

Rachel Hunter

Instagram

Yogi, yoga instructor, meditation teacher and author Rachel Hunter is an internationally known supermodel from Auckland, who began her successful career at the age of 17, and has appeared on notable magazine covers, and in films and television programs worldwide.

Most recently, Rachel embarked on an odyssey, exploring beauty and wellbeing in cultures all over the globe for her award-winning television program, "Tour of Beauty." She also released a best-selling book, chronicling her incredible experience.

Born into a spiritually-open family, Rachel had a deep connection with her late mother, who sought many different and diverse spiritual practices. An open mind and heart became the legacy she passed on to Rachel.

After her mother's death in 2017, Rachel fully immersed herself in the formal study of the ancient practices of yoga in the foothills of the Himalayas under the teachings of master teacher Anand Mehotra. Having completed over 500 hours of Registered Yoga Training (RYT) and several master modules in meditation, Rachel is trained in all facets of the eight limbs of yoga.

Rachel's transformational, dynamic practice includes breath-work and various disciplines of yoga, with an emphasis on the Vedantic and Tantric traditions, incorporating Himalayan Kundalini.

Rachel completed her masters training in 2019, and continues her practice and courses .

She also has an online Yoga platform, Rituals with Rachel Hunter, and holds weekends also doing retreats around the world and online.

Rachel has worked with numerous premium beauty, health and wellbeing brands over the years, delivering



outspoken

thoughtful, carefully-curated content that deeply resonates with her online community. She is also a wonderful natural speaker, who is authentic and warm onstage.

Rachel has two adult children, Renee and Liam, and currently splits her time between Los Angeles, UK, New Zealand and India.