

SMART YOGA

NEWSLETTER

Celebrating 2024



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A NOTE FROM **MANOJ THAKUR**

Dear Vyasa Yoga Family,

As we embark on a new year filled with promise and potential, I am delighted to extend a warm welcome to each and every one of you. It fills me with immense gratitude to reflect on our journey together over the past 25 years, and I am humbled by the unwavering support and dedication of our cherished community.

At Vyasa Yoga, we believe in the transformative power of yoga to nurture the mind, body, and spirit. As we step into 2024, let us embrace the opportunity for new beginnings and fresh perspectives. Let us reaffirm our commitment to our yoga practice and to ourselves, recognizing that each breath is an opportunity for growth and renewal.

I am thrilled to share that this year marks Vyasa Yoga's 25th anniversary, a milestone that fills us with pride and gratitude. It is a testament to the passion and dedication of our instructors, staff, and students who have made Vyasa Yoga a home for seekers of all backgrounds and abilities. Together, we have cultivated a vibrant community built on the principles of compassion, authenticity, and inclusivity.

Looking ahead, we have an exciting lineup of courses, classes, and workshops planned to deepen your yoga journey and expand your horizons. From beginner-friendly classes to advanced teacher training programs, there is something for everyone to explore and enjoy. I am particularly excited to announce the upcoming Asia Pacific Yoga Therapy Conference, where experts from around the world will gather to share insights, knowledge, and best practices in yoga therapy.

As we celebrate this special year, let us take a moment to express gratitude for the gift of yoga and for the connections we have forged along the way. Together, let us continue to create a space where all are welcome, supported, and inspired to thrive.

Thank you for being an integral part of the Vyasa Yoga family. Here's to a year filled with growth, joy, and abundant blessings.

With warm regards,
Mr. Manoj Thakur
Managing Director, Vyasa Yoga Singapore

SVYASA Recognition Award

The year began with a big congratulations to Manoj ji and Ms. Shivani for their recognition of their lifelong dedication to yoga! Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) Chancellor Dr. HR Nagendra, along with vice chancellor Dr. Manjunath, extended their gratitude for their invaluable contributions, shaping the global yoga community and spreading the essence of yoga far and wide. Manoj ji's impact was profound, having trained thousands of yoga teachers globally in countries like Singapore, Malaysia, Vietnam, Japan, New Zealand, and more.

His commitment to SVYASA, anchored in the blessings of Gururji Dr. H R Nagendraji, elevated the yoga movement to new heights. Let's congratulate and express our deepest gratitude for their unwavering dedication and invaluable support in making yoga a global phenomenon.



Celebrating Success!

Mr. Manoj was also honored with the Asian Business Excellence Award for Yoga Pioneer Excellence by Asia Business Conclave at the prestigious Asia Business Conclave 2024! The event, themed "Enabling Business Growth," brought together visionaries and leaders from diverse fields, recognizing outstanding contributions and achievements. This award is a testament to Manoj Thakur's dedication to empowering lives through yoga for the past 25 years in Singapore.





Our senior yoga therapists gave free personalized advice on the Integrated Approach of Yoga Therapy (IAYT) after a thorough analysis of participants pre-existing conditions. Our students received a great opportunity to enhance your health and vitality!



Vyasa Yoga Singapore took part in the dynamic Namaste Bharat event, a cultural celebration by De Ideaz with support from the High Commission of India to Singapore. Our presence was marked by the enlightening 'Women Wellness - Yoga & Beyond' Talk by Dr. Nidhi who has a masters and a PhD in Yoga Science and is our visiting faculty for Yoga for Pregnancy and Women Wellness.



After Dr. Nidhi's talks we had a captivating practical demonstration of Yoga Flow and an energetic Dance Performance by Gina, Miran, and Jumy. We express sincere thanks to De Ideaz for this incredible opportunity, allowing us to share the profound essence and power of yoga with the enthusiastic participants!



Student Testimonials



Tricia Olson

One of the best gifts that I gave myself was enrolling in YICC at Vyasa Yoga, Singapore. Not only did I learn the proper techniques for teaching asanas (postures) and pranayamas (breathing), but I was exposed to the history of yoga, the physiology, and most importantly, the all-encompassing way of a yogic life.

The YICC program made me accountable for my personal practice and has taught me lifelong skills of healthy physical and mental awareness. The faculty at Vyasa Yoga offer valuable support and encouragement as you build your confidence, learning and teaching in the 200 hours program. As well, there are many opportunities to expand your practice and knowledge through the wide variety of workshops offered at Vyasa Yoga, Singapore. I was fortunate to meet many wonderful people, fellow students and most importantly, authentically skilled teachers, through Vyasa Yoga, Singapore. I am grateful for Vyasa Yoga, knowing that these beneficial experiences through YICC the program will always be present to guide me on my life journey as a student and teacher of yoga.



