



OCTOBER, 2020  
VOL 01, ISSUE 01

# NEWSLETTER

## MESSAGE FROM GURUJI



My dear Brothers and Sisters of AYTA,

We bring greetings to all of you from SVYASA university campus Prashanti Kutiram, a scenic campus of natural beauty. Now after many

months of close down, we have opened up our Arogyadhama, a 400 beds Research health home called VASHI (Vasishtha School of Health Integration).

An individual's growth reflects the country's growth. In the race to accomplish comprehensive development, one's health is always the most affected one. Yoga, the most accepted trend in today's lifestyle isn't just about postures or meditation. It is a way of life. A firm belief in this traditional knowledge, reforms an individual into a holistic personality. Yoga Therapy is most effective for prevention, promotion of positive health, and treatment of modern NCDs

Through Asian Yoga Therapy Association, our mission is to make this evidence-based yoga therapy an every individual's primary and holistic medical intervention. Be a part of our association and become the change you wish to see.

With Love

**Dr H R Nagendra**

## ABOUT US

Asian Yoga Therapy Association was founded in the year 2016 with a mission to bring yoga therapy professionals and institutions under one umbrella across the Asian Subcontinent and all over the world. AYTA is envisioned by noteworthy pioneers in the field of yoga therapy spanning from the year 1980, who come equipped with years of experience and strong research-based knowledge to achieve this mission.

AYTA was created to realize a long-standing wish among yoga therapists and physicians to have a common platform for the purpose of sharing each other's expertise through networking, collaborating, and exchange programs.

Our objective is to establish standards across various programs, develop policies, optimize health benefits, and prevent adverse effects of various ailments. We strive to bring yoga therapy to the world's forefront as a respected nature-friendly solution to various problems faced by our community. To achieve this objective, we provide membership to yoga therapy professionals and accreditations to the institutes offering yoga therapy education and services.

## Inside

- Letter by the President of AYTA
- Yoga Therapies Activities in Thailand
- Yoga Workshop 209 at VYASA Singapore
- International day of Yoga
- Activities of Astanka Yoga Mandir

# LETTER BY THE PRESIDENT OF **AYTA**



“This is Keishin Kimura, who has been the President of AYTA since this year. This year, we hope to use AYTA’s activities to spread and develop yoga therapy in Asian countries. It can be said that a stable and happy life is the first thing everyone wants. What is this stable happiness? I think the two major factors related to happiness in the worldly world are the stable living conditions related to (1) human relationships and (2) money.



**Mr Kazuo Keishin Kimura**

**I**would like to describe Human Relations as a “stable & happy life”, which refers to a peaceful family life and a peaceful social life on a country-by-country basis. Yoga Therapy should be able to contribute to stabilizing the hearts of the individuals who make up the home and society.

The second big factor in “stable and happy life” is money. We Asian countries have experienced rapid economic development in the 21st century. The issues related to the economy are related to politics, so they are not directly related to yoga therapists. Also,

practice of yoga therapy does not mean that the economic situation at home will improve or that the social economy will become richer. However, we, the people involved in yoga therapy, can realize the physical and mental health of the people who make up those homes and the physical and mental health of those who make up society. As a result, people will be able to work well and have a mental and physical condition, so that they will be able to get proper work compensation and reduce the negative factors of having to pay for medical treatment.



The four major goals of life described in the wisdom of 5,000 years in India are

1. Dharma,
2. Artha,
3. Kama, and
4. Moksha.

If we consider Artha and Kama to mean accumulated wealth and healthy human relationships, yoga therapy is an extremely effective technique for realizing this Artha and Kama. Furthermore, understanding traditional yoga as a human education system that has survived thousands of years, it will be possible to bring dharma (law) and moksha (liberation) to those who practice yoga therapy. Each country has the spirit that the lives of its citizens comply with the laws stipulated by each country, and that each of them lives satisfactorily with the living conditions in each country. If so, it could be a mental state that also leads to moksha. Of course, the ideals of the country's politics and economy should differ from country to country, but the "stable and happy life" demanded by the individual citizens of the country is based on healthy human relations and economics as described above. If we consider it to be a condition, in this regard we also have yoga therapists, even if they live in different countries and societies, if they can promote the physical and mental health of each individual. We can say that we can contribute to the realization of a healthy society throughout the Asian society.

