

SMART YOGA

NEWSLETTER



Celebrating
**INTERNATIONAL
DAY OF YOGA**
21ST JUNE 2023

**MEET OUR
NEW TEACHER**

KRISHNA
KRISHNA
KRISHNA



Table of Contents

Contents	Page	Contents	Page
◦ Previous Activities		◦ Smart Yogi Research Article	
• A Note from Shivani Ji	02	• Simple Bhramari (Humming) as a stress buster	12
• Celebrating International Day of Yoga	02		
• Changes in Vyasa Yoga Studio	05	◦ Upcoming Workshops	
• Journey to Unlock Hips	05	• How to Use the Props	14
• Kindle Kids Yoga Session	06	• Metamorphosis	15
• Yoga for Sleeplessness & Anxiety	07	• Heal & Rejuvenate with Reiki Energy	16
• 4 Hours Meditation Workshop	07	• Effects of Emotion on Human Body	17
• Discover the Excellence of SVYASA Yoga Instructor Certificate!	08	• Wheel Yoga Certificate Course	18
• Career in Yoga Workshop	09	• Yoga Retreat in Vietnam	19
• Yoga Retreats at CSC Changi II	10		
• Runway Mom Season 7 - ZEE TV	11	◦ Advertisements	
		• Alpveda	20
		• Customized Yoga Retreats	21

A note from Shivani Ji

Dear Readers,

I would like to extend my heartfelt gratitude to each and every one of you for your unwavering support and for taking the time to read our newsletter. Your continued encouragement means the world to us.

I am thrilled to announce the resounding success of the 9th International Day of Yoga celebrations at Vyasa Yoga Singapore. Together, we welcomed over 2,000 participants from all corners of Singapore, who wholeheartedly embraced the spirit of yoga. It was truly a remarkable sight to witness our yoga community coming together for this special occasion. With more than 40 events held between 4th and 25th June 2023, our participants immersed themselves in the transformative power of yoga at esteemed venues like Bank of America, DPS International School, and various Singapore Community Centers.

At Vyasa Yoga, our commitment to sharing the profound wisdom and benefits of yoga remains unwavering. We take great pride in our contributions to the world of yoga, fostering a community that embraces this ancient practice with open hearts and minds. Together, we are making a positive impact and spreading the light of yoga to individuals across Singapore.

Once again, I express my deepest gratitude to all the participants, teachers, and supporters who made the 9th International Day of Yoga a resounding success. Let us continue on this journey of self-discovery, growth, and unity through the practice of yoga.



With warm regards,
Ms. Shivani

Senior Lead Instructor and Director, Vyasa Yoga Singapore



Celebrating
**INTERNATIONAL
DAY OF YOGA**
21ST JUNE 2023

We are thrilled to share the incredible success of the 9th International Day of Yoga celebration here at Vyasa Yoga Singapore. It was a truly remarkable event that brought together **over 2,000 participants over 40 events with the help of over 50 instructors & volunteers** from all corners of our beautiful city-state, showcasing the immense love for yoga that exists within our community.



From 4th June to 25th June 2023, we hosted a diverse range of over **40 events** in various sectors. In the corporate sector, we celebrated Bank of America, Becton Dickinson Holdings, Veolia Water Technologies, Amity Business Institute and more!

Community centers bring everyone together and through the unifying power of yoga, we celebrated in several Community clubs such as Choa Chu Kang CC, West Coast CC, Kreta Ayer CC, Sengkang CC, Yuhua CC.





We also celebrated in various passion Wave venues such as Marina Bay, Sembawang, Jurong Lake, Holy Tree Temple Yishun, along with other organizations such as Arya Samaj & ICAI -SG (The institute of Chartered Accountants of India -SG)

These events provided our participants with unique opportunities to immerse themselves in the practice and explore the various dimensions of yoga.

Over 50 instructors & volunteers led engaging sessions and insightful workshops, allowing participants to deepen their understanding of different yoga styles and embrace the transformative power of this ancient practice.

