

YOGA BY THE SEA 2010

Saturday 23 October 2010

Time	Workshop	Duration	Yoga Programme	Programme Description	Instructor/Yoga Centre
0900 - 1030	Workshop One	1 hr 30 min	Yoga for Asthma & Nasal Allergy	<p>We see an increasing number of population in Singapore developing nasal allergies, sinus problems and breathing problems such as asthma, most likely due to our environment, stress and diet. Many sufferers tend to just live with the problems or use chemical aids to relief their symptoms. We feel that this would be a good workshop to share with participants on how yoga can help with these problems.</p> <p>Participants will learn the various breathing exercises, loosening exercises, relaxation techniques, poses, pranayama, meditation and cleansing techniques that are beneficial for people with asthma and nasal allergies.</p>	<p>Manoj Thakur/OM Shiva Yoga</p> <p>The Yoga Master Mr. Manoj Thakur , Masters in Yogic Sciences (M.Sc.yoga) has been teaching yoga for the past 19 years. He has been in charge of the Singapore Centre of world famous Vivekananda Yoga University Bangalore, India since September, 2003. He has conducted the "Yoga Instructor Certificate Course" in Singapore for many years and trained more than 400 Yoga Instructors. Manoji (as we all call him) is a very experienced yoga therapist who has worked in MDS University, Ajmer, Rajasthan, India (Indian Government University), and Cancer Hospital and Research Centre Gwalior, India.</p> <p>Manoji is specialised in treating various psychosomatic ailments such as Asthma, High BP, Back Pain, Anxiety & Depression, Arthritis, Diabetes, Digestive disorders, Obesity etc. ,through Yoga therapy and Meditation. He has also done many workshops for corporate companies teaching "Stress Management" to the employees.</p>
1030 - 1100	Break	30 min			
1100 - 1230	Workshop Two	1 hr 30 min	Yogascension - Evolution through asana	<p>Yoga practice has one purpose...Samadhi or Ascension. Ascension is the process of evolving into your higher Self; increasing your vibration; learning to hold more Light in the body. To accomplish this, you must let go of density.</p> <p>Density is held in the body as old ideas, traumas and emotions. Density has been called many things throughout time: karma, sin, toxins and disease to name a few.</p> <p>Gaia, or Mother Earth is going through Her Ascension right now, and human beings must go through it with her.</p> <p>Your asana practice is an amazing tool, and its main purpose in bringing attention to the body, infusing it with the intention to heal, and removing physical and energetic tensions from it. When done with focus, asana can begin to open you to your highest potential. Our dormant DNA will activate, and we will begin to attract the things we desire in life. We will rid ourselves of disease and disappointment. Asana practiced for the sake of exercise is nothing more than a workout for the ego.</p>	<p>Jamison Shults/Wasabi Yoga</p> <p>Jamison Shults is Director of Wellness Programs at Wasabi Yoga Studio in Singapore. He has been teaching and practicing yoga and bodywork for more than ten years. He is certified in ayurveda and initiated into the Medicine Buddha practice of energy healing and reiki. He has conducted over three thousand hours of classes, workshops and retreats in the U.S.A, Sweden, Costa Rica, South Africa, Indonesia, Malaysia, Thailand and India. He became a teacher of yoga in Colorado, studied advanced yoga in Costa Rica, learned massage in Colorado, and ayurveda in India. He practices and teaches yoga and wellness with the intention of spreading more Light throughout the world. "We are heading into amazing times. Get ready or be left behind."</p>
1230 - 1245	Break	15 min			
1245 - 1345	Workshop Three	1 hr		H.om Yoga	
1345 - 1400	Break	15 min			
1400 - 1530	Workshop Four	1 hr 30 min	Yoga Therapy for Common Ailments	<p>Yoga Therapy for Common Ailments workshop is specially designed to counter common problems area like back pain, stiff neck and shoulders. As modern comforts have facilitated life, the result has been that our body has become lazy; joints and muscles have lost movement, power and growth are rendered inefficient. Increase your knowledge and learn how to use yoga therapy to plough the inner body and stimulate the necessary supply of bio-energy and to irrigate each area of the body for efficient functioning. A comprehensive workshop that helps to build a firm foundation on yoga therapy and its function.