


SMART YOGA NEWSLETTER

Celebrating



10th International Day of Yoga



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A NOTE FROM
**DR. H.R.
DAYANAND
SWAMI**

Dear Vyasa Yoga Family,

It is with great pleasure and honor that I extend my heartfelt greetings to all members of the Vyasa Yoga family. As we embark on this journey together, I am filled with immense joy and pride for the contributions Vyasa Yoga has made in the diverse fields of yoga.

Having joined Vyasa as a director, I am excited to witness and support the growth and development of our beloved institution. Vyasa Yoga's unwavering commitment to promoting the physical, mental, and spiritual well-being of our community through the teachings and practice of yoga is truly inspiring. It is our collective efforts that enable us to make a significant impact on the lives of many, not only in Singapore but also across Asia through our affiliation with SVYASA University.

The dedication and passion of our teachers and staff are the driving forces behind our success. Your tireless work in educating and nurturing students, conducting workshops, and engaging in various yoga activities have laid a strong foundation for Vyasa Yoga's continued excellence. I am honored to be part of such a dynamic and devoted team, and I look forward to contributing to our shared vision of spreading the benefits of yoga far and wide.

In the coming months, we have a series of exciting events, workshops, and new classes lined up. These initiatives will not only enhance our offerings but also provide our community with opportunities to deepen their practice, expand their knowledge, and connect with like-minded individuals. Your participation and support in these endeavors are crucial as we strive to create a vibrant and inclusive yoga community.

As we move forward, I am committed to fostering an environment of growth, innovation, and collaboration at Vyasa Yoga. Together, we will continue to uphold the values and teachings of yoga, while exploring new avenues to enrich our programs and reach more individuals who can benefit from our expertise.

I encourage each one of you to stay engaged, be curious, and take full advantage of the resources and opportunities available at Vyasa Yoga. Let us work hand in hand to elevate our institution to new heights, making it a beacon of yoga excellence in Singapore and beyond.

I would like to extend my heartfelt congratulations to everyone for the resounding success of the 10th International Day of Yoga. This remarkable achievement would not have been possible without the dedicated efforts and passionate commitment of our yoga instructors, volunteers, and participants. Your hard work and enthusiasm have truly embodied the spirit of yoga and its transformative power.

Wishing you all the very best in your yoga journey. May you find peace, strength, and inspiration in your practice.

With warm regards, **Dr. H.R. Dayanand Swami**

B.Com, MBA, M.Sc., Ph.D

Director of Finance & Administration SVYASA University

Celebrating

10th International Day of Yoga



Vyasa Yoga and Ayurveda Singapore proudly hosted the 10th International Day of Yoga (IDY) at over 20 venues, reflecting the true theme of IDY 2024 – Self and Society. This milestone event brought together a diverse range of participants and highlighted the unifying power of yoga.

Our collaborations with government bodies such as ActiveSG, Sports Hub, and Passion Wave, as well as renowned institutions like the High Commission of India at Gardens by The Bay, the US Embassy, and Muneeswaran Temple, were instrumental in making this event a resounding success.

These partnerships enabled us to engage with over 1,420 participants, showcasing the widespread appeal and inclusivity of yoga.



The events, backed by the High Commission of India to Singapore, spanned a variety of locations including universities, community centers, sports centers, recreational centers, and temples. This extensive reach exemplifies the spirit of unity and community that yoga fosters, bringing people from all walks of life together in the pursuit of health, peace, and well-being.

We extend our heartfelt gratitude to all the organizations and participants who contributed to the success of the 10th International Day of Yoga. Your support and enthusiasm truly embody the essence of yoga – a journey of self-discovery and collective harmony.





YICC YOGA INSTRUCTOR CERTIFICATE COURSE

We are thrilled to congratulate our latest graduates from the Yoga Instructor Certification Course (YICC) weekend and weekday batches! Their dedication, hard work, and passion for yoga have truly shone through, and we are incredibly proud of each and every one of our students.