I hope that AYTA activities in each country can be developed this year with the common understanding described above.

*From past 3 decades, the Asian Yoga Therapy Association has been contributing in the field of Yoga & Therapeutic Approach of Yoga for the betterment of the society. The Association has been organizing various programs like Yoga Conferences, Yoga Seminars, Workshops, Therapy Yoga Classes, Yoga Competitions, Rehabilitation Programs and many more activities across the world. Though the name AYTA projects Asia, AYTA is not limiting its service to Asian Countries. AYTA serves as a platform of a Yoga Therapist for a participant, as a Yoga School for a learner, as an Accrediting Authority for entrepreneurs. Guided and motivated by great achievers like Padmashri Dr Nagendra H R Guruji, AYTA is spreading its wings reaching people across the globe through Yoga Therapy.*

There will be various proposals for the contents of the AYTA meeting in Sri Lanka in coming September, so I would like proposals for research presentations and agenda items for the overall meeting, and other proposals to be submitted to the Secretariat by the end of May. The Sri Lankan Yoga Therapists involved in organizing the conference will be able to plan our event with everyone's suggestions in mind.

As AYTA's president, I hope that your activities will continue to bring "stable and happy life" to many people this year.



# Yoga Therapy Activities in Thailand For Rehabilitation from Drug and Alcohol Addiction Conducted by Japan Yoga Therapy Society

From 11th -15th November 2019, Mr. Keishin Kimura conducted yoga therapy seminars for medical professionals on drug and alcohol addiction (Phases 1 and 2). The seminars were held in cooperation with Thanyarak Hospital (Chiang Mai Drug Dependency Treatment Center, Mae Hon Song Treatment center) and Ananda Mahidol Hospital (Lopburi Province).

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**Report by- Atsushi Ebihara, Certified Yoga Therapist  
(Japan Yoga Therapy Society) Bangkok, Thailand.**

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## 1. Drug abuse in Thailand

The proliferation of illegal drugs in Thailand is an increasingly serious problem. An estimated three million people abuse drugs. In 2018, approximately 18 tons of stimulant drugs and 500 million tablets of yaba (a stimulant in tablet form of low-level purity) were confiscated. Staff at Thanyarak Hospital mentioned that yaba gets cheaper every year. One tablet is about 350 yen. The average daily wage for physical labour is about 1,050 yen, so even after subtracting food and accommodations, it is still affordable and also easily available. In 2001, according to a Narcotics Control Committee survey of people who had used some sort of drug during their lifetime, there were a total of 7.31 million people, among whom 3.5 million used yaba, and 1.09 million had used yaba within the past year.

## 2. Efforts to Prevent Drug Abuse; the Reality of Treatment and Rehabilitation

The Drug Abusers are now seen less as “criminals” and more as “patients” with an illness. In addition to punitive measures, more importance is being given to treatment and rehabilitation. There have been many campaigns like “To be Number One”, “They return as Good People” etc. It is said that the campaign improved the general public’s understanding in regard to three areas:

1. Choices other than incarceration (such as probation) to deal with drug addicts.
2. The importance of aftercare for drug addicts.
3. The importance of rehabilitation so that



drug addicts can return to society and are not ostracized.

### 3. Thanyarak Hospital's Treatment and Rehabilitation Program

Thanyarak Hospital is authorized to conduct drug addiction treatment and rehabilitation programs under the jurisdiction of the Ministry of Public Health. The way

Thanyarak Hospital treats drug addicts is an eclectic model involving medical detoxification, therapeutic support groups, and cognitive behavioral therapy. These are complemented by other techniques such as traditional herbal treatments and acupuncture. There is a 4-month short treatment course, a 9-month long-term treatment course, and there are outpatient programs. The programs include detoxification, restoration, and rehabilitation.

### 4. Our first encounter with Thanyarak Hospital

Thanyarak Hospital and the Japan Yoga Therapy Society first came into contact about seven years ago in 2013, and in 2014, Mr. Keishin Kimura began to hold yoga therapy seminars for medical professionals at Thanyarak's Bangkok Center and the Maya Gotami Foundation. Now, yoga therapy is conducted every day from 9:00am at the Bangkok Center.