</p>	<p>Riana A. Singgih/Iyengar Yoga</p> <p>Armed with a Master's of Science degree in Business Administration, 40 year old Riana began her path as a Iyengar teacher from 1995. Under the mentorship of the Founder of Iyengar Yoga, Riana sharpened her knowledge and experience in Iyengar Yoga. Today, she is a fully qualified Iyengar Yoga teacher with 19 years of training. In pursuant to her passion and dedication to Iyengar Yoga, Riana continues to visit the Ramamani Iyengar Memorial Yoga Institute, in Pune India every year to learn and further deepen her knowledge of Iyengar Yoga with Guruji B.K.S Iyengar and his children Geeta and Parshant Iyengar.</p> <p>Said Riana, " I started to teach because I was moved by the work of B.K.S Iyengar, by how he has touched and helped so many people through his teachings, I feel lucky to have met and learned from him and want to share the knowledge to others so others too can enjoy the benefits of Iyengar Yoga. Subsequently, she hopes to use Singapore as a springboard to spread Iyengar Yoga to the rest of South East Asia and develop a strong following of Iyengar Yoga practitioners, committed in practicing Yoga for their well being.</p> <p>Riana is also the chairperson for the Iyengar Yoga Association of South East & East Asia (IYASEEA) which was officially formed in May 2009. The countries included in this Association are Indonesia, Singapore, Philippines, Malaysia, Thailand, Brunei, Myanmar, Cambodia, Laos, Vietnam, Hong Kong and Macau. " The purpose of this Association is to propagate the true teachings of our Guruji B.K.S.Iyengar and also to provide a healthy environment for Iyengar yoga to grow in this vast and rapidly growing region of Asia". Said Riana who owns 2 centres, one in Singapore and one in Jakarta, Indonesia.</p>
1530 - 1545	Break	15 min			

1545 - 1700	Workshop Five	1 hr 15min	Yoga Horizon - Connecting the body and mind	<p>The emphasis of Yoga Horizon lies in synchronizing both physical and mental focus. This helps to increase one's awareness of both body and mind. Participants will perform various side bends, rotations, back and forward bends in this workshop to achieve maximum benefits. Suitable for beginners.</p> <p>Benefits:</p> <ul style="list-style-type: none"> - Relaxes the muscles - Balances the glands - Strengthens the nervous system - Promotes overall well-being 	<p>Master Mohankumar Rajaraman/True Yoga</p> <p>Mohankumar specialises in Kundalini and Hatha Yoga and has a Post Graduate Diploma in Yoga from Annamalai University in India. He also completed a Master Course in Kundalini Yoga and Meditation from the World Community Service Centre. In addition to being a Yoga instructor, Mohankumar is a qualified Physiotherapist equipped with a Master of Physiotherapy (Orthopaedics) from KMCH College of Physiotherapy.</p> <p>His job experiences include being a full-time Yoga instructor and therapist at the Kovai Medical Centre and Hospital and as a part-time Yoga instructor and Senior Physiotherapist for the sports team at Dr. NGP Arts and Science College in Tamil Nadu, India.</p> <p>He hopes to impart his years of expertise in Kundalini and Hatha Yoga to fellow Yoga practitioners and share with them the benefits of Yoga.</p> <p>Mohankumar teaches Hatha Yoga, Gentle Yoga, Hot Yoga, Yoga Therapy, Pre-natal Yoga, Asanas & Pranayama, Kundalini Yoga and the Sun Salutation Series.</p>
1700 - 1730	Performance	30 min	Hatha Yoga	<p>Hatha Yoga is the most ancient, complete and popular system of yoga for mental and physical health. "Ha" means sun and "tha" means moon in Sanskrit, hence Hatha Yoga places a lot of emphasis on balancing opposites. It is also the foundation for some other yoga forms, making it is a good starting platform for beginners. With its focus on Asanas (the postures) and Pranayamas (breathing techniques), Hatha Yoga is a science of breathing, purification and synchronization on the physical and mental dimensions. Today, True Yoga is pleased to present you a short performance on Hatha Yoga, by Master Sudhir Singh Nameirakpam.</p>	<p>Master Sudhir Singh Nameirakpam/True Yoga</p> <p>Sudhir graduated from the established Swami Vivekananda Yoga Anusandhana Samsthana University (SVYASA) with a Master of Science in Yoga, and is a certified Yoga instructor by the Vivekananda Yoga Maharidyapeetham University (VYOMA).</p> <p>Specializing in Yoga Therapy, he was an Assistant Yoga Instructor at Prashanti Kuteeram, an internationally reputed Yoga therapy centre that treats patients with psychological and psychosomatic ailments. His work involved conducting physical examinations and recommending treatments to patients, using a combination of yogasanas, pranayamas and meditation, strengthening his beliefs that Yoga helps one to achieve peace of mind and harmony with the body. Sudhir has also worked as a Senior Yoga Therapist at SVYASA and as a Yoga Instructor at the Chisel Company in Bangalore, providing home-visit Yoga Therapy classes.</p> <p>Now, at True Yoga, he teaches Yoga Therapy, Pranayama & Meditation, Hatha Yoga, Hot Yoga, Gentle Yoga and the Sun Salutation Series.</p>