Congratulations once again to our graduates! Your journey in yoga is just beginning, and we can't wait to see the positive impact you'll make in the world.



YTCC YOGA THERAPY CERTIFICATE COURSE

We are delighted to extend our heartfelt congratulations to the latest graduates of our Yoga Therapy Certification Course (YTCC)! Your perseverance, enthusiasm, and commitment to learning have culminated in this proud moment, and we couldn't be more excited for you.

Over the past months, you have immersed yourselves in the intricate world of yoga therapy, gaining deep insights into yoga anatomy, therapeutic techniques, and holistic health practices. Your journey has been one of transformation, not just for yourselves but also for those you will help with your newfound knowledge.



YICC TESTIMONIALS



Thao Le

I recently completed the 200 hour YICC program at Vyasa and the experience was truly transformative. I have studied and practiced with good and experienced teachers. I was especially impressed with Arya teacher, I learned a lot of techniques to do the pose. Grateful to the teachers and Vyasa school. Thanks.



**Alvin
Sim**

Took my YICC here and must say, they offer thorough instruction with knowledgeable instructors.

The atmosphere fosters a familial bond, creating a wonderful experience akin to being with family. I highly recommend starting your Yoga journey at Vyasa Yoga Singapore.



**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.



**Rupika
Bhargava**

It was indeed a wonderful experience to do YICC course with Vyasa , Thank you to our wonderful Teachers , Manoj ji , Shivani Mam , Arya sir , Suna and of course very friendly staff . Yoga helped me greatly in relieving my knee pain , strengthening my thigh muscles . Pranayama & kriyas are the best. My whole body feel so nourished and Calm .

Thank you for teaching me Yoga. Looking forward to continue my journey of yoga further with Yoga therapy.



300 Hour YTCC with Vietnam Yoga Academy

We had the privilege of hosting a special certification ceremony at Vyasa Singapore for 9 dedicated students who successfully completed their 300-hour YTCC. This milestone not only marks a significant achievement for the students but also symbolizes the important bridge between Vyasa Yoga and Vietnam Yoga Academy.

The collaboration between our academies continues to strengthen the bonds of the yoga community, fostering growth and excellence in yoga education. We are immensely proud of our graduates for their commitment and hard work. Their journey exemplifies the dedication to learning and sharing the therapeutic benefits of yoga.

The Symphony Within:

Exploring the Natural Sounds of the Human Body



Dr. Divya Keshavamurthy

Assistant Professor, Division of
Yoga-Spirituality, S-VYASA

The human body is a marvel of biological engineering, an intricate symphony of countless processes unfolding harmoniously to sustain life. Within this symphony, natural sounds emerge as profound expressions of our physiological orchestra - each sound carrying its own rhythm and significance, often unnoticed yet deeply informative about our health and vitality.

From the rhythmic cadence of the heartbeat to the gentle rustle of breath, these intrinsic sounds tell a silent tale of our inner workings. They serve as subtle indicators of our body's state, akin to musical notes that convey health, balance, and potential disturbances. Just as a skilled musician tunes their instrument to perfection, understanding these natural rhythms allows us to discern when our bodies fall out of harmony, signalling potential disorders that require attention and care.



Beyond their physiological significance, these sounds accompany us from the earliest stages of life, shaping our sensory experiences and influencing our cognitive and emotional development. The journey of sound within the human body begins even before birth, with the fetus immersed in a realm of primordial sound currents - a concept resonating deeply with ancient yogic philosophy, which views prenatal life as a meditative state enriched by Nada Yoga, the yoga of sound.

This article embarks on a voyage through the captivating world of human body sounds, unravelling their mysteries and marvels. From the prenatal stages of auditory development, where the foundations of hearing are laid amidst the nurturing echoes of maternal voices and ambient melodies, to the intricate symphonies that unfold postnatally, where each sound becomes a catalyst for cognitive growth and emotional resonance.

