



Charter Granted 7 August 1961

# SOUTH WIND

## THE ROTARY CLUB OF BANGKOK SOUTH

The Crowne Plaza Bangkok Lumpini Park Hotel, 952 Rama IV Road, Bangkok 10500 Thailand  
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Meetings:  
**Friday**  
12.15 pm.

**President** Michael Schulz  
**President Elect** Michael Doyle  
**Immediate Past President** Nick Pisalyaput  
**Vice President** Dean Outerson • **Vice President** Dana Caron  
**Secretary** Vitool Tantianunanont • **Fund Raising** Douglas Riach • **Treasurer** Nathan Christoff  
**Communications** Tim Cornwall • **Administration** Stuart Lucani • **Service Projects** Chris Thatcher  
**Rotary Foundation** Rakesh Sodhia • **Sergeant-at-Arms** Adrian Topham

### H.E. Mark Kent British Ambassador Lunchtime Diplomacy: Gastronomic Contributions to Good Relations

No 2502

20 September 2013

#### Ms Veena Sethi How I got into yoga



Originally an international school teacher in Bangkok, our speaker last Friday, Ms Veena Sethi is now living her passion and working as a free-lance yoga instructor.

Even though she was surrounded by a religious culture at home, Veena was more interested in exploring anything that would help her health to improve.

Her first yoga class was a Yoga Nidra class with her father's Ayurvedic doctor, when she was just

19 and living in Japan. Her father introduced yoga to her as they both suffered from bronchitis.

As her yoga journey continued, her health started improving. She could not believe what was happening and said it was like magic.

Ready to do anything to make her suffering disappear and to reduce her medicinal needs, her visits to yoga classes increased.

In 1989, after taking the Silva Mind Control course with Mary Chappel, the list of holistic courses she enjoyed kept on increasing – and includes Reiki, Art of Living, and Transcendental meditation.

While her curiosity in the power of the mind kept on expanding, in spite of her heavy workload at international schools, she realized that if she had a certificate in yoga, she could teach it, help others in distress and maintain her job.

Teaching yoga to stressed colleagues after school for three years free of cost led to the idea to teach it to students. With this in mind, she started using yoga to assist school counselors with ADD, ADHD students and adults with anger management issues, depression and health problems.

In 2004, after her first Vipassana meditation course, her insight into the body, mind science grew even more and as she mentioned, *“yoga and Vipassana meditation became like medicine for me, something I could not live without.”*

Today, she teaches private and group yoga classes to adults and teens in schools, studios and in her own home and judging from the passion she showed in encouraging many of us, and “Uncle or as we know him PP Narinder” to join in her exercises, I can imagine her lessons must be extremely lively and thoroughly enjoyable as was her talk to us on





# A picture is worth a 1,000 what?



PP Narinder (Uncle to our Speaker) enjoying himself during her demonstration...



Les holidays are fini...  
PPs John and Don back from France...



Rtn Rudy, IPDG Alex, Rtn Adrian (Odd Man Out in the picture - no drink in hand) and P Michael getting ready to do some yoga



Nice Couple... Ann Nid welcoming Rtn Prasert...



The True Taste of Real Coffee





# Coins on Silom Friday 1 November 2013 Are you ready to do your part?



  
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## Khun Khob's Club Almanac # 2502 – 20 September 2013

### Happy Birthdays

Chamnarn Viravan September 20  
 Thanakorn Telan September 21  
 PP Chainarong Indharameesup September 25

### Wedding Anniversary Greetings

Paul Russell September 20  
 Peter Upperton September 26

### Attendance for 13 September 2013: 64%

Present 34, Make-up 15, Absent 28, Exemption 26, Total 103

### Visiting 13 September 2013

Invited Guests:	Introduced by:
Danielle Lavoie	PP Don Lavoie
Nid Mavro	IPDG Alex Mavro
Papada Kankhampla	Joop van Delden

### Recent Makeups

RC Hua Hin, 6/09/13: PP Mark Butters  
 E-Club of 3310, 9/09/13: Peter Williams  
 RC Copenhagen, 21/08/, 4&11/09/13: Poul Weber

### Make-up Credits

**Membership, 3/09/13:** AG Andrew MacPherson, Rui Belo, Krin Charnmaytesakul, Leo Alexanderson, PP Mark Butters, PE Michael Doyle, P. Michael Schulz, PP Niti Meyer, PDG Prap-han Hutasingh, Rod Vergara, PP Vichai Tantrativud

**Service Projects, 9/09/10:** Adrian Topham, Chris Thatcher, Dean Outerson, PP John Quarmby, Mark Shaw, IPP Nick Pisalyaput, Stuart Lucani

**Program, 10/09/13:** Alastair Timblich, PP Andrew MacPherson, Colin Hastings, PP Don Lavoie, Jon Plate, P Michael Schulz, PP Narinder Sachdev, PP Nart Liuchareon, PP Niti Meyer, Paul Russell, Prasobsook Thawilvejjakul, Prasert Mangkornkarn, Rakesh Sodhia, Rick Smith, Thanakorn Telan

**TRF, 11/09/13:** AG Andrew MacPherson, Jon Plate, PP Krit Wongsangarunsri, Manu Mekdhanasarn, PP Mark Butters, Narain Suradejvibul, IPP Nick Pisalyaput, PP Ole Madsen, Pichai Kanivichaporn, Rakesh Sodhia, Rod Vergara, Rui Belo, PP Vichai Tantrativud, William Fantozzi, Yod Tantaranunant

## Club Calendar

### Sunday, 22 September

Sparkling Brunch  
 Grand Millennium Sukhumvit  
 Noon to 15.00

### Friday, 27 September 2013

Dr Sirilaksana Khoman  
 Corruption in Thailand

### Friday, 4 October 2013

Oktoberfest  
 @ Bei Otto

### Saturday, 12 October 2013

Tawandaeng Brewery Social Night

### Friday, 1 November 2013

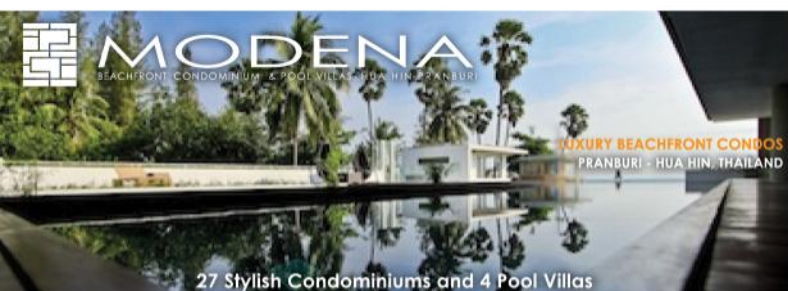
Coins on Silom  
 Your chance to help raise funds...

### For Bangkok South Events

[rotarybangkoksouth.org/  
calendar-of-events](http://rotarybangkoksouth.org/calendar-of-events)



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