



**People On Purpose
Episode 13:
Shalini Rikhi**



Shalini Rikhi describes herself as a human being who tries to live by some basic spiritual principles that she practices each day.

Shalini began her Yoga practice over 20 years ago and has lived her purpose by sharing space and the practice of Yoga with the amazing community she serves.

She believes that the core of what humanity stands on includes compassion, empathy, truth, love and service.