Mayuri Verma

Yesterday, I just concluded the 80-hour session of the Yoga Instructor Certification Course (YICC) was truly enrichment . Time seemed to effortlessly glide by as we immersed ourselves in the teachings of experienced yoga instructors, both in theory and practice.

The atmosphere was nurturing, fostering not only the sharing of knowledge and wisdom but also a deep sense of care within a clean environment. With 120 hours left to complete the 200-hour journey, I eagerly anticipate the continued growth and fulfillment that lie ahead. Deep gratitude to all my teachers.



Shalu Jaiswal

Greetings, I'm Shalu Jaiswal, member of batch 336 of YICC (Yoga Instructor Certification Course) Vyasa Yoga Singapore Under the guidance of Mr Manoj Thakur, Mrs Shivani Singh and Dr Ram and Mr Arya ,I successfully completed my YICC training. This transformative journey revealed that Yoga encompasses more than physical fitness and flexibility; It fosters a holistic approach to overall well-being, nurturing understanding of body, mind and soul. It instills tranquility and composure, fostering growth in intellectual,

spiritual and physical dimensions. During my training I not only learned about postures or meditation techniques but also about Nutrition and Anatomy. The sessions were meticulously organized and thoughtfully planned, All in all, my journey has been nothing short of fantastic. I extend my heartfelt gratitude to Vyasa Yoga.



Our vibrant Kids Yoga Workshop led by the wonderful Yoga Instructor Neetu Somani was a wonderful experience for all the little yogis! The class was full of laughter-filled yoga poses, playful breathing exercises and mindful stretching and relaxation.



The workshop aimed to introduce kids to the world of yoga, helping them channelize their energy wisely and use their time during the holidays in a constructive and fun-filled way. Teaching yoga to kids is not only fun but also essential for their overall development. Neetu had a blast guiding these little yogis, fostering their growth, and nurturing their leadership skills through yoga and playful activities!



Yoga Retreat in the Yoga Capital of the World!



From 20th to 24th March, our students embarked on a soul-nourishing journey at Dayanand Ashram Iyengar Residential, guided by the seasoned Iyengar Yoga Teacher, Amit Sharma. Surrounded by the majestic Himalayas and the serene flow of the Ganges, they immersed themselves in daily Iyengar Yoga sessions, meditation amidst nature's embrace, spiritual discussions, and Ayurvedic practices for holistic well-being!





Transforming Lives: The Impact of Yoga on Diabetes Management

**Unveiling the Holistic Approach
by SVYASA Yoga University**

In today's fast-paced world, characterized by sedentary lifestyles and stress, the prevalence of diabetes has reached alarming levels. The quest for effective and holistic approaches to manage this chronic condition has led many to the profound teachings of yoga. In this blog post, we explore the transformative impact of yoga on diabetes management, drawing insights from the extensive research and publications of SVYASA Yoga University.

Understanding Diabetes and Its Challenges

Diabetes is a complex condition that demands a comprehensive approach for effective management. Beyond medication, lifestyle modifications play a crucial role. Yoga, with its roots in ancient Indian wisdom, offers a holistic pathway to tackle diabetes that goes beyond mere symptom control.

SVYASA Yoga University's Pioneering Research

SVYASA Yoga University, a beacon of yogic knowledge, has been at the forefront of unravelling the therapeutic potential of yoga for various health conditions, including diabetes. Their research has delved deep into the physiological and psychological aspects of yoga practices, providing evidence-based insights into its efficacy.



Yoga as a Lifestyle Intervention

The ancient practice of yoga isn't merely a set of physical exercises; it's a lifestyle intervention. Through a combination of asanas (physical postures), pranayama (breath control), and meditation, yoga addresses the multifaceted challenges posed by diabetes.

Physical Wellness Through Asanas

Yoga asanas, carefully curated to stimulate specific organs and glands, promote better blood circulation and enhance the functioning of the pancreas. SVYASA's research has highlighted the positive impact of yoga postures like Surya Namaskar and Vrikshasana in improving insulin sensitivity and glucose metabolism.

Mental Well-being through Meditation

Stress is a significant contributor to diabetes. SVYASA's research emphasizes the role of meditation in alleviating stress, promoting emotional well-being, and indirectly aiding in diabetes management.

As we navigate the challenges posed by diabetes, the ancient wisdom of yoga, as elucidated by SVYASA Yoga University, emerges as a beacon of hope. Beyond a physical exercise regimen, yoga offers a way of life that nurtures not only the body but also the mind and spirit.

Embark on this transformative journey. Contact us to get in touch with our highly qualified Yoga Therapist and start your personalized exploration of yoga's potential in diabetes management. Let's embrace holistic wellness, one breath at a time!



