

# Balance

Of the body and mind



**Kumaran Suppiah Vijayadevar (Kumar)** is a PA endorsed, certified Yoga Trainer. He is a passionate proponent of the Sivananda Yoga Program and has been practicing Hatha Yoga since 2006. Customizing yoga sessions according to the learners' profiles by appraising their physical and psychological needs, Kumar has been successfully promoting the balance of the body and mind through effective teaching and demonstrations.

*From 2015, Kumar has been assisting his Teacher in handling classes at the Aranda Country Club, Pasir Ris and the Sree Narayana Mission Senior Care Home in Yishun. Separately, he has been conducting weekly classes for Special Interest Groups in the community.*

He believes emphatically and is aware through his personal experience that the practice of yoga can push boundaries within every person.

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*Yoga sessions at the Ci Yuan CC*

