



Kru Soravit Dhebhasit (Pong), Yoga Teacher

Kru Pong's chance encounter with yoga changed the course of his life. One day, he was urged by a friend to attend a yoga class and he complied out of curiosity. He quickly realized that his friend had introduced him to his life's passion and he began to attend yoga workshops by Thai and foreign instructors and completed a yoga teacher training course at Bangkok Yoga. Through yoga, he also discovered his love of teaching. He embodies the qualities of patience, ability to give clear guidance and compassion towards his students; all of which are mark of a natural teacher.

He is a practitioner of Mysore Style Ashtanga yoga, which requires strength, body control and awareness of the intricate links between the body and mind. Master Pong brings his personal experiences and asana techniques to his classes and guides his students to explore their own potential to master their bodies. He teaches classes ranging from beginner to physically challenging levels.



DIVINE YOGA