### 5. Yoga Seminars at Thanyarak Hospital

The seminars for medical professionals are divided into Phase 1 and Phase 2. Phase 1 is a basic three-day course where participants learn yoga philosophy and yogic exercises, and Phase 2 is a two-day applied course focusing primarily on darshana (yogic



การอบรมเชิงปฏิบัติการ เรื่อง โยคะบำบัดเพื่อการฟื้นฟูสมรรถภาพผู้ติดยาและสารเสพติด (Yoga Therapy to Support Recovery from Drug Addiction) สำหรับพยาบาลและทีมสหวิชาชีพ ครั้งที่ 2 ประจำปีงบประมาณ 2563 โรงพยาบาลธัญญารักษ์เชียงใหม่



โรงพยาบาลธัญญารักษ์เชียงใหม่ กรมการแพทย์ โดย นายแพทย์วรพงษ์ สำราญทิ้ววาลัย ผู้อำนวยการ โรงพยาบาลธัญญารักษ์เชียงใหม่ เป็นประธานจัดการอบรมเชิงปฏิบัติการ เรื่อง โยคะบำบัดเพื่อการฟื้นฟูสมรรถภาพผู้ติดยาและสารเสพติด (Yoga Therapy to Support Recovery from Drug Addiction) สำหรับพยาบาลและทีมสหวิชาชีพ ครั้งที่ 2 ประจำปีงบประมาณ 2563 และกล่าวต้อนรับทีมวิทยากรจาก The Japan Yoga Therapy Society ซึ่งนำโดยท่านอาจารย์ Kazuo Kimura ประธานสมาคมฯ ซึ่งเป็นผู้ที่มีประสบการณ์ในการทำโยคะบำบัดมาอย่างยาวนาน โดยมีวัตถุประสงค์เพื่อทีมพยาบาลและทีมสหวิชาชีพ ได้เรียนรู้การทำโยคะ เพื่อการบำบัดและนำไปประยุกต์ใช้ในการดูแลและฝึกโยคะให้ผู้ติดยาและสารเสพติด ได้มีแนวทางในการดูแลสุขภาพของตนเองแบบองค์รวมซึ่งจะช่วยในการเลิกยาเสพติดต่อไป และสามารถนำโยคะไปใช้ในการดูแลสุขภาพกายและใจของตนเองได้ รวมทั้งนำผลการฝึกโยคะให้ผู้ป่วยไปต่อยอดในด้านวิชาการโดยการทำ Routine to Research ต่อไป การอบรมครั้งนี้มีผู้รับการอบรมจำนวน 40 คน ในระหว่างวันที่ 9- 10 พฤศจิกายน 2562 ณ ห้องประชุม บัวระวง (พุทธรักษา) ชั้น 4 อาคารอำนวยการ โรงพยาบาลธัญญารักษ์เชียงใหม่



ฝ่ายประชาสัมพันธ์ กรมการแพทย์ กระทรวงสาธารณสุข  
ติดตามข้อมูลข่าวสารเพิ่มเติมที่ [www.dms.moph.go.th](http://www.dms.moph.go.th)



counselling). Phase 2 is for doctors, nurses, nursing assistants, clinical psychologists, social workers and other specialists working at Thanyarak Hospital, as well as for other staff and patient leaders who themselves recovered from addictions and are working in the hospital.

The content of Phase 1 focuses on isometric asana breathing, isometric suksma vyayama, isotonic and other exercises, the pancha kosha theory, the chariot model, and lectures that explain human structure and functions as taught in traditional yoga. Also, because many patients with addictions have family-related trauma, Vedic meditation is used to reflect on memories from the past. Much of the content is from Naikan or excerpts from the Yoga Sutras.

The content of Phase 2 focuses on darshana, using the semi-structured interview manuals based on the Yoga Sutras and the Bhagavad Gita, which were developed by the Japan Yoga Therapy Society. Role play is also used. Since course participants interact with patients on a daily basis, the speed with which they caught on was indeed remarkable. Also, the content of Yoga Sutras has some commonalities with Buddhism, so it was easy for Thai people to accept without resistance.

Photos from the 2019 course at Thanyarak Chiang Mai Hospital were introduced on the Thailand Ministry of Public Health's Department of Medical Services website.

## 6. Yoga Therapy Research and Presentations at Thanyarak Hospital

Research was divided into Phase 1 and Phase 2, and 84 amphetamine addict patients were divided into a yoga therapy group and a regular treatment group. Research was done on the difference in mindfulness and degree of craving.

