



**BURN.
BUILD.
GROW.**

ONE**Y**

by URAI S



INTRODUCTION

hello,

Whether you are a yoga beginner or a pro, if you want to make yourself stronger, I can help you get there.

While it surely is 'no pain, no gain', I recommend you to push your limits wisely, going from 80% to higher only when you feel your limbs and muscles are ready. The mind is stronger than the body, so we all naturally tend to overdo.

I watch out that you feel the right type of pain in the right type of places, get into the moment, and look forward to help you to meet with your strongest self.



INTRODUCTION

yoga style

I instruct Hatha, Vinyasa, Yin, Iyengar, and Ashtanga style yoga classes. To guide growth, the classes are themed and build on top of each other. The themes are **CLEAR & HEAL**, **GROUND & CHARGE**, and **BALANCE & BUILD**.



INTRODUCTION

education

2014 – 2017

Sukhothai Thammathirat Open University
Bachelor of Liberal Arts

yoga teaching experience

total time of yoga teacher training	900h
total time of yoga class instruction	2600h
total # of clients in personal yoga training	21

language

Thai	Native
English	Conversational



YOGA TEACHING EXPERIENCE

yoga classes in studios and gyms

Sansaran Health & Sports Club, Hang Dong

Om Ganesha Yoga, Nimmanhaemin

Light On Fitness, Salaphi

Yoga Salaphi, Salaphi

Shakti Yoga, Hang Dong

Hidden House, Sam Kasat

Freedom House, Night Bazaar

Illusion Fitness, Ruamchok

Ruamchok Fitness, Ruamchok

Mini Gym, Ruamchok

Absolute Gym, Chiang Mai

Yoga for you, Saraphi

Bliss Yoga Studio, Nimmanhaemin

Maxx Fitness, Maya Mall

Tiger Muay Thai Chiang Mai, Sansai



YOGA TEACHING EXPERIENCE

yoga classes in hotels and resorts

Four Seasons Hotel, Chiang Mai
Rati Lanna Riverside Spa Resort, Chiang Mai
New Paradigm Holistic Trauma Recovery
and Mental Health Retreat, Hang Dong, private class
Chiang Mai Detox, Sansai
Duangtawan Hotel, Chiang Mai
Baan Mon Muan Resort, Mae Rim



YOGA TEACHING EXPERIENCE

special yoga events

CMU Science and Technology Research Center, 50 people / class

Chongfah Sinseung Wanich Bamrung School, 50 – 80 people / class

Chiang Mai University, 30 – 50 people / class

Chiang Mai Prison, 160 people / class

CMU Energy Research and Development Institute

Anusansunthon School for Deaf Children

Suan Sati Elderly Home

Chiang Mai Provincial Public Health Office

Chiang Mai Electric

Lamphun Electric



YOGA TEACHER TRAININGS

2017

200h YTT at Ananda Yoga Shala, Chiang Rai

2018

Basic Anatomy & Physiology for Yoga, Chiang Mai

2019

200h YTT at Daneshe Yoga Ashtanga Yidyalaya, Mysore

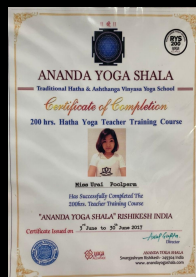
2022

200h YTT at Suan Sati, Chiang Mai

2023

300h YTT at Himalayan Yoga Association, Rishikesh

200h



200h



200h



300h



Σ 900h

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ANANDA YOGA SHALA

Traditional Hatha & Ashthanga Vinyasa Yoga School

Certificate of Completion

200 hrs. Hatha Yoga Teacher Training Course



Miss Urai Poolperm

Has Successfully Completed The
200hrs. Teacher Training Course

"ANANDA YOGA SHALA" RISHIKESH INDIA

Certificate Issued on 3rd June to 30th June 2017

Anil Gupta.
Director



ANANDA YOGA
Swargashram Rishikesh - 24930
www.anandayogashala.com

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ANDA YOVEDA SH

CHIANGRAI



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คณะวิทยาศาสตร์การแพทย์ มหาวิทยาลัยนเรศวร

ขอมอบเกียรติบัตรฉบับนี้ให้ไว้เพื่อแสดงว่า

Faculty of Medical Science certifies that

อุไร พูลเพิ่ม

URAI POOLPERM

has completed "Workshop: Basic Anatomy & Physiology for Yoga on 10-11 November 2018"

ได้เข้าร่วมการอบรมเชิงปฏิบัติการ

“กายวิภาคศาสตร์และสรีรวิทยาพื้นฐานสำหรับการเล่นโยคะ”

ในระหว่าง วันที่ ๑๐-๑๑ พฤศจิกายน ๒๕๖๑

พ.อ.พงษ์พิทักษ์ ภูติวัตร

พ.อ.พงษ์พิทักษ์ ภูติวัตร
หัวหน้าภาควิชากายวิภาคศาสตร์
Assist. Prof. Phongpitak Putiwat
Head of Department of Anatomy



พ.อ.ดร.สุภาพร พันธุ์ธรรณรักษ์

พ.อ.ดร.สุภาพร พันธุ์ธรรณรักษ์
หัวหน้าภาควิชาสรีรวิทยา
Assist. Prof. Dr. Supaporn Puntheeranurak
Head of Department of Physiology



Daneshe Yoga Ashtanga Vidyalyaya

(A Unit of Daneshe Yoga Ashtanga Vidyalyaya Private Limited)
#14, Contour Road, Gokulam, Mysore - 570 002 Karnataka, INDIA
www.daneshyogashtangavidyalaya.com
Registered with Ministry of Corporate Affairs
Government of India
Reg. No: U93090KA2018PTC114014



Whereas by the Grace of God, the title

200 HOURS HATHA YOGA INSTRUCTOR

has been awarded to

MISS URAI POOLPLERM

has the result of steadfast pursuit of
YOGA TECHNIQUES.

