

## **Valerie Fimat-Faneco**



Valerie started to practice yoga in 1994 and has been teaching for two decades. She completed more than eight years of training with her mentor Frans Moors in Belgium and at the KYM in India with Mr Desikachar and other senior teachers.

Through these long studies and decades of personal practice she has gained expertise in the following areas: postures and their modifications (*āsanas*), breathing techniques (*prāṇāyāmas*), energetic seals (*mudrās*), the use of sounds and *mantras* in yoga practice, visualization techniques, meditation, counselling, Yoga philosophy, and the pedagogy of teaching people of all ages and abilities, including pregnant women, children and athletes. She is also fond of Vedic chanting and practices almost daily.

As a **Teacher Trainer** certified under the direct supervision of Mr. Desikachar since 2007, she has been conducting teacher training courses and mentoring yoga teachers for the past ten years, in Singapore and via Skype in other locations.

As a **Yoga Therapist**, she teaches her students how to incorporate realistic yoga programs in their daily life, dealing with all sorts of health conditions or simply giving them tools to stay fit.

For the past several years she has also coached executives and athletes to help them cope with physical, mental and emotional stresses. Her experience brings her referrals by word of mouth and from the medical community. Valerie was twice assistant senior teacher at the former annual KHYP Global Yoga Summit in Austria.

She has lectured for various schools and organizations in Singapore such as the Singapore Air Force, the Singapore American School, and more recently True Yoga and Touch the Toes. She was also featured in the Home and Health segments of the Discovery channel for several years.

In March 2012, the book *Liberating Isolation: the Yoga-Sūtra of Patañjali* (by Frans Moors) was translated into English by Valerie and published in India. She occasionally contributes articles to yoga magazines in the region.