The yoga therapy group practiced a 60-minute yoga therapy program three times a week for eight weeks. The program was created under the supervision of doctors, nurses, clinical psychologists, and Mr. Keishin Kimura. With advice of Dr. Kamata, a Japanese clinical psychologist and yoga therapist, the Face Facet Mindfulness Questionnaire was used to measure mindfulness.

Phase 1 was done between March and May 2018, and Phase 2 was December 2018 to January 2019. The results of Phase 1 were presented at the July 2018 Yoga Therapy Conference in Sendai, and the results of Phase 2 were presented at the Yoga Therapy Conference in Hiroshima in April 2019, as well as the Thai and ASEAN Symposiums on Treatment for Addiction in July 2019





## Feedback from patients who practiced yoga therapy

We received the feedback below from patients that cooperated with us. The clinical psychologists who instructed yoga noticed that female patients seemed to feel mental and physical changes more than male patients.

## 7. Use of Yoga Therapy at Thanyarak Hospital

In this way, thanks to research results, clinical psychologists of Thanyarak Hospital have become central in making yoga therapy a regular part of rehabilitation at Thanyarak Khon Kaen Hospital. Currently, 60-minute lessons are being held three times a week. Although there is a limit of two months for rehabilitation, it seems that the reaction from patients is among the best. Results of conducting a survey on wellbeing issued by the Thai government indicated that the sense of wellbeing increases after yoga therapy. I heard that among the female participants, some return to their rooms and continue to do yoga with their friends after the yoga class is done.

Satisfaction Score: 9.79/10

 ヨーガ実習者の感想

<p style="text-align: center; background-color: #f4a460; margin: 0;">Body</p> <ul style="list-style-type: none"> <li>• Relieve premenstrual syndrome</li> <li>• Less headache than usual</li> <li>• Less suffer from Migraine symptom</li> <li>• No more back pain</li> <li>• Better excretory system</li> <li>• healthy / Strong</li> <li>• Muscle is relaxed, strengthened.</li> <li>• Help controlling body weight</li> <li>• Body is flexible.</li> <li>• Learn to feel body movement</li> </ul>	<p style="text-align: center; background-color: #f4a460; margin: 0;">肉体の変化</p> <ul style="list-style-type: none"> <li>• 月経前症候群の緩和</li> <li>• 頭痛の緩和</li> <li>• 偏頭痛の緩和</li> <li>• 腰痛の緩和</li> <li>• 排泄の改善</li> <li>• 体重の減少</li> <li>• 柔軟性の向上</li> <li>• 肉体の強さ</li> <li>• 筋肉が強さ</li> <li>• リラックス</li> <li>• 肉体の動きを感じる</li> </ul>
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Feedback

Satisfaction Score: 9.79/10

 ヨーガ実習者の感想

<p style="text-align: center; background-color: #f4a460; margin: 0;">Mind</p> <ul style="list-style-type: none"> <li>• more mindfulness</li> <li>• mindful when doing things</li> <li>• no distractibility</li> <li>• more patience</li> <li>• Calmer/ not furious than usual</li> <li>• peaceful mind</li> <li>• have concentration on work and doing things</li> <li>• practice mindfulness</li> <li>• Help control emotion and thought</li> <li>• Feel relaxed</li> <li>• Help calming oneself when facing stress</li> <li>• Better mental health than before</li> </ul>	<p style="text-align: center; background-color: #f4a460; margin: 0;">心の変化</p> <ul style="list-style-type: none"> <li>• 注意力がついた</li> <li>• 集中しながら物事にとりくめた</li> <li>• 注意散漫が落ち着いた</li> <li>• 忍耐力がついた</li> <li>• 穏やかに気分になる</li> <li>• 感情と思考の制御ができる</li> <li>• ストレスを感じても落ち着ける</li> <li>• 以前よりも落ち着いた気分</li> <li>• 自分を見つめるようになった</li> <li>• 以前より気持ちの面で健やかになった</li> </ul>
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Feedback