Join us as we delve into the symphony of body sounds - from the rhythmic pulse of the heart that echoes life itself, to the whispered melodies of internal organs and the expressive voice that connects us through communication. This exploration not only unveils the interconnectedness of body, mind, and spirit but also illuminates the transformative potential of integrating yogic practices to harmonize and restore the body's natural rhythms. By listening attentively to the symphony within, we enhance our understanding of holistic health and cultivate inner balance, fostering vitality and well-being in the intricate orchestration of our own biological existence.

The Journey of Sound: From Embryo to Life

Hearing in the Womb: The Beginnings

Hearing in the womb marks the early stages of auditory development, blending physiological marvels with yogic philosophy. Prenatal life, viewed through a yogic lens, is a meditative state immersed in primordial sound currents, aligning with Nada Yoga - the yoga of sound - which highlights the profound connection between sound, consciousness, and the body. During early development (Weeks 3-8), the inner ear, including the cochlea and vestibular system, begins to form by week 8, paralleling yogic concepts of inner awareness and the unstruck sound (Anahata Nada) within us. The vestibular system's development supports balance, akin to yogic practices like asanas (postures) and pranayama (breath control) that emphasize physical equilibrium. In the middle and outer ear development stage (Weeks 9-20), the ossicles (malleus, incus, and stapes) form around week 9, crucial for transmitting sound vibrations, metaphorically linking to the transmission of spiritual wisdom through sound in yogic traditions.

By week 16, the external ear, including the auricle (pinna) and ear canal, takes shape, encouraging attunement to both external and internal sounds, fostering a deeper connection with oneself and surroundings. By week 24, the auditory system is developed enough for the fetus to respond to external stimuli, such as the mother's voice or music, akin to mantra meditation in yoga, which enhances inner awareness and tranquillity. Throughout prenatal development, neural connections between the ear and brain mature, mirroring yogic principles of mindfulness and creating new patterns of awareness and consciousness. Sound-based therapies, such as playing calming music or the mother's voice, can promote fetal auditory development, while Nada Yoga uses sound vibrations to enhance inner awareness and tranquillity.

Postnatal Hearing: Refinement and Learning

Postnatal hearing represents a critical phase in auditory development, intertwining physiological milestones with insights from yogic philosophy. In yogic understanding, postnatal life continues the journey started in the womb, where sound significantly influences perception and consciousness.

Newborns demonstrate innate abilities to discern speech sounds and recognize familiar voices, marking significant advancements in auditory processing. This mirrors yogic principles that regard sound (Nada) as essential for heightened awareness, emphasizing receptivity to external vibrations.

As infants progress, they actively engage in distinguishing and mimicking sounds, laying the foundation for language acquisition and interpersonal communication, akin to yogic practices that utilize mantra repetition and acknowledge the transformative power of sound. Exposure to varied environmental

sounds further enriches cognitive and emotional responses, aligning with yogic teachings on the vibrational impact of surroundings and the role of sound in fostering internal harmony.

As speech and language skills mature through ongoing auditory stimulation, yogic philosophy underscores sound's integral role in fostering connections and mutual understanding among individuals, echoing the principles of Nada Yoga that emphasize the transformative potential of sound vibrations. Newborns show a preference for frequencies around 2000 Hz, crucial for speech and language development. Sound-based therapies such as mantra meditation, which involves the repetition of mantras at specific frequencies to enhance cognitive and emotional development, and environmental sound exposure, where diverse sounds enrich auditory processing and learning, play significant roles in this development phase.

