



Master Sandeep Subodh Bhokara (Sagar), Yoga Teacher

Master Sagar's encounter with yoga began at a tender age of 6, in his homeland, India, and his passion for yoga has not waned since. He won numerous medals in yoga competitions, including the International Yoga Competition in 2004. His teaching experience began as a yoga coach at the Sangli District Yoga Federation in India, where he trained children to prepare them for national competitions.

Since then, with over 12 years of teaching experience in 3 countries, he instructs a wide range of students with various physical aptitudes. His classes are designed to increase stamina, agility and strength so that practitioners feel invigorated and confident. Master Sagar gives special attention to improving each student's technique and shows step-by-step, how to achieve a posture in a positive and encouraging manner. Yoga to him is a way of life and his calling.

Although he graduated from Shivaji University in India with a Bachelor of Computer Science, he followed his heart on the path of teaching yoga. Nothing motivates him more than when he can help his students excel in life and achieve happiness through the practice.