Satisfaction Score: 9.79/10

 ヨーガ実習者の感想

<p style="text-align: center; background-color: #f4a460; margin: 0;">ETC</p> <ul style="list-style-type: none"> <li>• Feel good</li> <li>• Like it very much!</li> <li>• Learned what yoga is</li> <li>• Be/spend time with oneself and look into oneself</li> <li>• Gain knowledge and share with friends</li> <li>• Fun, happy and informative</li> <li>• Happy class full of smile and laughter</li> </ul>	<p style="text-align: center; background-color: #f4a460; margin: 0;">その他の感想</p> <ul style="list-style-type: none"> <li>• 気持ちいい</li> <li>• とても気に入った</li> <li>• ヨガが何かわかった</li> <li>• 自分自身でいられた</li> <li>• 自分を見つめることができた</li> <li>• 知恵をえることができた</li> <li>• 友達にシェアできた</li> <li>• たのしい</li> <li>• 幸せな気分</li> <li>• ためになる</li> <li>• 笑顔でいられる</li> </ul>
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Feedback

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# YOGA WORKSHOPS 2019 AT VYASA SINGAPORE



Under the able guidance of Mr. Manoj Thakur, the Managing Director, Vyasa Singapore, Yoga Therapy workshops were organized in their center. The workshops were conducted by efficient Yoga Instructors/Therapists/Doctors.



## Workshop on “Insomnia and Sleep Apnea”

**Date:** 30th Nov and 1st Dec 2019

Dr. Kuldeep conducted the two-day workshop on Insomnia, Sleep Apnea and Sleep Deprivation. Attendees were able to have a deeper insight on sleep neuroanatomy, physiology, its mechanism, the causes & symptoms of insomnia & sleep apnea.

Attendees received and practiced two Integrated Approach of Yoga Therapy (IAYT) practical modules customized specifically for insomnia and sleep apnea.

## Workshop on “Integrated Yoga Therapy for Diabetes”

**Date:** 24th Nov 2019

The Workshop on Integrated Yoga Therapy for Diabetes was held on 24 Nov with a full house turnout.

Dr. Kuldeep K Kushwah led a very hands-on session - Customized Yoga Therapy for Diabetes and Mind Sound Resonance Technique (MSRT); Dr. Alka spoke on Diabetes Mellitus; Dr. Harshal and Ms Akriti Pandey addressed on Diet, Modern Medical Approach and Diabetes.





## Workshop on “Creative Yoga & Mindfulness for Kids”

**Date:** 4th November to 20th Nov

### WORKSHOP HIGHLIGHTS

1. Yoga poses (basics to advanced)
2. Mindfulness meditation
3. Creative breathings
4. Value-based yoga lessons – prayers & chanting
5. Yogic games
6. Partner yoga and much more activities full of joy and fun



## Workshop on “Balancing Female Hormones”

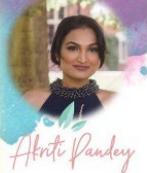
**Date:** 22nd Sept 2019

Akriti Pandey, a plant based Nutrition and Health coach conducted this workshop. To balance our hormones, we need to re-think what goes on our plate as well as in life off of the conventional meal. Healthy hormones are vital for every physiological process in your body including your immunity, reproduction, menstrual cycle and metabolism. Balancing different aspects of our life and eating in harmony with nature cannot just repair but make our hormones thrive.

### Balance Female Hormones: Plant-based Diet & a Wholesome life

15:00 to 16:30 | Contact  
22nd October, 2019 | +65-9626-2425

To balance our hormones we need to rethink what goes on our plate, as well as in life off of the “conventional” meal. Healthy hormones are vital for every physiological process in your body including your immunity, reproduction, menstrual cycle and metabolism. Balancing different aspects of our life and eating in harmony with nature can not just repair but make our hormones thrive.



Join Akriti Pandey, a Plant-based Nutrition & Health Coach to know how.

**Vyasa YOGA**  
Singapore  
60 Tessensohn Road,  
Singapore 217664



## Workshop on “Yogabhyasa”

**Date:** 10th to 21st Dec 2019

This workshop was conducted by Charat, focused on practical experience of traditional yogic techniques that includes asana, Pranayama, mudra, bandha, meditation, yogic psychology etc

## Workshop on “Yoga for Menopause”

**Date:** 11th and 12th Nov

The months and years leading to menopause can take some women into physical and emotional upheaval. During this time women can experience erratic fluctuations in hormones that can lead to fatigue, weight gain, depression, insomnia, anxiety and bone mass loss. Using Evidence based Yoga Therapy, Dr. Nidhi Choudhary provides an effective way to address these issues and more.



