



靜鉢瑜伽 JB Yoga

靜鉢瑜伽 JB Yoga 導師Sonia



Sonia自2016開始練習瑜伽，本來只打算將瑜伽當為一個興趣，但經過多年來的恒常練習後漸漸發現身心都因瑜伽而變得更加健康。

Sonia隨後為了更深化瑜伽知識，在2022年於Anahata Yoga跟隨Master Yogananth Andiappan 的指導下完成了 200 小時的瑜伽教師培訓課程，亦曾於Andiappan Yoga Community (AYC) 參與成為其志願導師，為弱勢社群以及有需要的人仕作免費瑜伽指導，使他們能夠感受到瑜伽帶來的好處。隨後，Sonia亦於Omiyoga分別進修了30小時的Wheel Yoga導師課程，以及進階的瑜伽理論課程。

在頌鉢聲音治療方面，Sonia在2022年於靜鉢瑜伽JB Yoga向首席導師Yasoda學習其派系的頌鉢療法，完成了靜鉢瑜伽的「頌鉢療法工作坊」初階、中階、以及高階課程。Yasoda亦向Sonia提供專業的頌鉢聲音治療師相關培訓。近年Sonia亦有跟隨Yasoda導師參與靜鉢瑜伽為不同類型機構提供之「頌鉢聲音療愈體驗」和「頌鉢聲療瑜珈」活動，表現獲Yasoda和各機構肯定。

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Sonia的專業認證



靜鉢瑜伽 JB Yoga CERTIFICATE OF COMPLETION

This is to certify that Lam Yik Ka has successfully completed the
Sound Healing and Therapy with Himalayan Singing Bowl
course on 28 May 2022 totaling 36 hours.

Ryan

RYAN CHEUNG
Managing Director



Yasoda

YASODA
Sound Healing Therapist

Sound Healing and Therapy with Himalayan Singing Bowl course from JB Yoga



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RYT 200 - under the guidance of Master Yogananth Andiappan at Anahata Yoga, Hong Kong

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靜鉢瑜伽 JB Yoga



Yoga Philosophy Course from Omiyoga



靜鉢瑜伽 JB Yoga



30 hours Wheel Yoga Teacher Training Programme (Level 1 & 2) from Omiyoga

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