

SMART YOGA NEWSLETTER

7th International Conference Comprehensive Wellness Strategy



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A NOTE FROM **GURUJI**

It is with great joy and anticipation that we gather for the 7th International Yoga Conference, hosted by VYASA Yoga & Ayurveda Singapore. This year, we celebrate nearly 25 years of promoting wellness and fostering holistic health in Singapore. As a proud affiliate of S-VYASA University, we have empowered over 4,000 individuals to become Yoga Instructors and Therapists, spreading the transformative benefits of Yoga far and wide.

This year's conference theme, "Comprehensive Wellness Strategy," reflects our commitment to addressing the multidimensional aspects of well-being. We are honored to welcome distinguished keynote speakers such as Dr. Manjunath Sharma, Vice Chancellor of our University, Dr. Lorenzo Cohen, Director of Integrative Medicine at MD Anderson Cancer Center; Ms. Alison Jefferies, Wellness Coach; and Ms. Laurie Hyland Robertson, C-IAYT, to share their insights and expertise.

With over 40 sessions featuring eminent speakers from around the world, we aim to reach a global audience of more than 20,000 participants. Together, we will explore practical and accessible techniques to enhance physical, mental, and spiritual health, reinforcing the profound impact of yogic science.

May this conference inspire and guide more persons than ever before towards a healthier and more balanced life.

Dr. H R Nagendra

Chancellor
S-VYASA Deemed to be University
Bengaluru, INDIA



Comprehensive Wellness Strategy



The Silver Jubilee celebrations were inaugurated by esteemed guests, including Deputy High Commissioner of India Pooja Tillu, Neil Parekh, Member of Parliament, Singapore & Chairman of Singapore Indian Chamber of Commerce and Industry (SICCI), Dr. H R Nagendra Guruji, Padma Shri awardee and renowned yoga guru, and Dr. Manjunath NK, Vice Chancellor of S-Vyasa, Bengaluru, India alongside Vyasa Yoga SG Founder, Manoj Thakur. To commemorate the milestone, Vyasa Yoga SG hosted the **International Conference on "Comprehensive Wellness Strategy" from October 19th to 20th, 2024 at the Galaxy Ballroom, CSC Tessensohn Club.

Vyasa Yoga SG, Singapore's leading yoga institute, proudly celebrated its Silver Jubilee this month, marking 25 years of transforming lives through yoga and holistic health practices. Founded in collaboration with S-VYASA, Vyasa Yoga SG has empowered thousands through its scientific, research-based yoga training and therapy programs, building a community of 3,000 certified yoga instructors and 500 yogi health therapists.



The conference brought together 50 experts from 14 countries to explore the integration of ancient yoga wisdom with modern science to enhance well-being. In her keynote address, Deputy High Commissioner Pooja Tillu emphasized the global relevance of yoga, stating: "Continue embracing yoga practice as a guiding light that will bring us together as a global family." Manoj Thakur, Founder of Vyasa Yoga SG, reflected on the institute's journey, "It has been a remarkable 25-year journey. Our success reflects the spirit of well-being we have cultivated in Singapore and beyond. We look forward to guiding people towards healthier, happier lives for many more years to come." The event featured live yoga demonstrations and a special recognition ceremony to honor the institute's significant contributions to health and wellness in Singapore. About Vyasa Yoga SG Established to promote a healthy lifestyle through a scientific approach to yoga, Vyasa Yoga SG offers a variety of accredited programs for all ages and levels. With a mission to foster a culture of well-being, the institute continues to be at the forefront of holistic health in Singapore.



7th International Conference Comprehensive Wellness Strategy

19th & 20th Oct 2024
Galaxy Ballroom
Level 4 CSC Tessensohn Club
Singapore



With the Guidance of
Dr. H R Nagendra Gururji
Padma Shri – 2016
Chancellor, S-VYASA
(Yoga University)
Bengaluru, India

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7th International Conference Comprehensive Wellness Strategy

**19th & 20th
Oct 2024**
Galaxy Ballroom
Level 4 CSC
Tessensohn Club
Singapore



Interactive
Sessions with
the Experts
of Yoga,
Yoga Therapy,
Ayurveda &
Naturopathy

Conference Schedule:

- **Pre-Conference - 14th to 17th Oct 2024** (Online)
- **Main Conference - 19th & 20th Oct 2024**
(In Person at CSC Tessensohn, Singapore)
- **Post Conference - 22nd to 25th Oct 2024** (Online)

Yoga & Yoga Therapy Sessions - Key Highlights:

- The Science of Bhramari Pranayama (Humming Bee Practices)
- Pranayama and Mudra Techniques for Micro to Macro Energy Frequencies in the Pancha Kosha
- Cognitive and Communicative Treatment with ARCH Yoga Therapy for Slow Learners
- Childhood Trauma and Mental Health
- Science of Fasting
- Beyond Wellness: Unveiling Future Trends and Predictions for Holistic Health, Holistic Wellbeing
- The Hardware and Software of Life: A Yogic Perspective on Personal Growth
- Yoga Therapy for Emotional Intelligence, Self-Regulation & Self-Awareness
- Yoga and Diabetes
- Yoga Resource against Technostress in Modern Life
- Pranic Energising Technique (PET)
- Mind Sound Resonance Technique (MSRT)
- Mind Imagery Resonance Technique (MIRT)
- Beauty Concepts in Ayurveda
- Vedic Wisdom for Graceful Ageing (Special emphasis on Yoga and Ayurveda)

Organising Team



Mr. Manoj Thakur
Program Chair & Organizer



Mr. Jai Suryamitra
International Organizing Secretary

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Singapore



Eminent Personalities & Speakers



Dr. H R Nagendra
India



Dr. Lorenzo Cohen
USA



Dr. Manjunath N K
India



Mr. Uma Shanker Mishra
St Kits & Nevis Govt.