# INTERNATIONAL DAY OF YOGA VYASA SINGAPORE

OCTOBER, 2020  
VOL 01, ISSUE 01



Vyasa Yoga Singapore celebrated 6th International Day of Yoga with weeklong Online Programs from June 20 – 27. The celebrations were held in collaboration with High Commission of India in Singapore.



## June 20

Basic Yoga for CSC Officials

## June 21

Yoga for Immunity, Shiva Yoga, Virtual Yoga & Meditation for CSC Officials, Yoga and Meditation: Reduce Stress and Improve Body Immunity, Active Pregnancy Yoga, Yoga as a Therapy, Understanding Healing from Nature, Virtual Yoga.

## June 22

Breathe Easy: Yoga for Asthma and Allergies.

## June 23 & 24

International Webinar on Yoga on the Topic “Collective Growth through Collective Consciousness”.

## June 25 & 26

Virtual International Conference on Yoga & Meditation -Necessary for Life Security, Webinar on Yoga in the Time of Pandemic and Beyond.

## June 27

Yoga to Boost your Immunity for CSC Officials, Virtual Yoga Session.



## ACTIVITIES OF ASTANKA YOGA MANDIR, SRI LANKA

In celebration of International day of yoga, Astanka Yoga Mandir, Sri Lanka organized different activities to increase the awareness of yoga and its benefits in various aspects among the public.

### ONLINE YOGA ASANA CHAMPIONSHIP

**F**or the first time in Sri Lanka a revolutionary project “Online Yoga Asana Championship” was organized by High Commission of India – Colombo, Swami Vivekananda Cultural Centre Colombo and Astanka Yoga Mandir – Sri Lanka.

The whole event was conducted online using zoom application. Participants contested in 7 age categories, 8 to 13, 14 to 20, 21 to 27, 28 to 34, 35 to 41, 42 to 50, and 51 & above. Demonstrations of the participants were judged based on 4 criteria. Winners are chosen based on perfection in Asana, Stability/ steadiness, Approach & Completion and asana name pronunciation.

We received 478 registrations of participation from 39 institutes, and 20 individuals from Ampara, Batticalao, Colombo, Galle, Gampaha, Hambantota, Jaffna, Kalutara, Kandy, Kurunegala, Matale, Matara, Nuwaraeliya, Ratnapura, Rathmalana. We also received few registrations from Japan.

We got 72 registrations to be part of our

judges’ panel from 7 different countries including Sri Lanka, India, Singapore, Australia, Canada, France and Mongolia.

We had the competition in two levels semifinals & finals. Semifinals were conducted from 13th June 2020 – 16th June 2020 and finals were conducted on 19th & 20th June 2020. Results of semifinals were announced on 16th June 2020 in the presence of Dr. Rewanth Vikram Singh Director of Swami Vivekananda Cultural Centre through the zoom meeting.

The valedictory function was conducted on 21st June 2020 to announce winners in the presence of Dr. Rewanth Vikram Singh, Director of Vivekananda Cultural Centre Colombo, Mrs. Rajashree Behra, First Secretary (Culture) / Director – SVCC Embassy of India, Beijing China and Professor (Dr.) K. Chandrasekaran, Madurai. This event was concluded with vote of thanks by Mr. Vyasah Kalyanasunderam, Chief Yoga Instructor – Swami Vivekananda Cultural Centre, Colombo.

# INTERNATIONAL DAY OF YOGA CELEBRATION, **SRI LANKA**



The Sri Lanka Army in collaboration with the High Commission of India, rolled out the inauguration of the 6th edition of the 'International Yoga Day' on 21 June 2020 at the Sri Jayawardenepura Army Headquarters.

**L**ieutenant General Shavendra Silva, Chief of Defense Staff lent a rousing reception to the day's Chief Guest, HE Gopal Baglay, High Commissioner of India in Sri Lanka and accompanying distinguished Indian delegation. With introductory welcome notes, the floor was laid open to the video message of HE the President Gotabaya Rajapaksa, followed by the special video message of the Prime Minister of India, Hon Narendra Modi.



Shri Vyasah Kalyanasuderam and the instructors from Astanka Yoga Mandir conducted the yoga session including vyayama, yoga asana and pranayama techniques introducing various applications of yoga for a healthy life style.

