



# asiaSpa

may/june 2008

the yoga issue

YOGA 101

ASIA'S TOP YOGA GURUS

BEYOND YOGA WITH ANA FORREST

BECOMING AN INSTRUCTOR

writer louise renwick

# top yogagurus in southeast asia

Great teachers have the power to instill passion, whatever the subject, and in yoga it is no different. We all remember the great teachers in our lives, and practicing with a yoga teacher you really resonate with transforms what could be seen as simply a workout into totally inspiring territory. It may well take you more than a couple of sessions to find the class that really grabs you, so here we highlight some of Southeast Asia's most inspirational teachers to get you started.

While some globetrotting teachers have spread their yoga toes further than others, sharing their knowledge and vision and making a name for themselves at the same time, many have been silently and deftly doing their work out of the public eye. No attempts can be made to crown someone as the best or most influential person in yoga's egoless community – elitism is not a yogic concept. With a heartfelt thank you to the great yogis instrumental in forming and shaping this great Indian philosophy, we have been fortunate to find these gems scattered across the region thanks to recommendations from students, friends and other teachers.



## PATRICK OANCIA DIRECTOR OF YOGAJAYA, TOKYO

Patrick has made it his mission as a teacher, teachers' trainer, and yoga studio director to spread the message of yoga in its true open, non-dogmatic and non-competitive origins. Dynamic classes lean towards encouraging students' personal responsibility to practice, understanding that what identifies an advanced practitioner is being aware of when to push and when to take a step back and do less with one's physical ability. Many people have been collectively responsible for the spread of yoga in Japan where he believes it is only in the last five years that it has become popular for ritual practice or as a lifestyle enhancer. His studio YogaJaya has brought acclaimed and diverse teachers to Japan, hosting over 100 specialised workshops in the last four years, including teacher training and various events, in the hope of promoting the integrity and diversity of yoga.

[www.yogajaya.com](http://www.yogajaya.com)