We extend our deepest gratitude to all the participants, sponsors, and partners who played an integral role in making these events a resounding success. Your unwavering support and enthusiasm were instrumental in creating a truly memorable International Day of Yoga.

As we continue on our journey to spread the magic of yoga, we invite you to stay connected with Vyasa Yoga Singapore for updates on our upcoming events, workshops, and classes. Together, let's cultivate health, peace, and harmony through the practice of yoga.



CHANGES IN VYASA YOGA STUDIO



Exciting news! Our studio has undergone a transformation with renovation and exciting changes have been made! We have expanded our studio room to accommodate more students, providing ample space for everyone to practice yoga comfortably. The renovation has allowed us to create a more spacious and inviting environment, enhancing the overall yoga experience at Vyasa Yoga Singapore.



Journey to **UNLOCK HIPS**

Arya

26th - 30th June

Our "Journey to Unlock Hips" workshop was a transformative 20-hour training dedicated to hip opening. This immersive workshop provided participants with a deep understanding of the hips' anatomy and explored various techniques and practices to unlock tightness and restrictions in this area.



KINDLE KIDS

YOGA SESSION

26th May



We are thrilled to share the success of our recent Kindle Kids Yoga session, which took place on 26th May. It was a joyful and energetic event where 30 enthusiastic kids joined us for a fun-filled yoga experience. Led by our experienced instructors, the session incorporated playful yoga poses, interactive games, and breathing exercises specially designed for children. The kids had a fantastic time exploring movement, building strength, and enhancing their flexibility. We are grateful to all the parents and children who participated in making this event a memorable one.



YOGA FOR SLEEPLESSNESS & ANXIETY

The "Sleeplessness & Anxiety" training workshop had great success. This transformative session provided practical tools and techniques to combat sleeplessness and manage anxiety effectively. Participants gained valuable insights and strategies to promote restful sleep and cultivate inner calm.

Dr. Ritesh Patel

26th May

4 HOURS MEDITATION WORKSHOP

This transformative 4-hour Meditation workshop led by Dr. Ritesh Patel helped students discover the profound benefits of meditation as they delved into various techniques and practices to cultivate inner peace and mindfulness.

Dr. Ritesh Patel

19th & 20th May





Discover the Excellence of SVYASA Yoga Instructor Certificate!

**Are you considering a yoga certification
but unsure which path to choose?**
Let us show you why SVYASA Yoga University
stands out from the rest and why you should opt
for our Yoga Instructor Certificate program:

Scientific Foundation

Unlike other yoga certifications, SVYASA Yoga University integrates ancient wisdom with modern scientific research, offering a comprehensive and evidence-based approach to yoga.

Experienced Faculty

Learn from our esteemed faculty members who are not only passionate about yoga but also have years of experience and expertise in their respective fields, ensuring a rich and authentic learning experience.

Personalized Attention

Experience personalized guidance and mentorship throughout your journey, ensuring that you receive individualized support and attention to enhance your learning and growth.

Global Opportunities

Our certification opens doors to global opportunities, enabling you to pursue a fulfilling career as a yoga instructor anywhere in the world.

Holistic Curriculum

Our program goes beyond the physical aspects of yoga, delving deep into yoga philosophy, meditation, pranayama, and therapeutic applications, providing a well-rounded and holistic understanding of the practice.

Recognized Accreditation

VYASA Yoga University holds international recognition and accreditation, providing you with a reputable certification that is respected worldwide.

Focus on Research

SVYASA Yoga University is renowned for its extensive research in yoga and its therapeutic applications, allowing you to stay updated with the latest advancements in the field.

स्वामी विवेकानन्द योग अनुसंधान संस्थान
SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
S-VYASA UNIVERSITY || ಎಸ್-ವ್ಯಾಸ ವಿಶ್ವವಿದ್ಯಾಲಯ

Don't settle for an ordinary yoga certification when you can choose SVYASA Yoga University for an extraordinary learning experience. Join us and embark on a transformative journey of knowledge, self-discovery, and personal growth.



