

Yoga Sessions



Gentle Yoga

7 Oct, 12pm - 1pm @ Tech Marketplace, L8 Innovis, FP2

In this session, you'll learn simple yet powerful techniques including movement, breathwork and meditation, that can be practiced anywhere, whether you have just 5 minutes or an hour. These exercises are perfect for seasoned practitioners and beginners, deepening your connection to the body as you strengthen and stabilise the spine. Enhance your energy and productivity, and take on daily challenges with ease.

Essentials

- Wear comfortable and stretchable attire
- Bring a yoga mat or thick towel to lie on for hygiene
- A jacket or shawl to stay warm
- A bottle of water to hydrate
- 1.5 hours after a full meal
- Sessions are held in-person



Isha Foundation, an international non-profit organisation, is dedicated to raising human consciousness through individual transformation. It offers a range of Yoga and Meditation programmes aimed at enhancing physical, mental, and spiritual wellbeing, with over 17 million volunteers in 300 centres worldwide.

Chair Yoga + Heartfulness Meditation

10 Oct, 12pm - 1pm
@ Infuse Theatre, L14 Connexis South, FP1
11 Oct, 4pm - 5pm
@ Seminar Room 2, L6 Kinesis, FP2



The Chair Yoga + Heartfulness Meditation Sessions will guide you through gentle yoga poses that improve flexibility, posture, and relieve tension. Supported with a chair, it is perfect for any fitness level. Followed by guided meditation to reconnect with the heart, you'll cultivate inner peace and emotional balance. Attend a session to recharge, enhance focus, and bring more compassion into your daily routine.

Essentials

- Wear comfortable and stretchable attire
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- A bottle of water to hydrate
- 1.5 hours after a full meal
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Joanne earned her Yoga Instructor Certification from S-VYASA Yoga University. She is dedicated to guiding others on their Yoga journeys, focusing on proper postures, breathing techniques and individualised variations to promote a harmonious mind-body connection. She is also a certified H.E.M. meditation and sound healing practitioner.



Karuna Harihar began Heartfulness meditation during her university years, finding the simple practices restorative and nourishing. A trainer for six years, she finds deep purpose and fulfilment in leading sessions for individuals and corporations. She is also certified in Nonviolent Communication (NVC), a method by Dr. Marshall Rosenberg that complements her practice.



Bharathi Boppna has been a certified Heartfulness trainer for over a year, conducting individual and group meditation sessions for seekers interested in holistic wellbeing. She is inspired by the Engineering inventions and Scientific discoveries shaping our world and marvels at Nature and Creation. She believes we are gifted with an innate potential to be our best version and contribute to the greater good.

[Book a Session](#)

As part of the social aspect of Sustainability Month, we dedicate a week of activities that bolster wellbeing, to remind us to care for ourselves so we can go the distance and be there for A*STAR and family. The A*STAR Mental Health & Wellness Week is co-organised by SpIA OSH and Infuse in celebration of World Mental Health Day held on 10 October.

