



**ONEy**

by URAI S

**BURN.  
BUILD.  
GROW.**

**ONEyga.com**



## 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**.

# contact

name	URAI SCHNEEMANN
date of birth	16 may 1988
contact	connect@oneyga.com



## 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

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## 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

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**RatiLanna**  
RIVERSIDE SPA RESORT  
CHIANG MAI

## 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

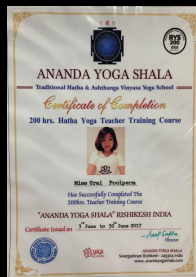
- CMU Science and Technology Research Center, 50 people / class
- Chongfah Sinseung Wanich Bamrung School, 50 – 80 people / class
- Chiang Mai University, 30 – 50 people / class
- Chiang Mai Prison, 160 people / class
- CMU Energy Research and Development Institute
- Anusansunthon School for Deaf Children
- 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 Yidyalyaya, 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 3<sup>rd</sup> June to 30<sup>th</sup> June 2017

*Anil Gupta.*  
Director



ANANDA YOGA SHALA  
Swargashram Rishikesh - 249304 India  
www.anandayogashala.com

# ANDA YOVEDA CHIANGRAI

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คณะวิทยาศาสตร์การแพทย์ มหาวิทยาลัยนเรศวร  
 ขอมอบเกียรติบัตรฉบับนี้ให้ไว้เพื่อแสดงว่า  
 Faculty of Medical Science certifies that



by URAI S

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

*Phongpitak Putiwat*

พศ.พงษ์พิทักษ์ ภูติวัตต์  
 หัวหน้าภาควิชากายวิภาคศาสตร์  
 Assist. Prof. Phongpitak Putiwat  
 Head of Department of Anatomy



*Supaporn Puntheeranurak*

พศ.ดร.สุภาพร พันธุ์ธีรานุรักษ์  
 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.daneshyogaashtangavidyalaya.com  
 Registered with Ministry of Corporate Affairs  
 Government of India  
 Reg. No: U93090KA2018PTC114014



**200 Hours TTC  
 COMPLETION  
 CERTIFICATE**

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*  
 Movahedi Masoud  
 (Yogacharya)

*Balsundra Srinatha*  
 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 21<sup>st</sup> 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 Hardy*

WILLIAM HARDY  
E-RYT 500

*Denise Teh*

DENISE TEH  
E-RYT 500



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# Certificate of Completion

This certificate is awarded to

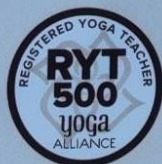
*Urai Poolperm*

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



हिमालयन योग संस्था



*Himanshu Joshi*

Himanshu Joshi

FOUNDER  
ONEyga.com



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# IMPRESSIONS



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A woman with dark hair, wearing a light blue athletic top and leggings, is sitting in a meditative pose on a light blue cushion. She is outdoors, with a blurred green background. Her hands are resting on her knees in a mudra. The lighting is soft, suggesting a calm atmosphere.

