

World Fasties

Kryoga puts emphasis on being broadminded, joyful, balanced and centered in everything that a person does.

bring everything, very important things, into Kryoga. By doing it, you make your body very strong and healthy and you make your mind very creative. And on top of it, from the very beginning, you start to learn how to meditate or how to train your mind," says Master Kamal. Kryoga is recognised by the Asian Academy of Sports and Fitness Professionals (AASFP), Yoga Federation of India and Government of China Sports Association.

The Master of Kryoga

Master Kamal began his training in yoga at a young age of five, studying Hatha yoga, Raja yoga and Kundalini yoga. His spiritual master, "Mahamandaleswara" Swami Veda Bharati, a renowned Vedic scholar, initiated him into yoga. For more than two decades, Master Kamal has been a yoga student and a teacher at the same time.

Although he was taught by Swami Veda Bharati, one of the leading authorities in Vedic philosophies, he is still persistently trying to improve his craft. Through research and his deep passion for yoga, he has combined the ancient philosophies with modern fitness. His extensive knowledge of yoga has made him the primary trainer of yoga teachers, sports professionals and

a large number of high-profile clients. In fact, he trained athletes for the Beijing Olympics; M.S. Sailaja, Guinness Book of World Record holder in Limbo Skating; and Kokila, the youngest black-belter who was featured in the Indian Book of World Records. Also an expert in five different forms of martial arts, Master Kamal holds a fourth degree black belt in Dan karate and kickboxing.

Creating Kryoga has expanded his passion for this discipline, which encouraged him to create the Planet Yoga, the world's largest yoga centre chain group, which is based in Hong Kong. With Planet Yoga, Master Kamal hopes to bring the feeling of the Indian ashram into other parts of the world. Aside from Kryoga, it offers classes such as Master Kamal's Vinyasa Yoga, Ashtanga Yoga, Power Yoga, Kundalini Yoga, Yoga Combat, Kryoga, Mantra or Gentle Yoga or meditation.

"Every class that we have is slowly guiding you towards deeper meditation of enjoying life," Master Kamal says. He adds that he dreams of putting up a centre just like Planet Yoga here in Singapore, where Kryoga was first introduced. ♥

Kryoga classes are held at the Spaboutique at Nassim Road. Visit www.spaboutique.com.sg for more information.

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