

Master Kamal Biography



Indian-born Master Kamal, who has been practicing yoga since age five, is an internationally acclaimed yoga master bringing his unique philosophy to enthusiasts all over Asia.

Master Kamal has studied the highest “Himalayan Tradition” under the direct guidance of Swami Veda Bharati, Rishikesh, India. He was initiated by 'Mahamandaleswara' Swami Veda Bharati (who is well known for his Vedic knowledge and second highest to Adi Shankaracharya) of Rishikesh, Himalayas, India.

Master Kamal’s own physical, mental and spiritual training began very early with his father, Late Dr. Raj Kamal. Apart from his interest in karate, gymnastics and martial arts, yoga had a significant influence and it remained an abiding passion.

He proved his expertise in training children when he trained 10 year old M.S. Sailaja in Limbo skating, who skated her way into the Guinness Book of World Records (1990) and three year old Kokila as the Youngest Black Belt, who entered the Indian Book of World Records (1996).

Master Kamal strongly relies on his own practice and intuition to influence his teaching and has designed and orchestrated the construction of a unique system of teaching yoga – Kryoga (Kamal’s Rhythmic Yoga) – the art of mindful living.

He has been a featured presenter internationally giving courses, seminars and conducting workshops. His teachings have spread to fitness and yoga centres around the world and his innovative body mind techniques and robust sense of humour has helped celebrities, actors, models and corporate executives achieve serenity and good health.

His compassion, wealth of knowledge and mindfulness earned through his years of practice and teaching, has created a yoga boom in Asia. Master Kamal has contributed articles to international yoga magazines and has appeared numerous times on television network in Singapore, Bangkok and Hong Kong and in varied newspapers and in-flight magazines. The world renowned Master Kamal also features in his own DVDs which guide audiences through a rejuvenating flow of postures, breathing, concentration and meditation techniques.

Master Kamal’s unique system of teaching is loved by the young and old alike. His ability to cleanse the mind and body through yoga brings in the “feel good factor” and his teachings are universal and have changed people’s lives for the betterment of humanity.

Master Kamal has developed the unique yoga program at V Club, Sydney’s newest health club. V Club is the only place in Australia offering Kryogi. To find out more visit V Club at 48 Druiitt St Sydney, call 02 8088 8888 or log onto www.vclub.com.au