

For most people who do not know much about yoga, the first thing that comes into their mind is India and an image of someone sitting peacefully in a lotus position. These days, you can also think of Singapore when the word "yoga" is mentioned.

Singapore's yoga

An ancient tradition, yoga originated from India more than 5,000 years ago. As yoga was handed down from one generation of teachers to the next, it continuously evolved, resulting in several variations of yoga over the centuries.

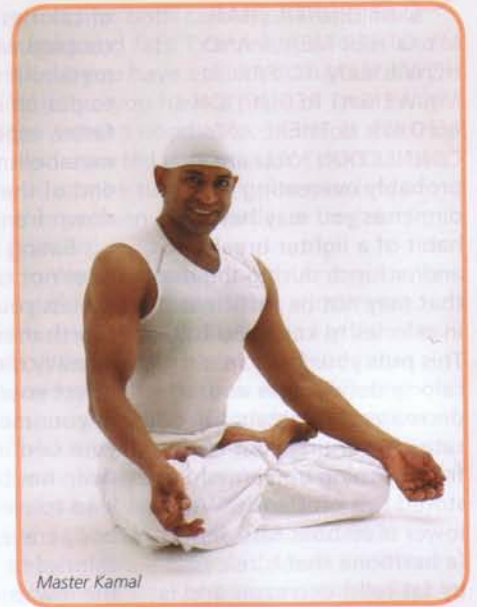
After more than 20 years of experience in yoga, gymnastics and martial arts, Hong Kong-based Master Sri Srinivas Suresh Kamal, popularly known as Master Kamal, designed a unique yoga style called Kryoga. Kryoga, which stands for Master Kamal's

Rhythmic Yoga, was actually developed in Singapore in 1996. "It's an art of mindful living designed by incorporating different fields of yoga like Hatha yoga and Ashtanga yoga. It is an art to realise your inner potential to grow," says Master Kamal.

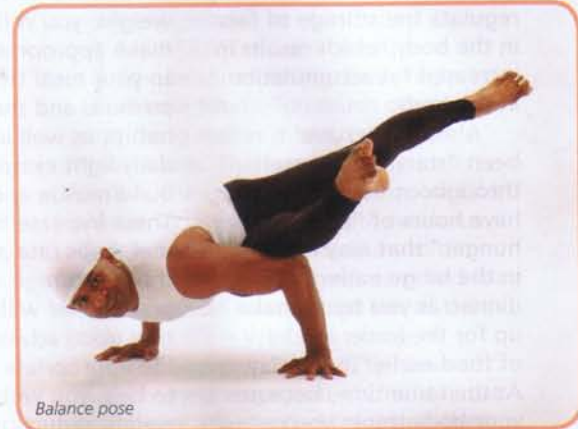
Master Kamal created and developed Kryoga during his second year of stay in Singapore. When he came to the country in 1994, he found out that no one was offering yoga classes. He felt that it was good to start yoga here. It took him a year before he could teach yoga but students who went to his first class felt its power. Thus, Kryoga was here to stay.

About Kryoga

Gaining popularity in Asia and in the US, Kryoga consists of a selection of yoga classes that are unique for their style and flow. It is used for strengthening and toning of the body, as well as for developing



Master Kamal



Balance pose

Kryoga

The art of attentive living

By Dr Shyneth Q Galapia

strong abdominal muscles, arms and legs. Kryoga is a unique combination of fitness, sports and spirituality.

Kryoga puts emphasis on being broadminded, joyful, balanced and centered in everything that a person does. Kryoga classes teach movements that are done with ease, love and joy, while observing feelings in motion. Kryoga certified yoga teachers call this "meditation in motion" which, according to them, leads to mastering the highest form of yoga, the "art of mindfulness."

Featured in the book "The Grand Indian Yoga Masters", Master Kamal believes that other yoga forms that involve assuming certain postures only, without involving meditation, are inadequate. "They do not talk about the higher level of understanding, like meditation. I felt that it was incomplete. I designed yoga in such a way that I