



Khun Oh Jiraporn, Co-founder and Owner

Khun Oh is a co-founder and owner of Divine Yoga with a vision. The seeds of Divine Yoga goes back to 2010 when she encountered her first yoga class after she exhausted her options to relieve her severe leg pain, stemming from her lower back, as well as her shoulder and neck pain. Khun Oh's "office syndrome", caused by long working hours in a sitting position, made it difficult for her to sit more than 3 hours at a time. She needed daily massages just to get through the workday. One day, thoughts of Wat Po's epigraphic archives of the yoga massage crossed her mind and she decided to give yoga a try. With intentions to commit herself to 2 to 3 yoga classes per week, she attended a session at a yoga studio. It only took the first class to get her hooked and she became a daily practitioner. The benefits of yoga were immediate. She was able to forget all her problems and focus on her practice during the class and her pain began to alleviate. Weight loss, body toning and an immune system resilient to colds were added fringe benefits to the effects of regular yoga practice. One of her first teachers was Master Sanjiv, now the co-founder and Director at Divine. He introduced her to all aspects of yoga and she learned for the first time that yoga was not only a physical practice. Her desire to learn yoga in its totality and Master Sanjiv's calling to teach students yoga in its entirety to connect the body, mind and practice manifested as Divine Yoga in November, 2011. Their shared vision is to let everyone know that yoga is for everybody