May the recipient continue to be worthy of this title through the
continued growth and development of spiritual practices.

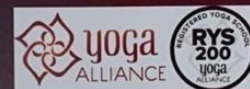
Issued at
Mysore

on this Day of in the year
21-04-2019

S.No: 132/2019

Movahedi Masoud
(Yogacharya)

Balsundra Srinatha
(Yogacharya)



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Suan Sati – The Garden of Mindfulness

CERTIFICATE OF COMPLETION 200 - HOUR YTTC

THIS IS TO CERTIFY THAT

URAI POOLPERM

DATE: NOV 21st 2022

HAS SUCCESSFULLY COMPLETED THE SUAN SATI 200 HOUR
HATHA, VINYASA AND BHAKTI YOGA TEACHER TRAINING AND
IS THEREFORE A CERTIFIED MULTI-STYLE YOGA TEACHER

ISSUED AT: SUAN SATI



William P. Hardy

WILLIAM HARDY
E-RYT 500

Denise Teh

DENISE TEH
E-RYT 500

ONE

by URAYS



Certificate of Completion

This certificate is awarded to

Urai Poolperm

Who Has successfully completed 300 hours Ashtanga / Hatha & Vinyasa flow-based yoga teacher training From 1st of July to 28th of July 2023 that includes extensive practical as well as theoretical practices of all aspects of yoga.

Certificate awarded on 28th of July 2023 at Himalayan Yoga Association In India YA ID- 236318 & Society Registration ID- UK06003052020003852



Himalayan yoga association



Himanshu
Himanshu
FOUND

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IMPRESSIONS



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IMPRESSIONS





IMPRESSIONS





IMPRESSIONS



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IMPRESSIONS







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Handwritten text on a piece of paper taped to the glass block window. The text is in a mix of uppercase and lowercase letters, some of which are underlined. It appears to be a list or a set of instructions, possibly related to the performance or the location.

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meet with your
strongest self

YOGA PROGRESSION (YP) WORKSHOPS

YP — I	CLEAR & HEAL
YP — II	GROUND & CHARGE
YP — III	BALANCE & BUILD
YP — IV	CYCLE & GROW

THEMED CLASSES

power hour
gentle flow
mindful flow

adjustment & alignment
yoga for kids
yoga for managers

office syndrome
stretching
restorative

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YOGA PROGRESSION (YP) WORKSHOPS

YP - I CLEAR & HEAL

The purpose of this class is that you learn to prepare your lower back, neck, and shoulders. Like in all other classes, there are also elements of grounding, balance, and mindfulness, as no yoga would be complete without it.

YP - II GROUND & CHARGE

The purpose of this class is that you learn to ground yourself properly. Literally, from the feet up. Here is where you build your core strength. This is important because yoga attempts to align you with the universe. Imagine what happens when you are not.

YOGA PROGRESSION (YP) WORKSHOPS

YP - III BALANCE & BUILD

The purpose of this class is that you learn to explore your limits. No yoga would be fun without at least a head stand. But it does not need to be, there are many other ways to challenge your balance and focus your mind.

YP - IV CYCLE & GROW

Your goal is to reach enlightenment? Well, I won't talk about Atman or Brahman, but I can guide you to get into the moment to cast of maya (illusion or ignorance), dissolve your ego (anava) and sever your attachments to pleasure and aversions to discomfort. Or, in any case, feel a majestic sense of joy during and after class.

YOGA PROGRESSION (YP) CLASS - LEARN TO PRACTICE YOGA RIGHT

MON

5 – 7pm

YP - I CLEAR & HEAL

Learn to prepare your lower back, neck, and shoulders

TUE

7 – 9am

YP - II GROUND & CHARGE

Learn to ground yourself and build core strength

THU

4 – 6pm

YP - III BALANCE & BUILD

Learn to safely explore your limits

SAT

7 – 9am

YP - IV CYCLE & GROW

Learn to walk your own path, in your own pace

2h
95% doing,
5% talking

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YOGA PROGRESSION (YP) CLASS - LEARN TO PRACTICE YOGA RIGHT

YP - part I CLEAR & HEAL

The purpose of this class is that you learn to prepare your lower back, neck, and shoulders. Like in all other classes, there are also elements of grounding, balance, and mindfulness, as no yoga would be complete without it.

YP - part II GROUND & CHARGE

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2h
95% doing,
5% talking

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A woman with dark, wavy hair is shown in profile, sitting in a meditative pose on a light blue cushion. She is wearing a light blue athletic top and leggings. Her hands are resting on her knees with palms facing up. The background is a blurred outdoor setting with green foliage.

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