We thank everyone who joined us for our recent Career in Yoga workshop! Dr. Ritesh Patel shared valuable insights and tips on how to pursue a career in Yoga, covering everything from marketing and business skills to the ethics and boundaries of teaching. We hope all attendees gained new knowledge and inspiration to take their Yoga journey to the next level!



Career in yoga Workshop

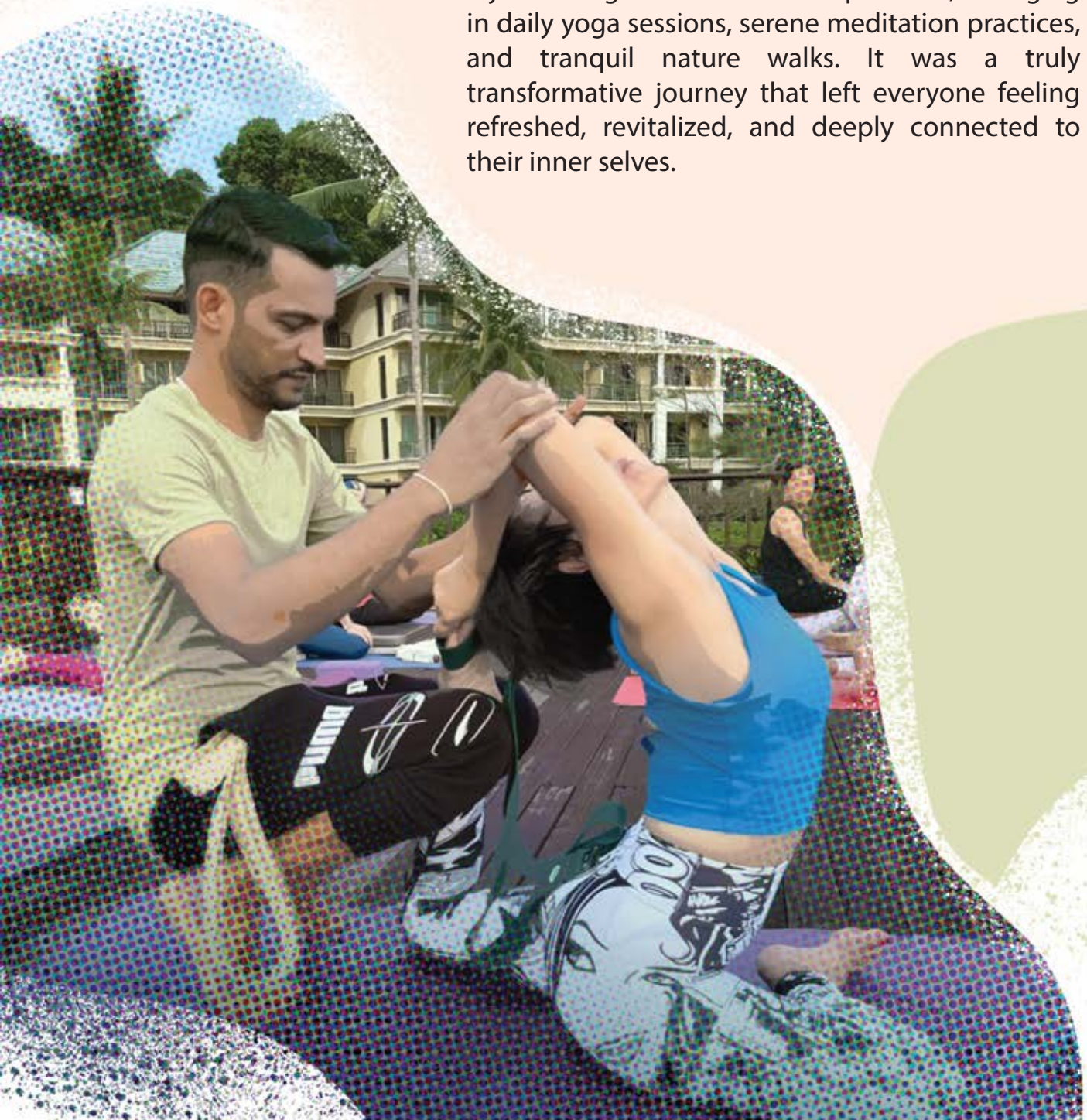


YOGA RETREAT AT CSC CHANGI II

Arya

2nd, 3rd, 4th June

We are thrilled to share the success of our yoga retreat at CSC Changi II. Participants enjoyed a rejuvenating and immersive experience, indulging in daily yoga sessions, serene meditation practices, and tranquil nature walks. It was a truly transformative journey that left everyone feeling refreshed, revitalized, and deeply connected to their inner selves.