1730 - 1845	Mass Workout One	1 hr 15 min	Sun Salutation	<p>Sun salutation is the basic series of hatha postures to develop the intention and condition the brain so that the practitioner can prepare the mind and body for higher experiences. It is a positive motivation with progressive overload on the mind and body, developing qualities like will power, confidence, courage, and clarity of thoughts. Sun is characterized as hard, fast, solid, dry, focused, hot, and aggressive. It is associated with masculinity and daytime. It may be considered as a preliminary or prerequisite to go deeper into yogic way of life.</p> <p>One can achieve deeper cosmic connection and internalisation of one's own awareness with regular practice in the prescribed manner. The flow is designed in a manner to give the practitioner confidence and challenge his ability in a progressive manner so that he or she can successfully transcend to the next level and set new threshold every time. Sun Salutation helps in developing body strength, stamina, flexibility in removing sluggishness of mind, and also habits like procrastination. In addition, it reduces stress and chronic fatigue.</p>	<p>Multiple Instructors (TBC)</p>
1845 - 1900	Break	15 min	Yoga Performance 2		

1900 - 2015	Mass Workout Two	1 hr 15min	Moon Salutation	<p>The Moon Salutation was created with the goal and intention to honour women's body and women's rhythm while also complementing the Sun Salutation. Women are considered to be a sea of emotions. They draw their inspiration, motivation and energy directly from their intuitive and creative part of the brain, and the Moon Salutation helps them with just that- tapping into their intuitive potentials and using their emotions as a tool rather than a weakness.</p> <p>Moon usually characterized as slow, soft, insubstantial, diffuse, cold, wet, and tranquil. It is generally associated with the feminine, birth and generation, and with the night.</p> <p>For some women during menstruation and menopause, the more familiar Sun Salutation is too stimulating for the nervous system, and should be practiced gently or not at all. During pregnancy, several of its postures are contraindicated, as they could injure either foetus or mother. In contrast, the Moon Salutation cools and calms the nervous system, and includes several of the most beneficial postures for menstruation, pregnancy, and menopause.</p> <p>Men on the other hand, also benefit out of practicing the Moon Salutation because it is such a powerful psychological and spiritual counterbalance to the Sun Salutation. While the Sun Salutation personifies the hero's journey-stepping forward to face life's challenges, the Moon Salutation personifies the journey of descent, sinking into the depths to discover one's creativity, the process of literal or metaphoric birth.</p> <p>Moon Salutation helps in calming down irritable mind, straightening out the kinks in one's personality, saving the practitioner from being over-ambitious to the point that he goes on self-destructive path and to appreciate life in all the different shades.</p>	Multiple instructors (TBC)
2015	End		End of Day 1 Program	Sunday 24 October 2010	
0900 - 1030	Workshop Six	1 hr 30 min	Breath and Movement, Safety and Alignment in Yoga	<p>To understand the correct body positioning in yoga poses is vital to avoid injury and produce long term beneficial results.</p> <p>During the workshop we will start from basics and discover the stability and strength of the asana (pose). Combining this with correct breathing to stimulate energy in the body, we can create greater lengthening, opening and harmony of body, breath and mind. Finding the union that is Yoga the class is suitable for beginners and experienced practitioners.</p>	<p>Don Peers/Yoga Space</p> <p>Don Peers has been practicing Yoga since 1993. In 2000 he finished a 3-year teacher-training program at Yoga Synergy Australia. Don has lived in India, studying: Pranayama, Kriya, Meditation, Samkhya, Yoga Darshan and Vedanta with Swami Dayananda, Swami Anubhavanada and at the Ramakrishna Math Chennai.</p> <p>He currently studies with Sri Sraddhalu Ranade at the Sri Aurobindo Ashram Pondicherry India. He believes yoga is an inward journey, how we undertake that journey is as important as the final destination.</p>
