

SMART YOGA

NEWSLETTER

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Happy New Year

from Vyasa Yoga and Family!

A note from Manoj ji & Ms. Shivani



We hope this newsletter finds you well as we embrace the new year of 2023. As we reflect on the past year, we are filled with gratitude for the unwavering support and resilience of our community during these challenging times. With your dedication to your practice and your trust in our teachings, we were able to thrive and grow as a studio, despite the many obstacles that came our way.

Looking ahead, we are excited to continue on this journey with you, as we set our sights on new heights of prosperity, growth, and evolution. With each new year comes new opportunities for transformation and expansion, both as individuals and as a community. We cannot wait to see what 2023 has in store for us and to share in the joys and challenges that lie ahead.

Thank you for being a part of our yoga family and for your commitment to your practice. We look forward to continuing to serve you in the new year and beyond.

With love and gratitude,
Manoj ji and Ms. Shivani

OUR BIGGEST ACHIEVEMENT IN SINGAPORE



Vyasa Yoga Singapore took second place in Best in Singapore's rating for "16 Best Yoga Classes In Singapore" for Certified and accredited yoga classes. Best in Singapore focuses on highly dependable consumer-focused reviews in the country to support smart searching. Vyasa is proud to be second in place, running Yoga Instructor Certificate Courses and Yoga Classes since 2011.

GRADUATION OF YICC BATCH 327



Congratulations to our latest graduates of the Yoga Teacher Training Course! It has been an honor to witness your transformation and growth as you delved deep into the teachings of yoga and honed your skills as teachers. Your dedication, discipline, and passion for the practice have been truly inspiring, and we are proud to welcome you into the ranks of our esteemed teaching community.

As you embark on this new chapter in your journey, know that you carry with you not only the knowledge and tools you have gained but also the spirit and energy of our supportive and nurturing community. We have no doubt that you will go on to make a positive impact on the world, one student at a time.

KRIYA YOGA WITH YOGIC GAMES

CSC Changi



We wanted to take a moment to express our heartfelt gratitude to everyone who joined us for our recent day of fun-filled activities centered around yogic games and Kriya yoga. It was wonderful to see so many of you coming together to embrace the joy, playfulness, and community spirit of yoga.

From laughter-filled partner poses to interactive games and Kriya yoga practices, it was a day filled with learning, growth, and connection. We were truly inspired by your dedication, enthusiasm, and commitment to your practice, and we hope that you left feeling energized, rejuvenated, and inspired.

UNDERSTANDING IYENGAR YOGA



Led by one of our experienced teachers, the workshop provided a deeper understanding of the alignment-focused practice, and how it can help us to access deeper states of awareness, strength, and relaxation.

Through an exploration of key Iyengar principles and postures, participants gained a deeper appreciation for the beauty and power of this practice. We were inspired by the depth of engagement and enthusiasm shown by all who attended.

WEEKDAYS BATCH 20th, 21st, 22nd Feb

WEEKENDS BATCH 25th, 26th Feb

ADVANCED CHAIR YOGA WORKSHOP



It was an inspiring workshop of exploration and learning, as participants delved deep into the many benefits and possibilities of this unique and accessible yoga practice.

Our experienced teacher guided participants through a range of advanced postures, variations, and modifications, all of which can be practiced safely and comfortably with the support of a chair. The workshop allowed participants to deepen their understanding and appreciation of chair yoga and provided a platform for growth and development in their personal practice.

WEEKDAYS BATCH 20th, 22nd, 23rd Feb

WEEKENDS BATCH 24th, 25th, 26th Feb



Amit Sharma
Certified Iyengar Teacher
20 years of yoga teaching experience



JAPA MALA MEDITATION

It was a powerful and transformative experience for all who attended, as we explored the many benefits and techniques of this ancient and powerful meditation practice.

Led by Prashantji, the workshop provided a deep dive into the principles of Japa Mala meditation, including mantra repetition, visualization, and mindfulness. Participants left feeling rejuvenated, inspired, and empowered to continue their meditation practice in their daily lives.

WEEKDAYS BATCH 23rd Feb

WEEKENDS BATCH 4th March



STICK YOGA

We want to express our heartfelt thanks to everyone who joined us for our recent Stick Yoga Workshop. It was an inspiring and informative day, as participants explored the many benefits of this unique and challenging practice.

Our experienced teacher Dr. Amit Sharma, led participants through a range of Stick Yoga postures, emphasizing the importance of proper form, alignment, and breath awareness. Participants learned how to use the stick as a tool to deepen their practice and improve their posture, balance, and strength.