RUNWAY MOM ZEE TV

In a partnership with Dream Catchers & Zee TV for Runway Mom Season-7, Vyasa Yoga and Dansation Fitness curated a class for Runway Moms and Models who enjoyed a Yoga & Zumba session at Tanjong Rhu! The models had a fulfilled Yoga Class connecting with their body and understanding their health & wellness better.



SEASON 7

SIMPLE BHRAMARI (HUMMING) AS A STRESS BUSTER

A recent publication in Cureus

(Pubmed Central Indexed Journal that is part of Springer Nature)



National Library of Medicine
National Center for Biotechnology Information



Gunjan Y Trivedi led this work with cardiologist Dr Kamal Sharma, diabetologist Dr Banshi Saboo, community medicine expert Dr S Kathirvel, and team.

Main author

Gunjan Y Trivedi

Ph.D., Society for Energy & Emotions,
Wellness Space, Ahmedabad, IND

Other author

- **Dr Kamal Sharma** - Cardiologist, Dr Kamal Sharma Cardiology Clinic, Ahmedabad, IND.
- **Dr Banshi Saboo** - Ph.D. (Department of Endocrinology, Diabetes Care & Hormone Clinic, Ahmedabad, IND.)
- **Dr S Kathirvel** - Community Medicine, Postgraduate Institute of Medical Education and Research, Chandigarh, IND. And more

Synopsis

This work was one of a series of experiments to understand the positive influence of Simple Bhramari Pranayama (no mudra) on HRV (Heart Rate Variability). Regular daily practice of Bhramari provides long-term benefits for cardiovascular benefits, incl. lowering pulse and blood pressure, lung function, cognitive function, improving sleep quality, and mental health. However, its role in stress management has not been studied extensively, especially with physiological stress measurement.

The study explored the changes in HRV during several activities (emotional stress, physical activity, sleep), including simple Bhramari, by attaching a Holter device to 23 participants for several hours during the day and the night. Participants noted these activities, and an independent analysis was done to match the activities' HRV data for each participant with their notes.



The findings are highlighted below

- Simple Bhramari (Humming) generates the lowest stress index compared to all three other activities (physical activity, emotional stress, and sleep). Hence, Bhramari can be done several times daily to lower stress levels!
- Several HRV parameters indicated that humming generates better HRV signals, indicating that long-term, Bhramari can help enhance the balance of the autonomic nervous system. Daily humming can help enhance the parasympathetic nervous system and slow down sympathetic activation.

Link for full article

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10182780>

Citation

Trivedi, G., Sharma, K., Saboo, B., Kathirvel, S., Konat, A., Zapadia, V., Prajapati, P. J., Benani, U., Patel, K., & Shah, S. (2023).

Humming (Simple Bhramari Pranayama) as a Stress Buster: A Holter-Based Study to Analyze Heart Rate Variability (HRV) Parameters During Bhramari, Physical Activity, Emotional Stress, and Sleep.

Cureus, 15(4), e37527.