Ms. Alison Jefferies
USA



Ms. Laurie Hyland
Robertson, USA



Dr. Vasudha M Sharma
India



Mr. Dang Hung
Vietnam



Dr. Dilip Sarkar
USA



Dr. Amy Wheeler
USA



Dr. Lisa Kaley-Isley
Holland



Dr. Colum Patrick Nolan
Ireland



Dr. Trang Vo
Vietnam



Mr. Vyasa
Kalyanasunderam, Sri Lanka



Ms. June Koh
Singapore



Dr. Antonietta Rozzi
Italy



Dr. Poornima
Krishnamurthy, India



Ms. Aryong Choi-Hantke
South Korea



Dr. Rajesh Sharma
India



Ms. Sayaka Mori
Japan



Ms. Rika Frost
Japan



Dr. Subhash Kumar
Belize



Dr. Smitha Mallaiah
USA



Dr. Vinayachandra
Banavathy, India



Ms. Ingrid Verhagen
Netherlands



Dr. Reeta Sharma
India



Ms. Riri G Trivedi
India



Pundit Radheshyam
Mishra, Brazil



Dr. Gunjan Y Trivedi
India



Dr. Abhishek Joshi
India



Dr. Amit Singh
India



Dr. Vetri Vandan
India



Dr. Ritesh Patel
India



Mr. Anthony Loy
Singapore



Mr. Sukhdev Yogi
Singapore



Dr. Nidhi Choudhary
India



Mr. Ramam Akkipeddi
Singapore



Dr. Madhu Nagesh
India



Mr. Henry Phua
Singapore



Self-Awareness Series

Suna



We successfully completed the second part of our Self-Awareness Series by Suna on 31st August, where 18 dedicated students came together to explore deeper connections between the body and mind through yoga anatomy.

Participants engaged in a mix of theory and practice, focusing on core activation, breathwork, and safe techniques to improve flexibility.

The workshop was insightful and empowering, leaving everyone with a better understanding of their bodies.

Students highly recommend this series to anyone looking to elevate their yoga practice.



Kids Yoga Teacher Training Course

Ms. Neetu Somani
Dr. Monica Jain.



Kids yoga classes have always been a popular choice at Vyasa Yoga, offering a unique blend of fun, learning, and holistic growth for children. With our dedicated instructors and engaging curriculum, we aim to nurture young minds and bodies, helping them build a strong foundation in yoga.

Over the past weeks, our amazing students have deepened their understanding of how to engage and inspire children through yoga. With playful techniques, creative learning strategies, and a nurturing approach, they are now fully equipped to share the gift of yoga with the little ones!

A huge thank you to our dedicated teachers, Dr. Monica Jain and Ms. Neetu Somani, for guiding the students with such passion and expertise.



Yoga Instructor Certificate Course YICC



A big congratulations to all students who successfully completed the course and received their certificates. Your dedication and hard work have truly paid off!

These passionate individuals will be assisting in various yoga programs such as: Yoga for Senior Citizens, Outdoor Yoga Activities, Yoga Classes in Condominiums, Kids Yoga, and more across Singapore!

At Vyasa Yoga Singapore, we are proud to have trained over 3,000 yoga instructors and therapists in the past 25 years, shaping the future of wellness!



6 Day Yoga Retreat in Leh Ladakh

Amit Sharma

From 14th to 19th September, our group of dedicated yogis embarked on an unforgettable 6-day retreat in the breathtaking landscapes of Leh Ladakh!

Together, we explored majestic locations like Thikse Monastery, Pangong Tso, Shanti Stupa, Nubra Valley, Magnetic Hill, and the exhilarating Khardungla Pass! Amidst these serene surroundings, we practiced yoga, meditated, and connected deeply with nature and ourselves. This retreat was not just about scenic beauty, but about overcoming personal challenges. Each participant pushed their limits, adapting to the high altitudes and chilly winds, all while staying focused on their yoga practice. It was an inspiring journey of growth, mindfulness, and inner peace.

A huge thank you to Amit Sharma for guiding our journey with wisdom and positivity! We are returning refreshed, energized, and ready to take on the world!



Stop Diabetes Movement by Vyasa Yoga

Join the “Stop Diabetes Movement”
by Vyasa Yoga!

We invite you to visit our Stall B055
at Namaste Bharat, happening at Suntec
Hall 401.

Learn more about how yoga can play
a vital role in managing and preventing
diabetes, and be a part of this powerful
health movement!



Kriya Day

by Vyasa Yoga

Yoga Instructor Certificate Course (YICC) students experienced a wonderful day of learning and practice at East Coast Park, Singapore!

We began the day with Kriya practices, including Jala Neti and Sutra Neti, followed by Pranayama and Trataka to enhance focus and clarity of mind.

The session concluded with fun Yoga games, fostering unity and joy among all participants. It was an energizing and holistic experience surrounded by nature!

If you're ready to begin your journey as a yoga instructor, reach out to us for more details!



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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A circular image of a woman with dark hair in a ponytail, wearing a black sports bra, in a yoga pose. The image is framed by a thick, dark blue circular border. The text "DISCOVER YOUR POTENTIAL" is overlaid on the image in white, bold, sans-serif font.

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