Thank you for your continued support of our studio and your commitment to exploring the many possibilities of yoga. We encourage you to continue to practice with intention and attention to proper form and alignment.

WEEKDAYS BATCH 13th, 15th, 16th Feb

WEEKENDS BATCH 17th, 18th, 19th Feb



Amit Sharma

Certified Iyengar Teacher

20 years of yoga teaching experience



Love was in the air during our recent Couples Yoga workshop on Valentine's Day! It was heartwarming to see so many couples join us for an intimate and mindful yoga practice.

Our experienced teacher guided the couples through various postures and breathing exercises that deepened their connection and communication. It was a beautiful reminder of the power of love and the importance of nurturing our relationships.

We want to express our gratitude to all the couples who joined us, and we hope the workshop inspired you to continue to explore the practice of yoga together. Here's to love, connection, and the transformative power of yoga!

Date: 14th Feb



Amit Sharma

Certified Iyengar Teacher
20 years of yoga teaching experience



AYURVEDA SCIENCE OF LIFE

Understand how
ayurveda helps

Online Sessions

Understand the traditional Indian system of healing "Ayurveda", a natural system of medicine. As per Ayurveda life is sustained by mental, physical, and spiritual factors constituted by body, senses, mind & spirit.



VIVEKANANDAHEALTH™
GLOBAL

Ayurveda | Yoga | Naturopathy



Dr. Vasudha Sharma
BAMS, MSc & PhD Yoga
Co-Founder & Medical Director,
Vivekananda Health Global
Bangalore, India



Dr. Sucheta Hegde
BBAMS
Expert In Ayurveda Herbology &
Lifestyle Counselling

We are grateful for everyone who joined us for our Ayurveda Science of Life workshop a few weeks ago. It was a transformative experience that explored the ancient wisdom of Ayurveda and its practical applications in our modern lives.

Our knowledgeable Ayurveda practitioner shared insights on how to live in harmony with nature, balance our doshas, and cultivate a holistic approach to wellness. Participants learned how to create nourishing meals, use essential oils, and adopt Ayurvedic lifestyle practices for optimal health and vitality.

Date: 6th Feb

Mantra Therapy & Healing Course (Level 1)

For Yoga practitioner, Teachers & Therapist

It was an enlightening experience that delved into the transformative power of mantra chanting and sound healing.

Participants explored the science behind sound vibrations and their impact on our physical, mental, and emotional wellbeing. Our experienced teacher guided the group through various mantra chanting practices and sound therapy sessions that left everyone feeling renewed and rejuvenated.

We are grateful for the opportunity to share this ancient wisdom and healing practice with our community. Stay tuned for more events and workshops that will deepen your understanding and practice of yoga and meditation.

WEEKDAYS BATCH 27th, 28th Feb, 1st Mar

WEEKENDS BATCH 11th, 12th, 19th Mar

Smart Yogi Research Article

Smart Yoga Instructor for Guiding and Correcting Yoga Postures in Real-Time



Dr. Mohan Kishore D
Deputy Director,
Open & Digital Learning (ODL),
S-VYASA

Division of Yoga & Physical Sciences
Page 15
YOGA SUDHA Magazine
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Yoga is a form of exercise that is followed all over the world due to its physical, psychological, and spiritual advantages. People all across the world have started practicing yoga for health benefits and has gained popularity. It is important to practice yoga in the right form. Performing the wrong posture by pushing themselves beyond their flexibility limit and Practicing yoga inaccurately without proper guidance could lead to pain and added muscular problems. Yoga practitioners may find it helpful to have a trainer overseeing their performance, but there may be drawbacks such as a lack of time due to work demands or the cost of hiring an instructor for private classes.

The COVID-19 pandemic has created awareness of the health benefits of practicing yoga and has also made people apprehensive about taking personal guidance from yoga practitioners. Computer vision techniques used for yoga posture estimation and correction could be a promising solution. With the use of artificial intelligence and deep learning techniques, yoga practitioners will be able to practice yoga at their convenient place and time.

This study aims to provide a device that will act as a personal yoga instructor and practitioners can practice yoga in their comfort zone. The device is interactive and provides audio guidance to perform different yoga asanas. It makes use of a camera to take the picture of the person performing yoga. This captured pose is compared with the benchmark postures. A pre-trained deep learning model is used for the classification of different yoga postures using a standard dataset. Based on the comparison, the practitioner's posture will be corrected using a voice message to move the body parts in a certain direction. As the device performs all the operations in real-time, it has a quick response time of few seconds. Currently, this work aids the practitioners in performing five asanas, namely, Ardha Chandrasana, Tadasana, Trikonasana, Veerabhadrasana and Vrukshasana as shown in Figure 1.