The Heartbeat: The Rhythmic Drum of Life

The rhythmic beating of the human heart is life's resonant pulse. Each powerful contraction propels nourishing blood through our vessels, symbolizing vitality. The distinctive "lub-dub" results from valves closing – S1 and S2 being the main heart sounds. While an S3 may

sometimes be normal, an S4 typically indicates an abnormality. These sounds reveal cardiovascular health through their intensity, pitch, location, quality, and timing within the cycle. A resting rate of 60-100 beats per minute reflects regular function. However, irregularities like tachycardia

(fast heart rate), bradycardia (slow heart rate), or arrhythmias (irregular heartbeats) can signify underlying issues needing medical attention to maintain proper rhythm and well-being. Abnormalities such as murmurs from turbulent blood flow, rubs from inflammation, or gallops pointing to conditions like heart failure or hypertension, underscore the heartbeat's role as a foundational health indicator. Modern techniques like digital phonocardiography aid early detection, while AI enhances diagnostic accuracy.

From a yogic perspective, the rhythmic heartbeat connects to Prana, the vital life force. Yogic practices like pranayama (breath control), meditation, and specific asanas (Setu bandhasana posture) play a pivotal role in maintaining cardiovascular well-being. Techniques such as Nadi Shodhana (Alternate Nostril Breathing) help balance the autonomic nervous system, regulating heart rhythm.

Ujjayi (Victorious Breath) produces calming sounds that stabilize heart rates, while Bhramari (Bee Breath) promotes deep relaxation, alleviating anxiety and lowering blood pressure.

Meditation focused on the Anahata Chakra (heart chakra) fosters emotional and physical heart health. Mantra chanting harmonizes bodily vibrations with universal frequencies, promoting inner balance. Integrating these practices mitigates stress impacts, supporting a healthy heart rhythm's vital role. Additionally, listening to low-frequency binaural beats (1-4 Hz), similar to the heartbeat's 1-2 Hz range, induces relaxation beneficial for cardiovascular function. Heart rhythm meditation leverages the natural beat to reduce stress and enhance overall well-being, illustrating yoga's comprehensive approach to holistic heart health.

The Stomach: The Gurgling Serenade

Deep within the abdomen, the stomach generates natural sounds often mistaken for hunger pangs - these gurgles and growls, known as borborygmi, result from the intricate breakdown of food during digestion. They indicate the movement of gas and fluids through the intestines, crucial for nutrient absorption and overall digestive health. Despite occasional embarrassment, these noises serve as positive signs of an active digestive system.

Monitoring digestive sounds becomes essential for detecting irregularities that may lead to disorders like irritable bowel syndrome (IBS) and Gastroesophageal Reflux Disease (GERD). Yoga provides effective practices to support digestive health. Asanas such as Pawanmuktasana (Wind-Relieving Pose), Balasana (Child's Pose), and Marjaryasana-Bitilasana (Cat-Cow Pose) aid digestion by releasing gas and promoting relaxation.

Pranayama techniques like Kapalabhati (Skull Shining Breath) and Nadi Shodhana (Alternate Nostril Breathing) stimulate digestive organs and balance the nervous system. Yoga also emphasizes posture and gentle twists like Supta Baddha Konasana to manage conditions like IBS, while poses like Ardha Matsyendrasana and Viparita Karani help alleviate GERD symptoms.

These practices, complemented by mindfulness meditation, Yoga Nidra (Yogic Sleep), mindful eating, and hydration, enhance awareness, reduce stress, and promote overall well-being.

By acknowledging and responding to changes in digestive sounds, individuals can proactively support digestive health and ensure these natural rhythms continue harmoniously within the body, fostering balance and well-being. Borborygmi typically occur in the frequency range of 100 to 200 Hz, reflecting the dynamic activity of the digestive system. Bioacoustic therapy and guided relaxation practices further leverage sound frequencies and calming techniques to stimulate digestive activity and support overall digestive health.

The Joints: The Clicks and Pops of Movement

The human body, designed for movement, produces a symphony of clicks, pops, and creaks from joints like knees, elbows, and knuckles during stretches or changes in position. These sounds stem from tendon and ligament movement, gas bubbles in synovial fluid, or joint surface friction, revealing our body's mechanical complexity, akin to an aging machine's reliable but aging components. Understanding these joint sounds is crucial, particularly if accompanied by pain or swelling, indicating potential underlying issues needing early intervention to preserve mobility and function.

