

asiaSpa

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the yoga issue

YOGA 101

ASIA'S TOP YOGA GURUS

BEYOND YOGA WITH ANA FORREST

BECOMING AN INSTRUCTOR

a month in an
ashram

laid back luxury

IN CHIANG MAI

hot springs and cool spas

IN TAIWAN

prague's past and future perfect

TANTRA

from sex to
enlightenment

HOW TO...

make the most
of the weekend

Hong Kong, China HK\$48
Singapore S\$6 (inc GST)
Malaysia M\$15 • Thailand B200
China Rmb60 • Philippines P220
Indonesia Rp35,000 (inc tax)
Japan ¥1,500 • Korea W6,000
Taiwan, China NT\$200 • Australia A\$58
New Zealand NZ\$8

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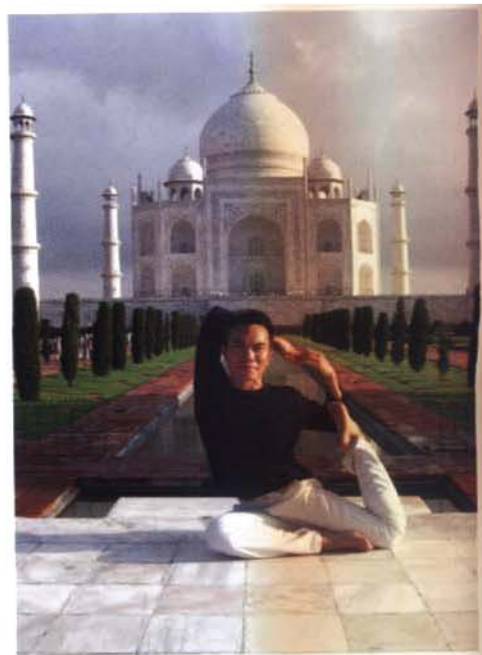
JOHN ANG

DIRECTOR OF JOHN'S LIVING YOGA STUDIO, TAIPEI

John's Living Yoga Studio has become a vibrant heart of yoga in Taipei, popular not only with students but for the monthly community yoga teachers' practice. The studio's reputation as a caring, sharing place has been nurtured by John, working together with Stephen Thomas (Space), Emma O'Neil (Pure) and Taiwan's yoga community to create openness between the various yoga schools in Taipei. Free Jnana yoga classes where students come and discuss the yoga sutras have also helped to raise the level of maturity of awareness in the city.

John's classes are known for being totally unpredictable and rarely repeated. Even the sun salutations are always in new variations. His Tibetan mandala sequence, which uses mantras, dance movements and asanas in all four directions, might come across as off the wall, but when you sit down for breakfast or a cup of tea after class at the studio's ahimsa kitchen, these are the classes that resound long after in your mind.

www.johnsyogaliving.com



SUZANNE MIAN

MANAGER OF FORREST YOGA, SAIGON

Forrest Yoga teacher Suzanne moved to Vietnam five years ago. Having attended a few 'pure heart and soul' classes at a local centre on straw mats back in 2003, she opened her own studio, bringing quality instruction and light into the Saigon community. Many dedicated practitioners (foreign and Vietnamese) and wonderful teachers have given instruction at Saigon Yoga and she and her partner have a beautiful space to share with them. Suzanne's Vinyasa classes are physically challenging but her intention is for this challenge to become a meditation – to teach students to transcend discomfort and rise to higher states of being by letting go of the attachment to getting it right or giving up. Stay centred, stay with the breath, stay present and deal with whatever comes up in the face of discomfort or a heavier challenge, is her advice. Catering to both newcomers and seasoned practitioners, the studio offers a variety of yoga styles from Vinyasa Flow to Yin Yoga as well as offering Pilates classes. Described as a soul sister by her students, her classes are inspiring and relaxing, helping bodies to strengthen and stretch, while also creating stillness of mind. Students float out of her classes on their way to better health, wellness and a more peaceful existence.

www.saigonyoga.com

MIMI KUO DEEMI

CO-FOUNDER OF YOGA YARD

Having started one of the first dedicated yoga studios in Beijing (and China) this duo have had the opportunity to work with many local yoga teachers and students, and encourage a more holistic understanding of health in relationship to yoga. Among the first expatriates to bring hatha yoga as it is practiced in the West to Beijing, they opened their yoga studio in 2002 at a time when yoga was mostly practiced inside gyms. The popularity of yoga and numbers of studios in Beijing has boomed since then, yet it is Yoga Yard that still attracts visits by prominent western yoga teachers, while a dedicated following of local yogis flock there to escape the Beijing bustle. Both Mimi and Robyn place significant importance on safety, alignment, steady flow of movements and breath, and a smiling intention of finding greater ease in the body through mindful asana and pranayama practices. In the words of their students, 90 minutes of class with Mimi or Robyn are 90 minutes of self-worship. They carry the space for each student as though he/she is the only person in the room with sensitivity, awareness and care.

www.yogayard.com

