



15 Questions in 60 Seconds With Vic Williams

Yoga Teacher and the Studio Coordinator

Self proclaimed adolescent psychology/neuroscience geek.
Yoga teacher to all.
Specialist in teens and trauma.

“I want to be the person I needed when I was a teen”



1. What would you name the autobiography of your life?

“Is she ever the right way up?”

2. If you could learn to do anything, what would it be?

Tap dance.

3. If you won the lottery, what is the first thing you would do?

Book a holiday to somewhere warm - I don't like the cold!

4. If you have 30 minutes of free time, what do you like to do?

Probably stretching!

5. If you could be any fictional character, who would you choose?

Wonder Woman - she has a lasso of truth and an invisible jet!

6. What is something you learned in the last week?

I'm a bit too stretchy!

7. What's your favourite indoor / outdoor activity?

Indoors would be yoga (no surprise there!) and outdoors would be walking the dog and taking photos.

8. What chore do you absolutely hate doing?

Putting the food shopping away.

9. If you could meet anyone, living or dead, who would you meet?

Elvis, Doris Day or Judy Garland or all 3 together.

10. What would be your super power of choice?

Transportation through time and space - it would save me having to win the lottery!

11. What three traits define you?

Being kind, a great listener and empathy.

12. Do you have a claim to fame?

I sat next to Neil Diamond on a first class flight from New York to London.

13. What would you do (for a career) if you weren't doing this?

Travelling around the world taking photos, so probably a photo journalist.

14. What would you most like to tell yourself at age 13?

Just be your nerdy self, it wont matter later. Also don't worry about trying to fit in, you never will and that's ok.

15. What is your favourite thing about working at Durham House?

The camaraderie - it's a friendly team.