Yoga offers effective practices for joint health, such as Vrikshasana (Tree Pose) and Virabhadrasana (Warrior Pose) to strengthen joints, alongside pranayama techniques like Anulom Vilom (Alternate Nostril Breathing) and Bhramari (Bee Breath) for

relaxation and pain management. These approaches, complemented by mindfulness meditation, Yoga Nidra (Yogic Sleep), and dietary adjustments, maintain joint flexibility, reduce inflammation, and promote overall physical harmony, ensuring joint sounds remain natural in an active life. Joint sounds typically occur in the frequency range of 20 to 60 Hz. Vibrational therapy and sound healing with tuning forks are sound-based approaches using specific frequencies to alleviate joint pain and inflammation, promoting joint health and mobility.

The Ears: The Ocean of Silence and Sound

Deep within our ears resides a sensory symphony that extends beyond external sounds from our environment to include internal noises: the gentle rush of blood, the steady rhythm of our heartbeat, and occasional sensations like tinnitus—a ringing or buzzing that may appear. These internal sounds often become more noticeable in quiet moments, weaving a personal tapestry of auditory sensations that reflect our physiological states.

Understanding these internal ear sounds reveals the auditory system's sensitivity, contributing to a range of generally harmless sensations that enrich our internal experiences. However, conditions like Meniere's disease, featuring vertigo and persistent tinnitus, or ear infections causing discomfort and fluid discharge, highlight when these sounds may signal underlying health issues. Yogic practices offer beneficial support for ear health, with pranayama and

meditation enhancing inner ear circulation and promoting relaxation. Asanas like Sarvangasana (Shoulder Stand) and Matsyasana (Fish Pose) aid in ear canal drainage and healing, while sound therapy using calming sounds or mantras redirects attention and reduces tinnitus symptoms.

Recognizing the significance of these internal sounds allows for timely intervention, preserving the harmony and health of our sensory landscape. Integrating yogic practices not only supports ear health but also nurtures overall well-being and tranquillity, deepening our connection to the intricate sensory world within the body. Internal ear sounds, such as tinnitus, vary widely in frequency, typically between 2500 to 8000 Hz. Tinnitus retraining therapy (TRT) employs sound generators to mask tinnitus and retrain auditory perception, while general sound therapy uses calming sounds or white noise to alleviate symptoms.

The Voice: The Melody of Communication

The human voice is a versatile instrument essential for communication through speech and song. Its expressive power comes from vocal cord vibrations shaped by the contours of the mouth and throat and enhanced by precise breath control. Each person's voice is unique, conveying emotion, intention, and identity.

Maintaining vocal health is crucial, as a healthy voice is clear and strong, reflecting well-functioning vocal cords and a balanced respiratory system. Understanding voice disorders emphasizes the importance of early detection and intervention.

Conditions like laryngitis, which cause inflammation and hoarseness, benefit from vocal rest and soothing pranayama practices like Bhramari (Bee Breath) to reduce inflammation and promote vocal cord healing. Yoga postures such as Matsyasana (Fish Pose) and Ustrasana (Camel Pose) can alleviate throat tension and improve voice projection, helping manage vocal cord nodules or polyps. Voice loss (aphonia), caused by various factors including psychological issues, is treated with a combination of voice therapy and psychological support. Dysphonia, characterized by altered vocal quality, pitch, loudness, or vocal effort, is addressed with tailored voice therapy.

Integrating yogic techniques fosters vocal health, ensuring sustained clarity and strength in our voices. By combining physical and mindful practices, we enhance our ability to communicate authentically and confidently. The human voice typically operates within a frequency range of 85 to 255 Hz. Voice therapy focuses on exercises to improve vocal health and clarity, while chanting and mantra practices utilize vocal sounds to enhance respiratory health and vocal cord function. By understanding and caring for our voices, we ensure effective communication and overall well-being.

