



Genuine + Professional + Integrity

## PROFESSIONAL Speaker 's Profile

# Peter Bhakta Chuah

## *“ The Fountain of Youth ”*

### Mr. Peter Bhakta Chuah

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**Joined** Ananda Marga Yoga Society of Singapore and Singapore Polytechnic Yoga Movement in 1974. More than 20 years of yoga practice and held position of President of the Society for 3 terms. Visited India, the motherland of Yoga and learnt the Science of Life in the year 1978, 80 & 83. In 2003, I went to India again to finish my Diploma in Yogatherapy at the Indian School of Yoga.

Even before yoga was popular in Singapore, yoga was taught in our centers around the world as Ananda Marga Yoga has reached 160 countries in the '70s.

I have been a full-time yoga instructor for the last 10 years sharing my knowledge of Yoga in Ananda Marga Yoga Society of Singapore as well as corporate companies like NTUC Income, CARC, National Laguna Golf & Country Club, PSB Corp & SPRING.

Founded Balanced Lifestyle in 2004 with a pool of dedicated Yoga Instructors to serve the community.