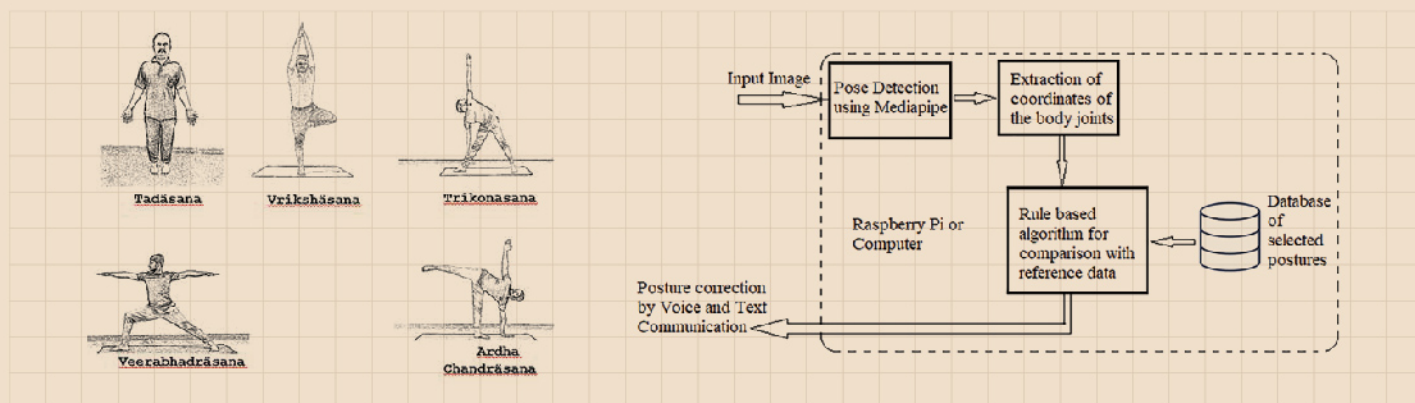


Figure 1: Shows the postures selected for study

Figure 2: Block diagram of the system

The implementation of the complete posture estimation followed by posture correction is shown in Figure 2. The image of a yoga practitioner performing an asana is captured and fed to the Media pipe architecture, a pre-trained pose estimation model that detects human postures in images or videos by extracting the Key points. A rule-based algorithm in which the input image is divided into 4 four quadrants and the key points lying within the divided quadrants were compared with standard key points. Real-time pose estimation and correction are implemented using the trained dataset. An error message is displayed if it did not match any of the pre-selected yoga postures (asana) from the database.

The implementation of human posture estimation and correction, which may be utilized successfully in the health and fitness industry, has been made feasible by technological developments in the fields of machine learning, artificial intelligence, and computer vision. Due to yoga's popularity and widespread acceptance around the world, an assistive system that can let someone practice yoga on their own without the need for a trainer has been put in place. This work implements a full pose correction system with voice aid and displays messages. This research can be developed further to include topics such as Zumba, aerobics, physiotherapy for certain medical disorders, and effectively treating a few chronic diseases.

UPCOMING

Workshops and Events



ADVANCE BACKBEND TRAINING

16 hours
Intensive Training

In this 16 hours Intensive Training, starting with simple actions, Teacher Arya will take you through engaging your key core muscles, and the traditional practice of Hatha Yoga, Mula Bandha. He will then build on these basics to take you deeper into your Backbends.

Dates: 18th, 19th, 25th, 26th March

BACKBEND YOGA WORKSHOP BY ARYA



Arya

BsC Yoga from SVYASA deemed to be University, Bangalore
Senior Yoga Instructor
200 HR | Yoga Alliance Qualified Teacher

Dr. Ram

Yoga Acharya,
Yoga Ratna,
Grand Master Dr. Ram,
with 35 years of
experience
in teaching yoga.
E-RYT 500 Yoga
Alliance - USA



ARYA

BsC Yoga from
SVYASA deemed to be
University,
Bangalore
Senior Yoga Instructor
200 HR | Yoga Alliance
Qualified Teacher

100 HRS ADVANCED YOGA

YOGA INSTRUCTOR CERTIFICATE COURSE

Dates: 5th March - 22nd April



Join these special
6 flow yoga online classes
by Ingrid
every Monday
starting 13th March
at 7 pm SGT.

