

Report on YOGA IN PARK (VHP SA Inc.)

With the support of Unley City Council, VHP organised free yoga and meditation classes for all community members once a week (every Sunday), for 12 weeks, for 90 mins. This is the third consecutive year when people participated to perform yoga in the park. The yoga session runs from Jan – April every year and our distinguished yoga gurus teach us the various yoga exercises (asanas) for a healthy lifestyle. It is observed that every year the interest has been increasing. Community members are eager to know more about this ancient practice originating in Bharat (India) and the health benefits provided by each yoga form.

Our speakers on Yoga, Mr Vittala Shettigara, Mrs Vani Shukla and Mr Rajendra Pandey also provide information on homemade herbal medications to get rid of joint pains and improve general wellbeing.

Vittala ji is a certified Yoga Teacher who has practised Pranayama and Hatha Yoga for over ten years. He practises both regularly and he brings his personal experience to his teaching. Vittala is also a retired Senior Research Scientist.



Vani ji started her formal training as yoga teacher in 2005. She completed post graduate in Masters of Sciences in Yoga Therapy from India.



Rajendra Pandey (The most famous Yoga Guru of ADELAIDE):

Rajendra ji has been associated with VHP-SA (yoga sessions) from the beginning, he voluntarily offered his services to the community. Raj has been conducting free (charity) traditional yoga, Kriya yoga, and Kundalini yoga and meditations classes at Unley Community Centre. He conducts workshops on various forms of Yoga at various locations around Adelaide. Raj is a Physics and Maths teacher in a high school too.

We finished the yoga sessions on 8 April 2018 however; we have started receiving expressions of interest for 2019.