

vibrations



TOKYO

New to Tokyo, is YogaJaya Tokyo, offering a progressive open approach to yoga, while respecting all traditions. All teachers at YogaJaya have their own unique styles but conduct their sessions in a relaxed, comfortable and non-competitive environment. Director Patrick Oancia picked the name "YogaJaya" (in Sanskrit meaning "Union vanquishes") in order to focus on the way that yoga has helped him overcome and then move beyond the limiting factors of his own life. He regularly invites top international teachers of different styles and backgrounds to visit and teach in Tokyo. Such workshops will be conducted primarily in English, but with Japanese interpreters. Upcoming workshops include; 8/2005: Louisa Sear, 8/2005: Yoga Arts Level 1 formal teacher training (200hr Yoga Alliance Accredited), 10/2005: David Swenson, and 12/2005: Lance Schuler. YogaJaya also posts information online about different yoga and non-yoga related events that will take place in Tokyo and internationally. Through this forum YogaJaya would like to connect people to build an integrated community.
www.yogajaya.com

▶ HONG KONG

'A PASSION FOR YOGA' is the name for an International Yoga Event being held at The Oriental Spa at The Landmark Mandarin Oriental from September 9-11, 2005. This is an event for yoga practitioners of various disciplines to come and share and practise with each other. Some of the world's most influential yoga teachers will gather here and this includes Sharath Rangaswami, the world's most advanced Ashtanga Yoga practitioner from the Ashtanga Yoga Research Institute in Mysore, India, and Rajiv Chanchani, a senior Iyengar Yoga teacher who was responsible for bringing Yoga into the Indian education system among others.
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◀ SINGAPORE

Singapore's spiritual store extends its premises and opens Whatever Concept Store & Whatever Lounge together with the launch of super-model Christy Turlington's yoga apparel and accessories, as well as a host of new products & wellness brands including Aromatherapy Associates, Judith White, to.be, Numi, Uspa, Vaatsu and ErbaViva. Taking wellness to a new and fun level, the Whatever 'Lounge' is the place to rest and take a beer or glass of champagne after a dynamic Ashtanga yoga class or at the very least, splurge on sugar-free cakes and macrobiotic-style dishes.
www.whatever.com.sg

Ashtanga Singapore (previously Ashtanga Singapore at Breathe Studio), has not only shifted premises but also focussed by returning to their roots to offer only Ashtanga yoga. All the teachers are direct students of either Pathabhi Jois or Sharath Rangaswamy, his grandson, and it is this tradition or lineage of teaching that is continued. "We are re-creating a space for people to breathe, move and practise and to experience their bodies in a way that is at once challenging, nurturing and empowering," says teacher Valerie Lee.
www.breathe-sanctuary.com.sg