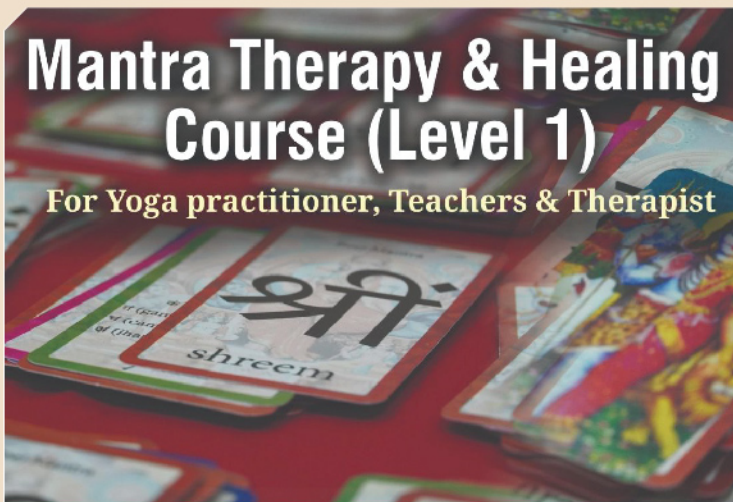
EASE YOGA FLOW WITH INGRID



Ingrid Verhagen
Senior Yoga Instructor

Mantra Therapy & Healing Course (Level 1)

For Yoga practitioner, Teachers & Therapist



WEEKDAYS BATCH 27th, 28th Feb, 1st Mar

WEEKENDS BATCH 11th, 12th, 19th Mar

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We are grateful for the opportunity to share this ancient wisdom and healing practice with our community. Stay tuned for more events and workshops that will deepen your understanding and practice of yoga and meditation.



DR. RITESH WORKSHOPS

20 Hours Workshop

**Yogasana anatomy
workshop**

**15th - 20th May
(Mon - Sat)**

Timing
9:40 am - 1 pm (or) 9 am - 1:20 pm

4 Hours Workshop

**Meditation -
simplified practice**

**19th - 20th May
(Fri - Sat)**

Timing 2 - 5 pm

**Pranayama
proficiency**

**22nd - 23rd May
(Mon - Tues)**

**Yogasana
sequencing**

**24th - 25th May
(Wed - Thurs)**

**Yogasana
adjustments**

**26th - 27th May
(Fri - Sat)**

Timing 10 am - 12 pm

2 Hours Workshop

**Assessments before &
after yoga practice**

**15th May
(Monday)**

**Injury prevention in
yoga practice**

**16th May
(Tuesday)**

**Teaching yogasana -
basic alignments**

**17th May
(Wednesday)**

**Surya Namaskar -
master the practice**

**18th May
(Thursday)**

**Anatomy of backbend
asanas**

**22nd May
(Monday)**

**Anatomy of forward
bending asanas**

**23rd May
(Tuesday)**

Anatomy of inversions

**24th May
(Wednesday)**

Anatomy of vinyasa

**25th May
(Thursday)**

**Diaphragm -
yoga muscle**

**26th May
(Friday)**

**Pelvic floor muscle
and yoga practice**

**27th May
(Saturday)**

Timing 2 - 5 pm

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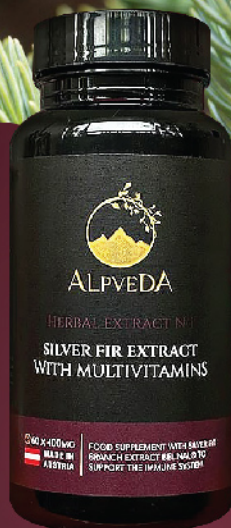
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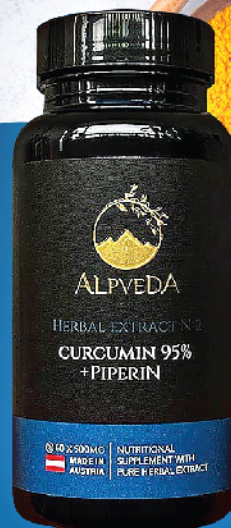
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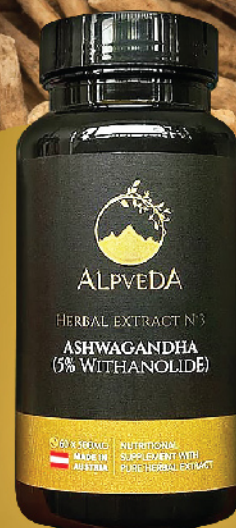
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EXTRACT CAPSULES



HERBAL EXTRACT N°3
ASHWAGANDHA
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CUSTOMIZED YOGA RETREATS HOLIDAYS AND ADVENTURE



Yoga Retreats in the Himalayas



Yoga Retreats in South East Asia



Holiday & Yoga with your family



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