

US\$27 billion

The amount that Americans spend on yoga products annually

Up by 6 times

The number of registered yoga teachers in the US alone has grown from 2,521 in 2001 to 15,329 in 2006, according to Yoga Alliance

Above **40.5** degrees Celsius and **50%** humidity. The requirements to qualify for a hot yoga studio setting

There are **6** principle types of yoga: Hatha, Raja, Karma, Bhakti, Jnana and Tantra yoga. Many of the hybrid forms we practise today stem from mainly Hatha yoga.

5,000

years... and counting. How old yoga is. Artifacts showing yogis (a yoga practitioner) have been found in Indian art as old as 3,000B.C. It is possibly one of the oldest science on healthy mind-body living.

There are **55,000** yogis practicing locally, according to a survey by the Singapore Sports Council

250 calories

What one normally utilizes in a normal session of yoga practice.

70% women : 30% men

The gender divide amongst local yogis at True Yoga. But things are changing as the men are joining in the asanas in increasing numbers. Last year, the percentage of men who signed up at True Yoga went up by a whopping 60%.

Yoga is the **10th** most popular activity here, according to a poll by the National Sports Participation Survey. Even tennis and volleyball fall behind this.

US\$500 million

The estimated turnover of the yoga business in Asia alone, in 2006



True Yoga, the first yoga chain to hit Singapore, offers over **200 classes** a week in over **35 styles** of yoga at its three centres at OUB Centre, Ocean Towers and Pacific Plaza.

YOGA

In the physical practice of Hatha yoga, there are **8,400,000** asanas (postures) — but only a common 32 are usually practiced for health.

The choice is yours! At Pure Yoga Singapore, there are over **30 different styles** of yoga and **320 classes** per week at its two studios

16.5

million. Americans practice yoga, claim a poll commissioned by Yoga Journal in 2005

27,000 square feet

The total area of Pure Yoga's two studios, at Chevron House and Ngee Ann City, in Singapore. That's a whole lot of city space to meditate and stretch on.

The year East is thought to have travelled West — when yogi Swami Vivekananda made a presentation on yoga in Chicago, the beginnings of yoga's widespread popularity in Western countries started taking root.