<https://doi.org/10.7759/cureus.37527>

Implications for Yoga Instructors

1. Many individuals cannot continue Bhramari practice for long due to the compulsion to keep the mudra. While mudra adds to the depth (and hence the benefits) of Bhramari, for individuals to do longer practice, simple Bhramari can be very beneficial. Generally, several practices (each at least 5 mins) daily can provide several benefits, including reduced stress and improved autonomic nervous system.
2. Simple Bhramari benefits from this research can be extended to "OM" chanting or any mantra chanting where the addition of positive emotions can be even more powerful.
3. Please be wary of the length of inhalation and exhalation. Many individuals are not able to extend the exhalation too long and, in such cases, encourage them to do what they can (more on this in the subsequent research)

UPCOMING WORKSHOPS

VyasaYOGA
Singapore



The Art of Working with Yoga Props

Weekday Batch

18th & 20th

July 2023

10:30 am - 1:30 pm

Weekend Batch

23rd & 24th

July 2023

1:30 - 4:30 pm

Workshop by
Senior Yoga Instructor Krishna Mohan

Fee

S\$188

early bird till 30th June
Regular price - S\$208

Contact Us 

96262425, 98606488

UPCOMING WORKSHOPS

METAMORPHOSIS



Transform into
your best self by
attending this
Yoga Workshop.

**28TH
JULY
2023**

10 AM - 2 PM

- ❶ Assess yourself in different phases of your health.
- ❷ Learn the tools to manage and explore your inner potential.
- ❸ Realise the power of hour, everyday, where you can become your own master.



Master your physical, mental, social, emotional, spiritual and professional self through yogic and therapeutic techniques.



Dr. Monica Jain

20 yr. Experience in
Patient Care.
Counsellor & Art Therapist

Early bird discount available until 20th July! [Book Now!](#)



WhatsApp:
9626 2425, 9860 6488



Website:
www.vyasingapore.com

UPCOMING WORKSHOPS

VyasaYOGA
Singapore



Heal & Rejuvenate with Reiki Energy

3 hours workshop

An introductory workshop
to know and experience
healing powers of Reiki.

30th July
2:00 - 5:00 pm

Join Now!



Nitika Trehan
Reiki Master Healer
Level Three in The Usui
System of Reiki

Gift yourself
the break you deserve.

Benefits of workshop

- De-stress and energize your body
- Calm, relaxed body and mind
- Enhance clarity and concentration
- Rejuvenate body, mind and soul and many more....

Contact Us 

96262425, 98606488

UPCOMING WORKSHOPS

VyasaYOGA
Singapore



EFFECTS OF **EMOTION** ON HUMAN BODY

by Dr Monica Jain



Dr. Monica Jain

20 yr. Experience
in Patient Care.
Counsellor &
Art Therapist

- Do you often have headache?
- Do you always feel angry?
- Are you struggling to cope up with your daily routine?

20TH AUGUST 2023

1 PM - 5 PM

Early bird discount available for first 8 participants! **Book Now!**



WhatsApp:
9626 2425, 9860 6488



Website:
www.vyasasingapore.com

UPCOMING WORKSHOPS

VyasaYOGA
Singapore



WHEEL YOGA CERTIFICATE COURSE



Date & Time

30th Sep to 22nd Oct
1:30 pm - 4:00 pm



Dr. Ram

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



Contact Us 

96262425, 98606488

UPCOMING
WORKSHOPS



YOGA RETREAT
IN **VIETNAM!**

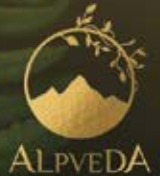


ALPVEDA

Exclusively distributed by
Vyasa Yoga Singapore

Essential Oil The Range

Exclusively distributed by
VyasaYOGA
Singapore



Essential Oil N°1
CARDAMOM



Essential Oil N°2
HOLY
BASIL
BLEND



Essential Oil N°3
PEPPERMINT



HERBAL EXTRACT N°1
SILVER FIR
EXTRACT CAPSULES



HERBAL EXTRACT N°2
CURCUMIN
BLACK PEPPER
EXTRACT CAPSULES



HERBAL EXTRACT N°3
ASHWAGANDHA
EXTRACT CAPSULES

CUSTOMIZED YOGA RETREATS

Holidays and Adventure



Yoga Retreats in the Himalayas



Yoga Retreats in South East Asia



Holiday & Yoga with your family



Incredible Odyssey Pte Ltd

Email:
tours@incredibleodyssey.com - TA 2478

WhatsApp:
+65 9180 8379