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Apr- Jun 2017 ISSUE

What Goes Around Comes Around

The Heart-Intelligence

Strengthening through Kriya Yoga



**Message from
Master Mani:
Yoga Certification**



Message from Master Mani

Laws of Nature

- The Hidden Ruler of Life

Have you ever reflected on other laws that govern our lives than the ones which govern countries? One is the imperfect man-made law and the other is the eternal law of nature. Man may easily escape man-made laws, but will always be held accountable for his actions by the laws of the Universe.

I am not here to write about these laws, but that I am very aware of these laws through the awareness created by yogic practice. In moments of clarity, all actions performed in harmony with these laws produce enlightening results and centredness.

However, no matter how well we hide actions made against these natural laws and escape man-made laws (which can be a reflection of these universal laws against such actions produced due to violence, greed, jealousy, corruptions, impatience, arrogance, violations of nature, cruelty to animals, etc.), we can never in the least escape the reactions.

Cause and effect is not at all what we see in movies. It is structured in very interesting formulas not in meting out mindless punishments but in creating realisations. At the most opportune age, situations and conditions it passes its sentence.

Therefore if one is blessed with a mentor or own realisation who/which can guide from the very beginning of life then one can escape inflicting much pain on others and learn wisdom through the teacher or own wisdom. **YM**



*Master
Manisekaran*

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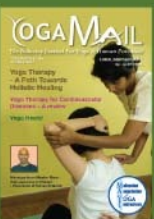
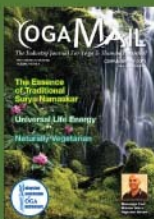
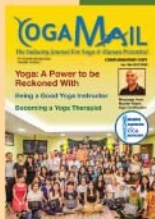
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What Goes Around, Comes Around

by Dr Chandra Nanthakumar

Karma is a natural universal law governing each and every living being. It is basically the law of cause and effect. Hence for every action, irrespective of whether it is good or unpleasant, there is a reaction (Tenzing, 1996). This law concurs with Newton's third law of motion which states that for every action, there is an equal and opposite reaction. Having said so, Newton's third law applies to interactions between material objects at current time, whereas the karmic law applies to any action performed by living beings not only at present time but also in the past.

The significance of this law is that it goes beyond physical motion. Having knowledge of this law of cause and effect helps us shape our lives. It would seem purposeless to lament incessantly over unpleasant experiences in everyday life or to allow the mind to be in constant chatter due to events that flopped. Every action of giving creates an opposite action of receiving, and what's more, what is received is always equal to what has been given. That is how karma operates.

In universal terms, like attracts like. This goes to show that whatever we give out in life is what we attract back to ourselves. Showering positivity unto others will bring back heaps of positivity unto ourselves. On the contrary, if negative thoughts are transmitted continually, without doubt, our lives will be desecrated.

Negative thoughts are obstacles to self-change. Those who engage in negative thinking are resistant to change. Generally people who are negative are ignorant of the small steps of change and they lack the energy to take big steps (Melemis, 2010). They feel so trapped and eventually, they may go into psychological disorders such as depression or suffer from anxiety.

Hence understanding the law of cause and effect is crucial so that we can use it to our

advantage. Besides understanding, what else can we do to overcome all these negative thoughts that clutter the brain? The answer is quite simple: change the way we think. Life does not simply happen to any one of us: we receive everything on the basis of what we have given. As quoted from the Holy Bible (New International Version):

"Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." Luke 6.38

The message is loud and clear: we receive what we give. People, circumstances or even events that make up every moment of our lives attract back to us through the thoughts and feeling that we exude. Byrne (2010) concurs that one creates their own life with their own thoughts and feelings. Therefore, efforts must be made to ensure that the mind is devoid of jealousy, envy, hatred, ill-feelings or filled with positive thoughts. A polluted mind is a gateway to a myriad of diseases.

In order to change the thinking pattern, some people embrace in earnest prayer daily, but many have resorted to various forms of meditative movements. Amongst the most popular is classical yoga which encompasses the mind, body and breath. According to Patanjali, Father of Yoga, classical yoga consists yama (universal ethics), niyama (individual ethics), asana (postures), pranayama (breath of life force), prathyahara (withdrawal of senses), dharana (concentration), dhyana (meditation) and lastly Samadhi (enlightenment). While some are comfortable practising asanas only, others embrace the whole works from yama -niyama to pranayama and dhyana to enhance the purification processes of the body and mind.

