

# My Secret Life

**Dharna Ashar**

**AGE:** 37

**OCCUPATION:** ASHTANGA, VINYASA & ROCKET 1 YOGA TEACHER

**MARITAL STATUS:** MARRIED

**The best advice...** Be true to yourself in whatever you do and give it a 100 percent! Life is a journey of unknown destinations, so live life to the fullest!

**My earliest memory...** I was about five, and I saw this airplane in the sky, and I remember pointing towards it and saying to my brother, "I want to work up there". Who would have thought I would end up a flight attendant for 12 years?

**I get a kick...** When I see a yogi achieve a pose in his yoga journey, after they have worked so hard to get it! To see that look of pride and happiness and knowing that you had something to do with it, is beyond words!

**People don't...** Don't know of Rocket Yoga in the region. Based on Ashtanga, it's very popular in the US and UK.

**I wish...** To someday start a yoga teaching school.

**I love...** My amazingly optimistic hubby Nico, our two gorgeous girls and that I have my health to be able to teach and practice yoga!

**My favorite exercise...** Yoga and walking. And playing with my two kids and three dogs.

**My worst vice...** Fries. Carbs are my worst enemy, so I avoid the bad carbs as much as possible.

**The book...** I loved Shantaram by Gregory David Roberts.

**I live...** For my family and yoga... Without them both I would be nothing!

**My diet...** Consists of good carbs, loads of proteins, five small meals a day, lots of green tea and a grapefruit each morning!

**I'm afraid...** Of bugs and creepy crawlies.

**Before I leave this planet...** I would love to start my own Yoga school, live a hippy lifestyle and spend (24/7) with my family doing what I love most. Who could ask for anything more? ☺

