

SAY "NAMASTE"!

Text by Caroline Dawson Photos by Simon Low

Modern life which forces us to juggle work, family, friends and countless other commitments can be stressful to say the least. *True Yoga* now offers literally people from all walks of life including children an oasis in the heart of Scotts Road to retreat for an hour or two of tranquillity, away from the demands and stress of studies and the education system that Singapore is infamously known for.

Boasting a floor space of more than 12,000 sq ft, *True Yoga* opened its doors in November 2004 at Pacific Plaza. The centre has two large studios that can accommodate up to 150 students. An impressive 150 classes of more than 15 types of Yoga are offered each week.

Committed to providing the best training in Yoga, teachers at *True Yoga* are highly accomplished Yogis with at least 10 years of experience in the various styles of Yoga. Presently, *True Yoga* has eight Yoga masters from India who have practiced Yoga all their lives. *True Yoga* hopes to promote the art of Yoga not just as a form of exercise, but as a way of life.

"The goal at *True Yoga* is to promote the practice of Yoga to a broader segment of the population," said Mr. Patrick Wee, CEO of *True Yoga*. "We cater to all levels and offer a wide range of classes such as "Ashtanga Yoga", "Hatha Yoga", "Hatha Vinyasa Yoga", "Kundalini Yoga" and "Power Yoga". *True Yoga* also has classes for "Yoga Combat", "Classical Indian Dance", "Fusion Dance", "Indian Bollywood Dance", "Yoga Therapy", "Prenatal Yoga" and even "Kids' Yoga" to cater to customers' differing needs and interests."

Adhering to the single-minded vision set in place for *True Yoga*, Patrick envisions it to be the premier mind and body centre in Singapore. Summing it up, he said, "We believe that Yoga should be accessible to everyone with an interest in attaining better health. With *True Yoga*, we want to create an inviting and nurturing environment as a prerequisite to harnessing Yoga's full benefits," quips Patrick.

True Yoga provides a fantastic avenue for the family to spend time together but to stay healthy and happy together. There are two sessions such as the "Kids Yoga" for children aged between 6-11 years old. Known as "Hatha Yoga", it is specially designed and adapted for kids and the benefits include improvements in flexibility, balance, stamina, health, concentration and promotes overall physical and mental growth. The "Kids Combat" or "Yoga Combat" is a fun filled class comprising of combat movements that is a combination of cardiovascular yoga workout. **K**

True Yoga is open from 7.00 am to 11.00 pm daily and is located at 9 Scotts Road #04-01 Pacific Plaza.

For more details of the centre and its class schedule, check their website out at "www.trueyoga.com.sg".

