

You Didn't Know This About Yoga Guru Saurabh Bothra

1 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=HVUHM-LIVQG](https://www.youtube.com/watch?v=hVuHM-LiVQg)

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SUMMARY

The conversation revolves around a yoga instructor's personal preferences, inspirations, and health philosophies. They share insights about their favorite foods, music, and health advice, emphasizing the importance of mental well-being and gradual lifestyle changes.

- *If not a yoga instructor, they would be a panipuri vendor.*
- *Their go-to snack is anything quick, but they particularly love pani puri.*
- *They cannot use Bollywood songs in classes due to copyright issues but enjoy a song called "Hoj Malo."*
- *They admire Gurm Shishi Rishakar Ji for life philosophy and have different fitness role models.*
- *Essential yoga equipment mentioned is a yoga mat.*
- *Their goal for International Yoga Day is to have 1 crore people participating live.*
- *A key health tip for 2026 is to "take it slow."*
- *To reset mentally after stress, they prioritize sleep.*
- *Currently reading "Atomic Habits."*

If you weren't a yoga instructor, what would you be doing instead? >> Panipuri vendor. >> Your go-to snack when you're in a hurry. >> I don't care about it. I will just eat [music] anything. >> That's the problem which the women in your community will not agree with you. >> Yes. >> Your favorite food? >> Pani puri. >> Okay. Favorite Bollywood song to get people [music] dancing that you use often in your class. >> We can't use Bollywood songs because of copyright issues. But there is this new favorite which I am I'm loving it. It's called Hoj Malo. A role model who inspires your [music] fitness or philosophy for life.

>> Uh so both different answers. So philosophy of life I generally or I usually would say Gurm Shishi Rishakar Ji I admire him a lot. But when you talk about fitness >> who's the current favorite pranayam or asanas? If you [music] have to choose just one what do you pick? >> One thing older women must absolutely stop ignoring about their health. Yoga equipment you can't live without >> yoga mat. Next big [music] international yoga day goal.

>> 1 cr people doing it live. >> Wow. One piece of health advice you'd give everyone for 2026. >> Take it slow. >> One thing you do to reset mentally after a stressful day. >> Sleep. >> The book you're currently reading. >> Atomic habits. >> Life without prommon would be >> very difficult. [laughter] >> Amazing. You did really well. >> [music]