

## Singapore 2012 Teaching team

### **Tonie Nooyens.**



KRI certified Kundalini Yoga teacher and one of the trainers on the KRI Asia KY Teacher Certification Program, Tonie travel extensively in the countries where the level one is offered (China, Japan, Taiwan, Sri Lanka, Thailand etc.)

Tonie also practice and teach meditation since 2002 including Vipassana, Zen and Tibetan Buddhist meditation. Based in Cambodia since 2007, he is conducting a Yoga and Meditation training program for Cambodians, and setting up stress and trauma relief activities, as well as communication and personal capacity training for vulnerable groups.

Tonie worked for 25 years in development projects in Asia and Africa as project manager, advisor and trainer in the fields of human capacity building, natural resources management, local governance and gender equity.

### **Kirti Kaur**



Christine Plaud is a KRI certified Kundalini Yoga teacher and one of the trainers on the KRI Asia KY Teacher Certification Program being involved in Singapore, Malaysia and Thailand programs. She started teaching Kundalini yoga in 2003. Her approach to teaching is joyful and spirited and she particularly enjoy the use of the sound current technology.

She is also a practitioner in the healing technique called The Bodytalk System as well as trained therapist in Ayurvedic, Thai and Chinese acupressure massages.

Born in France, she studied Asian civilization and Mandarin, Thai and Burmese at the Paris Oriental Institute. She is leaving in Asia for the past 18 years. After 10 years in corporate world, mainly in recruitment and career management roles, she started her own company: Inner Keys, Pte Ltd in 2005.

### **Nguyen, Tien-Nghia (Ms) - TIEN**



The journey with Yoga began in Karachi, Pakistan, in 1978, via many routes and countries from Asia to Africa, Europe, back to Asia; through many schools of Yoga – Iyengar, Sivananda, Ananda Marga, Kaivalayadham, and, finally, Kundalini Yoga.

Between 1995 and 2005 taught asana and pranayama in the traditions of Hatha yoga Sivananda, and Kaivalayadhama to very young children and adults with respiratory problems; to able and disable adults, professionals, and corporation executives. Then started teaching KY. KRI certified Kundalini Yoga teacher and one of the trainers on the KRI Asia KY Teacher Certification Program being involved in Israel, China and Thailand.

**Specialised in** Yoga for children, women of all ages and for people with limitations: special educational needs, physical disabilities