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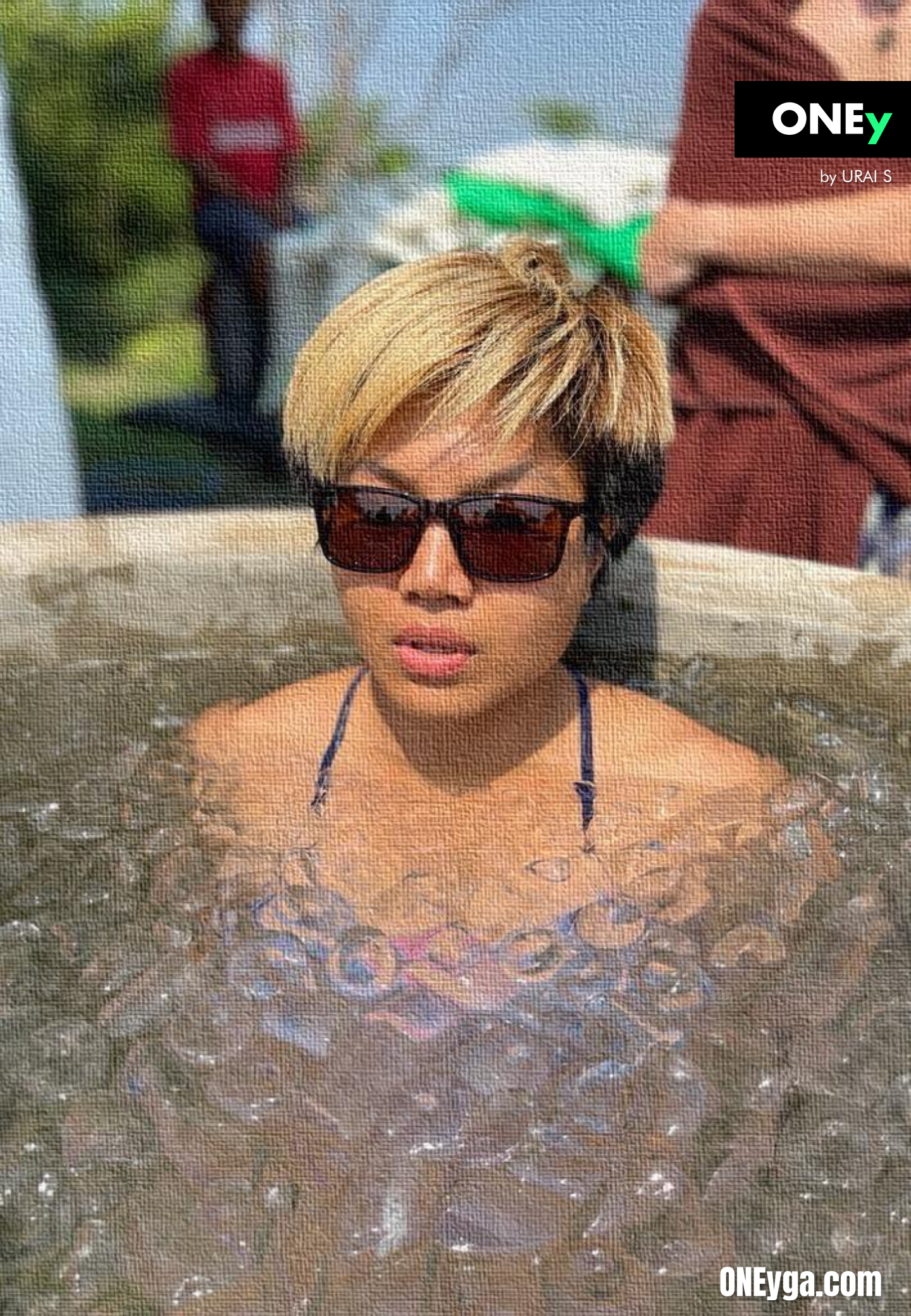
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meet with your  
strongest self

## 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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## 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.

## **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

## BURN. BUILD. GROW.

# 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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# BURN. BUILD. GROW.

2h  
95% doing,  
5% talking



# PRIVATE YOGA CLASS

**1 month, 2 x 1.5h/week**

210E/session

**3 months, 2 x 1.5h/week**

180E/session

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# PRIVATE YOGA CLASS



## STARTER PACKAGE

1 month, 8 sessions  
210E/session



## GETTING SERIOUS

3 months, 24 sessions  
180E/session



## THOR ME UP

6 months, 48 sessions  
160E/session



## VALHALLA TRANSFORMATION

12 months, 96 sessions  
130E/session

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# ONLINE YOGA CLASS

**tuesday & friday**

Berlin      Bangkok  
**12:00 - 13:15**      **18:00 - 19:15**

class fee 5 sessions for 105E | 10 sessions for 160E | 20 sessions for 260E

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on [ONEyga.com](https://ONEyga.com)



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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, form-fitting athletic top and leggings. Her hands are resting on her knees in a mudra. The background is a blurred green hedge. In the top right corner, there is a black box with the text 'ONEy' in white and green, and 'by URAI S' below it. On the right side, the text 'BURN. BUILD. GROW.' is written in large, bold, white capital letters. At the bottom right, the website 'ONEyga.com' is displayed in white.

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