## **ONLINE WEBINARS**

Shri Vyasa Klayanasuderam took part in a series of webinars under different yoga topics bringing the deep of knowledge in yoga. He nicely brought up the vedic & scientific explanation of yoga practice and

its benefits and the programs were well received by the participants. The topics are

1. Energize Your Spinal Potential with Hatha Yoga
2. Yoga & Energy Management

## **ONLINE YOGA WORKSHOPS**

Arogya Rahasya & Yoga Chikithsa were two main yoga therapy programs conducted by Shri Vyasah Kalyanasuderam on yoga knowledge, its link to Ayurveda and how it helps to improve the overall health and as a supportive mechanism in diseases. Around 75 participants joined via zoom and the two programs are still continuing for the 3rd successive month.



### **Arogya Rahasya –two sessions**

- Saturday morning 6.00 am – 7.30 am
- Saturday Evening 5.00 pm – 6.30 pm

### **Yoga Chikithsa**

- Monday & Wednesday 7.00 pm – 8.00 pm
- Tuesday & Thursday 6.00 am – 7.00 am

### **Upa Yoga**

Upa Yoga is a one-hour special yoga workshop conducted by Dr. Gowri Balan MBBS, Classical Yoga Instructor – Isha Hatha Yoga Centre.

### **ONLINE YOGA SESSIONS**

Astanka Yoga Mandir conducted various online yoga sessions to support yoga practitioners to continue their practice during the lock down period.

- **Yoga for Ladies** –  
Tuesday & Thursday 9.30 am – 10.30 am

- **Chair Yoga for Senior Citizens** -  
Tuesday & Thursday 7.00 am – 8.00 am
- **Yoga As Lifestyle Medicine** –  
Saturday 10.30 am – 11.30 am
- **Kids Yoga** –  
Friday & Sunday 4.00pm – 5.00 pm
- **Yoga for Professionals** –  
Friday 6.00 pm – 7.00 pm
- **Advance Yoga** –  
Tuesday & Sunday – 5.00 pm – 6.00 pm

### **YOGA VIDEO CLIPS ON FACEBOOK**

From the first week of lock down in Sri Lanka Astanka Yoga Mandir started yoga video program to help people to practice yoga at home. We have launched 50 video clips in our Facebook page explaining the steps of performing asanas, its benefits and limitations making sure to give the complete knowledge of asana to practice on own without a instructor. The video clips were beneficial for many followers and we have received positive feedback.



# MEMBERSHIP

**A**YTA contributes to the growth and development of yoga through their/our training programs and by supporting the development and implementation of credible professional standards through their membership program. By choosing to be a member, you can avail of all the benefits and incentives offered by AYTA.

Join now and be part of a visionary and well-connected/ well established yoga community.

Under AYTA membership categories, an Individual / Associate membership is open to yoga practitioners, yoga teachers, yoga therapists, health care practitioners who use yoga in their practice, and yoga researchers. School membership is open to individuals, studios, schools, and other institutions offering yoga therapy training programs.



## BENEFITS OF AYTA MEMBERSHIP

- Access to qualified resources, research data and networking. Our membership acts as a platform for yoga practitioners/ Therapists/Institutions to enhance their career prospects, thereby securing a respectable position in their relevant fields.
- Access to employment guidance for budding professionals based on qualifications and eligibility.
- AYTA keeps members connected with their peers in the yoga fraternity and updated with ongoing developments in the field of yoga and related sciences, an undeniable requirement for all aspiring yoga professionals given the emphasis on yoga research in the past few decades.
- AYTA's member's credentials are globally recognized and represent high quality, safe, accessible, respectful, and equitable yoga teaching in communities around the world. Hence it acts as a seal of authenticity for yoga therapy professionals practicing yoga around the world. While representing an association in the respective country/area/ region as a member of AYTA, you can get higher recognition internationally with ease.
- As an AYTA member, you would be entitled to exclusive access and privileges to the work including research done by member institutions and partners, events including international conferences, discounts, and other incentives.
- Enlistment in our yoga professional membership directory makes it easier to build your network as you will be easily accessible to those seeking your service through an authentic channel, This assures the practicing public that as an AYTA member, you would maintain a high level of teaching ability and accountability.
- We reach out to key organizations -which provide products and/or services that we believe can benefit yoga therapists- to partner with us in serving our membership. Each chosen organization's mission/ vision is complementary to and supportive of AYTA's mission and members can utilize these services for their benefits subject to the terms and conditions set.



