

# MASTER KAMAL

Yoga Master, par excellence

By John Lindgren

I meet Master Kamal at "Ca WOW" Sukhumvit Soi 23. I have seen him on many posters and pictures, but this is Master Kamal in flesh and blood. He greets me with a namaste. There is an aura, something glowing about this man. It's everywhere in the face: the eyes, the glow and the unmistakable arresting smile.

**T**here is something frighteningly healthy about the Master. He is compact with massive biceps and a Mick Jagger-like waist. He is a yogi and the founder and director of Planet Yoga: a devoted and passionate yoga teacher who has studied the highest 'Himalayan Tradition' under the direct guidance of Swami Veda Bharati, Rishikesh, India. Master Kamal has been trained since the age of five and has taught yoga for over 20 years in both Asia and USA.

But all is not yoga for Master Kamal. He expanded his scope of learning in order to understand other forms of sports and fitness by studying bodybuilding, gymnastics and martial arts. He is an expert in martial arts and holds a 4th degree black belt in karate and kickboxing.

Master Kamal is now taking Bangkok by a storm and his Yoga and Hot Yoga classes are integrated with the city's six California Fitness Centers.

"What is yoga all about?" I ask.

"Let's start with breathing," he replies. "Yoga can be the science of breathing. Not shallow breathing, but mindful breathing, diaphragmatic breathing. Our classes always start with breathing, inhale and exhale; mind your breathing; control your breathing."

"Yoga will bring you back to nature. And yoga will fight stress. What is stress? Stress is actually the fear of death with all the implications of stress toxins that invade our blood system. Add adrenaline, coffee, double espressos and this could be a fatal mix."



"How about your diet?" I ask, regretting the coffee latte I'd just consumed.

"Let's look at the word diet, but please let's call it nutrition. No more diet! Nutrition sounds more positive, more adequate," says Master Kamal. "My diet is light fruit, yoghurt and vegetables. Lots of fruits, fibers and vegetables. And I also drink a lot of water."

"What about the ration of males to females studying yoga?" I ask.

"Most of our members are female" says Master Kamal. "But more and more guys are trying it now. One of the hot trends at present is yoga at 37 degrees (98.6 F). Now, Bangkok is starting to happily work up a citywide sweat."

Master Kamal's classes are booked in advance. In order to gain more insight I attended one of them. The large room and floor was packed with blue, rubberized yoga mats. No mobile phones ringing, almost a serene atmosphere. Master Kamal is in the center as a divine master of ceremony and three assistants are in satellite positions.

We start with breathing exercises. Exhale through your nose,

through your nostrils, like an explosion. Again. Then basic postures. Total attention. Synchronized movements. More demanding postures, participants sweating. I am trying to do 'child' and 'the swan'. The names of the postures have an ancient history. My joints ache. I am sweating. An hour later I am exhausted. But I feel good. I feel lighter. A different feeling, perhaps a tad of a spiritual feeling compared to walking out of a fitness class session.

Today Master Kamal is a globetrotting yoga master sharing his busy schedule between Hong Kong, Singapore and Bangkok. He has also designed and implemented a new age yoga and fitness program called 'Kryoga' (Kamal's Rhythmic Yoga), derived from the oldest forms of Hatha Yoga and Ashtanga Yoga of Patanjali, now the world's most popular system.

He has trained many celebrities, actors, models, CEOs, and even the designer of a lifecycle exercise bicycle. His teachings are loved by all ages. His yoga is complete with its unique philosophy that teaches the way of great health, great success, great love and great life. His teachings are universal and have changed many people's lives for the betterment of humanity.