Key Takeaways:

1. **Body as a Symphony:** The human body operates like a symphony of natural sounds, reflecting its intricate biological processes and overall health status.
2. **Internal Rhythms:** From the rhythmic heartbeat to internal digestive sounds and ear sensations like tinnitus, these natural rhythms provide valuable insights into our physiological states.
3. **Yogic Perspectives:** Yogic practices, such as pranayama, meditation, and specific asanas, play a significant role in maintaining and enhancing health by harmonizing these internal rhythms.
4. **Holistic Well-being:** Integrating yogic techniques supports holistic well-being by promoting physical health, emotional balance, and cognitive clarity.
5. **Sound-Based Therapies:** Sound therapies, including mantra meditation and specific frequency applications, offer additional tools to manage and improve various health conditions related to body sounds.
6. **Early Intervention:** Recognizing changes in body sounds early can lead to timely intervention, preserving health and preventing potential disorders.
7. **Enhanced Awareness:** By understanding and listening to our body's symphony of sounds, we can enhance our awareness of health indicators and foster inner balance.

Conclusions:

Exploring the natural sounds of the human body reveals a profound symphony mirroring our vitality and inner harmony. From the heartbeat's rhythm to internal organ melodies and the voice, these sounds indicate health and well-being. Understanding these rhythms enhances awareness and integrates yogic practices like pranayama and meditation, promoting physical health, emotional balance, and clarity. Early recognition of sound changes aids timely intervention, preserving health and fostering inner balance. By listening to this internal symphony, we discover holistic wellness through ancient wisdom in modern health care.



Wheel Yoga Teacher Training

Dr. Ram

Our passionate participants have embarked on a transformative journey, learning the art and techniques of Wheel Yoga to enhance their practice and teaching skills.





Singing Bowl Workshop

Henry

On June 9th, our Singing Bowl Workshop conducted by the esteemed senior yoga teacher, Mr. Henry. Participants had a transformative experience learning the art of sound healing, discovering how to use singing bowls for relaxation and therapeutic benefits.

The workshop was a harmonious blend of knowledge and practice, leaving everyone rejuvenated and inspired. Thank you to all who joined us and made this event a success!





Learn to Fly

Arya

From mastering the art of arm balances to discovering new heights in their practice, our participants soared through the sessions of our unique workshop Learn To Fly! Arm balances build energy and strength. They teach us how to approach and deal with challenges both on and off the mat because they require determination, practice, and an open, playful attitude.

Congratulations to everyone who completed the workshop and received their certifications!



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



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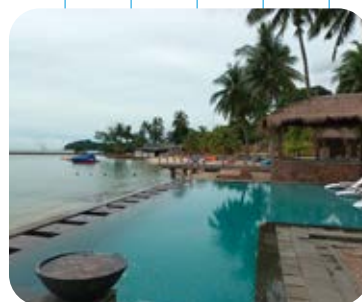
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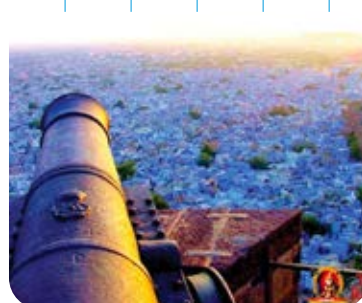
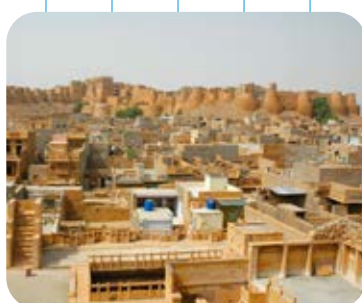
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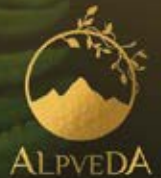
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