

Nanti Yoga Surat Thani

Surat might seem like it's missing some of the comforts of home, like sugar free yogurt and non-whitening deodorant, but there is no lack for an excellent English-speaking yoga instructor. I sat down with my instructor and friend, P Noi, on one of those wet, slightly chilly evenings I have come to love like I have come to love cheese and hot showers more. She had just finished a Wednesday evening Yin class, and we were both feeling so “sabai.”

Susan: P Noi, can you go through your class schedule, please?

P Noi: Certainly.

Monday is a Beginning Level Sivananda Class. We hope to achieve balance, a sound mind and body. Morning class is at 8:30 am until 10:00 am and evening class is at 6:00 pm until 7:30 pm. Tuesday is a Hatha Class. It is easier, adding more movement and more flexibility. Morning class is at 8:30 am until 10:00 am and evening class is at 6:00 pm until 7:30 pm.

Wednesday is a Yin Class. Yin is slow-paced. The poses are held for a longer amount of time. It is a more meditative yoga. Morning class is at 8:30 am until 10:00 am and evening class is at 6:00 pm until 7:30 pm.

Thursday is a Pranayama Class. The focus will be on Sun Salutations and a working on higher level of Sivananda. Morning class is at 8:30 am until 10:00 am and evening class is at 6:00 pm until 7:30 pm.

Monday through Thursday afternoons at 1:00 pm until 2:00 pm, there is a Yoga Therapy Class, meant to relieve stress. Expect a high number of asanas (poses).

Saturday and Sunday afternoons from 9:00 am to 12:00 pm are extended time Yoga Therapy classes.

Nanti Yoga Studio

ตารางฝึกโยคะ

*หยุดวันนักขัตฤกษ์

วัน เวลา	จันทร์ Monday	อังคาร Tuesday	พุธ Wednesday	พฤหัสบดี Thursday	ศุกร์ Friday	เสาร์ Saturday	อาทิตย์ Sunday
08:30-10:00	Sun slutation Hatha Yoga หฐ โยคะ	Sivanaanda Beginners ศิวะนันดา เบื้องต้น	Yin yoga หยิน โยคะ	Pranayama &sivananda ปราณายณะ&ศิวะนันดา			
09:00-12:00						Yoga Therapy โยคะ บำบัด หลักรัฐครุ สุณีย์	
13:00-14:00	Yoga Therapy โยคะ บำบัด หลักรัฐครุ สุณีย์						
16:30-17:30	Yoga Kids *Up to 6 year old 6 ขวบขึ้นไป						
18:00-19:30	Sun slutation Hatha Yoga หฐ โยคะ	Sivanaanda Beginners ศิวะนันดา เบื้องต้น	Yin yoga หยิน โยคะ	Pranayama &sivananda ปราณายณะ&ศิวะนันดา			

*Free for first visit , 150 bath per class,1,200 per monthly

S: Can you tell me about the price per class and any packages?

PN: The first class is free! After that, weekday classes are 150 baht and extended time weekend classes are 300 baht. You can come to as many weekday classes as you want in one month from the day you pay for 1200 baht. Weekend classes are not included in the monthly package.

S: Why is it important to practice more than one type of yoga?

PN: Practicing different types of yoga, using different body movements, will help to create balance in your mind and in your body. You are stronger and more flexible in more ways. It also keeps the practice interesting!

S: Do you have a favorite type of yoga?

PN: Sivananda because it is not easy or difficult. The movements are simple, but are not actually simple. You need to use your mind as well as your body. Balance.

S: How long ago did you start practicing yoga?

PN: Eight years ago. Before, I was a cosmetic salesperson and there was a lot of commuting and a lot of stress. I started because I wanted to feel healthier. One day, I was sitting under a tree in a garden during a yoga class and as I tried to follow the wind I realized I could pick up different sounds as I did. I felt that my senses were clearer. It was a moment of clarity where I felt everything was connected. This is when I knew I wanted more yoga in my life.

S: How long ago did you start teaching yoga?

PN: Seven years ago.

S: Was it your idea to bring yoga classes in English to Surat Thani?

PN: I love spending time with people from all over the world. When I started, only one or two would come in maybe once a week. By word of mouth, business has picked up. Now many people know to come here. It wasn't really intentional, but I love to see them in my classes.

S: What are your certifications and what schools did they come from?

PN: First was a Yoga Therapy certificate from Sunee Yoga Surat/Bangkok. I wanted to find the original yoga though, so I went to Yoga Vidya Guruku in India. I practiced for two years before I became 100% certified from Sivananda Yoga. I also have a certificate in Pravesha style from another school in India and a few more...

S: Which school was your favorite and why?

PN: Sivananda Yoga is my favorite practice. The philosophy is not only asana but pranayama as well.

S: Do you believe yoga can help both physical and mental problems in one's life?

PN: Yoga can help you to know yourself. After knowing yourself, and thinking about the universe, you may be able to understand things outside of your own consciousness. Also, if you learn yoga you can take it with you anywhere. It can give you clarity, helping with both the mind and the body. You can find peace in any style, even if you're not especially spiritual. It's up to you. Even though a teacher can help. ;)

S: Do you have any advice for aspiring yoga instructors?

PN: Find a teacher you can "share your heart" with. Go from there. Gut instinct. Whatever you decide, you should find a style and teach that way. Don't work outside of that or teach just to 'act like a teacher.' Find your happiness and share that feeling, it can't be pretend or just an idea.

S: What inspired the design of your studio? Is it the first time you have designed a room?

PN: It was my first time designing a commercial yoga space. I like the lighting, I want it to feel

beautiful and relaxing. The light, wood, and floor is made to feel natural, the lighting color was intended to reference colors in nature, or on the robes of monks. When the sun rises, the color is brighter. The space is organic and helps to give people a sense of happiness, safety, and balance. Water, sun, wind, an elemental balance but no mirrors. It's not about that.

S: What guides your practice?

PN: I practice by myself before classes to prepare. I use my practice to create feelings of love, peace, then to share and create those feelings in others. I gain a sense of stability. It's a job, but also something I come back to. I feel guilty if I don't give a class or if I go away from the studio for a long time.

S: Anything else you would like to add?

PN: Come and visit. Bring your mind to come here, don't worry about your body. Mind > body. Don't worry about what you're going to do, what you need, just show up. First class free!

Facebook: Nanti Yoga Butsritha