Advanced Back Bend Workshop



Advanced Back Bend Workshop was led by our senior yoga teacher Arya. This immersive weekend journey from 22nd to 24th March 2024 delved into the intricacies of advanced backbend postures, helping participants unlock new levels of flexibility, strength, and mindfulness. More than 16 students joined this workshop, helping them take the next step in their yoga practice!



YICC Batch 345 Graduation Ceremony



We celebrated the welcoming of the journey of our new group of yogis stepping into the world of teaching yoga! Along with a few speeches by the students, our graduation ceremony included heartfelt testimonials by our students in our studio and those who joined online!



Upcoming Workshops & Events!



VyasaYOGA Singapore

Suna Moon
Yoga Instructor and Yoga Therapist

Body Assessment
for Safe & Steady
Yoga Practice

Part 1 of Self-awareness Series

20th April (Sat) 12:00 - 2:00 pm

WhatsApp: 9626 2425, 9860 6488
Website: www.vyasingapore.com

Suna Moon Part 1



VyasaYOGA Singapore

Kids Yoga Teacher's Training
Weekday Batch

Free Preview Dates

April 16th (Tue) 6 pm
April 20th (Sat) 5 pm

Ms. Neetu Somani
Certified Kids Yoga Instructor
Yoga Instructor & Yoga Therapist

WhatsApp: 9626 2425, 9860 6488
Website: www.vyasingapore.com

Kids Yoga Teachers Training



Amit Sharma
Yoga Workshops

Advance Chair Yoga

Date: 26th April
Time: 6:00 - 9:00 pm



Inversion Iyengar

Date: 27th April
Time: 10:00 - 1:00 pm



Safe Yoga Practices

Date: 28th April
Time: 10:00 - 1:00 pm

Amit Sharma
Certified Iyengar teacher
20 years of yoga teaching experience

WhatsApp: 9626 2425, 9860 6488
Website: www.vyasingapore.com

Dr. Amit Workshops



International Day of Yoga

21st June 2024 | 7:00 - 9:00 pm
CSC Tessensohn Club, Level 4 Ballroom

IDY



25 HOURS
WHEEL YOGA

Wheel Yoga

Introducing Our Instructor

Suna Moon



Suna is an RYT200 Yoga Alliance certified teacher and devoted herself to yoga practice for the past 4 years while raising soon to be a 5-year-old daughter and working as a business consultant & CPA. She recently got International Yogini Award 2024 in Rishikesh nominated by Vyasa Yoga Singapore!

She believes “yoga is the experience”, and has been continuously practicing not only Asana but also every aspect of 8 limbs of Yoga.

Her class is focused on enhancing flexibility, strength, and balancing of body and mind. As an ex-business professional and mother, she will give you many useful tips for various types of physical and mental issues you have in your daily life. Also, you can enjoy her class in English, Japanese, or Korean!!

Suna takes Yoga Teachers Training classes and Private Therapy classes at Vyasa Yoga. Join one of Suna's classes by contacting us!

ABOUT US

VYASA YOGA SINGAPORE

Vyasa Yoga Singapore was founded in 2011 in affiliation with VYASA Bangalore an Indian Institution whose primary objective is to make yoga a socially relevant science.

SCIENTIFIC APPROACH

VYASA Bangalore is pioneer in conducting scientific validation in the field of Yoga. It has published more than 300 research papers in many leading international medical journals and exists as VYASA in more than 30 countries.


OUR PREMISE

Our Vision - Using the scientific principles of yoga to make the lives of everyone happy, healthy and peaceful.

Our Mission - To be a global leader in our field, to serve our community through research, and to help the population to learn, practice and teach yoga.

VYASA'S INTEGRATED APPROACH TO YOGA THERAPY

- Yoga Instructor Courses (YICC)
- Yoga Therapy Courses (YTCC)
- 1:1 YOGA THERAPY SESSIONS
- Corporate Yoga
- Kids Yoga
- Yoga Conferences
- Yoga Retreats & Events



**DISCOVER
YOUR
POTENTIAL**



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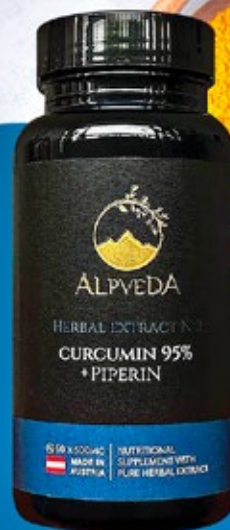
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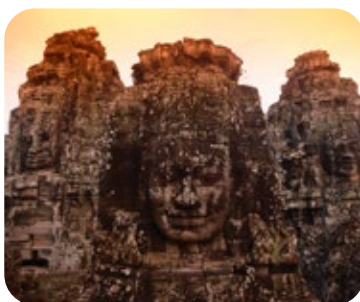
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Holiday & Yoga with your family



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