# Vivekananda Health Global introduced Integrative medicine based solutions and tele yoga during covid-19 pandemic

**A**yurveda, Yoga and Naturopathy have been gaining global attention because of their success in preventing and managing the non-communicable diseases which are growing disproportionately. Our experience of evidence based approach in integrating traditional systems as well as establishing centers with functional integration of multi-medical systems forms the foundation for the evolution of VHG. Research forms the backbone and good relief but long lasting results, cost effective yet

commercially viable customized therapies with least side effects makes our brand a unique healthcare enterprise.

Vivekananda Health Global (VHG) is the first international chain of integrative medicine centers across India and abroad, promoting the integration of Indian systems of medicine - Ayurveda, Yoga and Naturopathy. The standalone centres catering to Yoga and Yoga therapy are called 'Vivekananda Yoga Global'





us the pioneer in using this system. The various clinics under VHG such as pain clinic, stress clinic, obesity, rehabilitation and many more cater to treatment using the synergistic combination of Ayurveda, Yoga and Naturopathy. VHG also conducted Specialised short term courses of Ayurveda such as 'Ayurveda- science of life' for beginner's , courses on Yoga such as 'Biomechanics of Yoga' and on Naturopathy such as 'diet and nutrition'.



During Covid-19 pandemic, VHG actively participated in range of outreach activities as well as knowledge dissemination programs. Apart from playing its role in promoting Yoga during the International Day of Yoga celebrations by conducting Saral

VHG caters to preventive health care, disease management and rehabilitation. The aim is to bring in traditional diagnosis and most appropriate treatment modalities which would lead to quick relief, long term management, adaptable lifestyle modification, and notional correction. We use evidence-based integrative medicine approach using Ayurveda yoga and naturopathy which makes

Yoga modules at airports for air traveller's. Since this year saw virtual activities due to COVID19, VHG conducted Ask Me Anything sessions. The AMA sessions are live programs where experts from conventional medicine, Ayurveda, Yoga and Naturopathy are invited to share their knowledge about managing health problems to the society. The most recent AMA was on 'Uncovering the beneficial effects of



Yoga therapy in Neurological disorders’.

VHG offers online video consultation, Yoga therapy sessions and has now evolved a special program called ‘Post COVID-19 recovery’. In this program a holistic approach using Ayurveda and Yoga is used to promoting health and includes personalized interventions based on host and environmental factors for an individual after being tested negative for COVID-19. The fear, anxiety and reduced

immunity are primarily being addressed to improve physical and psychological health.

With the headquarters in Bengaluru, VHG/ VYG centers are spread across in India (Guwahati, Hyderabad, Kolkata, Mumbai, Trivandrum) and abroad (Shanghai-China, Seoul-South Korea, and New York-USA). As a founding member, VHG provides technical support to AYTA conferences and workshops extensively.



Asian Yoga Therapy Association (AYTA) is a professional body established to bring in minimum standards to Yoga therapy education and clinical practice across Asia Pacific region. The purpose is also to network Yoga therapy physicians, researchers, therapists and other stakeholders and to upgrade their knowledge related Yoga therapy. Anyone qualified in the field of Yoga and Yoga therapy can become the member of AYTA and become a certified yoga therapist, physician or get their Yoga therapy institutions accredited. AYTA also provides an opportunity to learn from the top most experts in the field from countries across the world through its flagship program 'Yoga Therapy Certificate Program' using a flexible and modular method. The members get access to AYTA's digital library, discounts in all programs conducted by AYTA including conferences and workshops. A member can also avail the consultancy services from the panel of physicians for designing Yoga therapy protocols to their clients through online consultations, and also monitor progress.

Join AYTA to reach classical and traditional Yoga therapy backed by scientific research to the global audience. Visit [www.asianyogatherapy.com](http://www.asianyogatherapy.com) for further details

With best wishes

**Dr. Manjunath NK**  
Vice-President  
AYTA



## CONTACT INFO



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 <https://www.asianyogatherapy.com>

 <https://www.facebook.com/asianyogatherapyassociation>

 [https://www.youtube.com/channel/UCGTDcrOx9oKtx\\_SSenDxeaQ](https://www.youtube.com/channel/UCGTDcrOx9oKtx_SSenDxeaQ)