1030 - 1100	Break	30 min			
1100 - 1230	Workshop Seven	1 hr 30 min	Breathing Techniques For Inner Calmness	<p>The workshop will mainly focus on yoga breathing exercise and techniques. Students will be taught on various 'pranakriya' (breathing exercise). The Guru will demonstrate each technique and explains its benefits before leading the whole group to do the exercise. Some of the benefits are to control high blood pressure, asthma, heart problem, stress management, etc. These breathing techniques are simple and easy to do. Our Guru conceived this program for all age group. Children and Senior Citizens are welcome to join.</p>	<p>Satguru Satish Seelan/Naturopathy Yoga</p> <p>Sri Satguru Satish Seelan started learning yoga from his late father, P Sathiseelan was a famous Yoga Guru and Master when he was 5 years old. By the age of 16, Satguru became a master and started teaching yoga. By the age of 20, he was proclaimed a Guru. Since then, he has been conducting Yoga Camps in various States in India.</p> <p>He is also knowledgeable in Ayurvedic medicine and herbal remedies for curing chronic diseases. His proficiency in all these sciences makes him one of the rare young gurus of our times.</p> <p>Today, being a Yoga Master and consultant in Astro-Yoga for health and healing, Vedic Astrology, Vaasthu Shastra (Geomancy) and Naturopathy, he combines his knowledge in all these sciences to help people live a healthy, happy, peaceful and fuller life.</p>
1230 - 1245	Break	15 min			

1245 - 1345	Workshop Eight	1 hr	Yoga Alignment	Yoga Alignment, the right technique of doing asana with the proper alignment in order to get better benefit from the asana, in which the body should be positioned in each yoga pose in order to attain the maximum benefit from the pose and avoid injury.	<p>Master Saumik Bera/Real Yoga</p> <p>Master Saumik Bera started learning yoga at the young age of 5 and to date has been practicing yoga for more than 20 years.</p> <p>Master Saumik has completed and won many prestigious championship award. He was also recognize and honored as the best Asian Yoga Teacher in Artistic Yoga during the World Cup Championship in 2007.</p> <p>Master Saumik holds a master degree in yoga and teaches yoga for all level. His specialization lies in the alignment of yoga postures.</p> <p>He is a great Yoga Master and Mentor to many yoga teachers as he nurtured a number of Yoga Instructors who are currently successfully teaching in singapore.</p>
1345 - 1400	Break	15 min			
1400 - 1530	Workshop Nine	1 hr 30 min	Yoga Dance Flow	<p>Yoga Dance is a continuous and graceful movements inspired by the Five Elements as manifested through the movement and energy. It is a dance tradition including, ballet, contemporary dance, Indian classical dance and martial arts manipulations.</p> <p>Its aim is to transforms one's life force energy into greater inner power, flexibility and it is designed to stimulate the energy within the individual body selves . In short this is a fun class and yet rewarding.</p>	<p>Master Saumik Bera/Real Yoga</p> <p>(Please refer to the above)</p>
1530 - 1600	Break	30 min			
1600 - 1730	Workshop Ten	1 hr 30 min	Yoga Rendezvous - A Yoga Gathering	<p>With Hatha Yoga forming the basis of this workshop, participants can expect to learn the ancient techniques of asanas (postures), pranayama (breathing), mudras (gestures), bandhas (locks), kriyas (cleansing) for good health, longevity and for self-realization. Suitable for beginners.</p> <p>Benefits:</p> <ul style="list-style-type: none"> - Strengthen the internal organs and glands - Improves flexibility - Improves posture - Promotes overall well-being 	<p>Master Mohankumar Rajaraman/True Yoga</p> <p>(Please refer to the above)</p>
1730 - 1845	Replacement for Mass Workout	1 hr 15 min	*will only take place if Mass Workouts are cancelled on Saturday 23 October 2010		
1845 - 1900	Break	15 min			
1900 - 2015	Replacement for Mass Workout	1 hr 15 min	*will only take place if Mass Workouts are cancelled on Saturday 23 October 2010		
2015	End		End of Day 2 Program		