medicine and foot reflexology, a natural healing art that focuses on applying pressure on various reflex points in the body.

Where: Rewa House Bungalow, Bhulabhai Desai Road
Tel: 9833198371 www.yogacara.in