Just like how we relish and show gratitude for the food we consume at every meal, the practice of yoga has to be done earnestly. It has to be done regularly with gratitude. Science has proven that repeated practice of asanas improves blood flow and increases levels of hemoglobin and red blood cells in the body. In a study conducted by Sharma, et al. (2014), there was increase in the haemoglobin level in all participants who practiced yoga for 75 min daily for one month. It is the haemoglobin that binds with oxygen and transports it to different parts of the body. When oxygen reaches the deeper recesses of the biological system at cellular level, the former enhances its function. It is noteworthy that during the practice of yoga, the mind, body and breath are synchronized. The mind is focused on the journey of going into the asana, staying in the asana and coming out of the asana. Also, the breath is coordinated with each and every movement of the asana. Hence, during the practice of yoga, the mind is naturally free from negative thoughts.

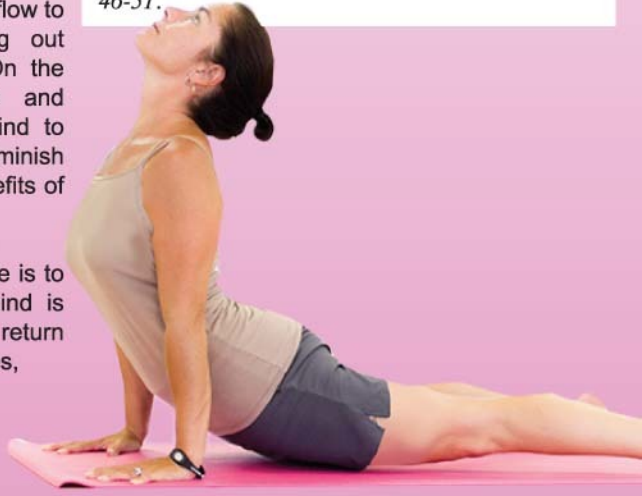
In other types of disorders like anxiety and depression, where psychological and pharmacological interventions have been the mainstay treatment, the use of meditative movement specifically yoga as complimentary therapy to alleviate these conditions has been on the rise (Vigne, 1997). Some of the asanas used in the therapy like the twisting poses help open up the chest, shoulders and back. This in turn helps to reduce feelings of anxiety. Twisting asanas can also increase blood flow to the digestive organs while squeezing out venous blood from internal organs. On the other hand, the breathing practices and meditation centers and focuses the mind to develop greater awareness and diminish anxiety (Kirkwood, et al. 2005). The benefits of yoga are simply immeasurable!

To sum up, the answer to all issues in life is to keep the mind positive. When the mind is positive, it emits positive energy and in return attracts positive things. As the saying goes,

what goes around, comes around, and that is the law of karma. With regular practice of yoga, one is able to calm the mind and minimize the onslaught of negative thoughts. With regular practice of yoga, not only will one's awareness be heightened, one will also become more grateful for every opportunity put forth. When one is grateful, the level of enthusiasm in them intensifies as the positive aura magnetizes the positive energy. Regular practice of yoga not only keeps the mind positive, but also helps one access their inner strength. This is the key to a happy and noble life. **YM**

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The Heart-Intelligence

by Ravin. S

"The hologram promises that within the realm that the heart operates, if something exists anywhere, it exists everywhere."

The experiences of the world cannot be simply perceived through our mind alone. The human heart can pump about 182 million litres of blood during the average lifetime. And the pressure is at a magnitude that it would be able to raise blood up to the fourth floor of a building. But the fact is, I would say, the heart does so much than just pumping the blood.



Over 20 years of research on the effect of human emotions directly on the world, Institute of Heart Math states, there is a measurable electrical and magnetic field of energy around every human heart. The brain does produce the same electrical and magnetic field, however, the heart generates 100 times stronger electrically, and 5,000 times stronger magnetically than the brain. When we have a feeling in our hearts, then we are creating electromagnetic waves, from inside our body that extends to the outer world. Scientists proving that, the signal from heart can be detected though at distance of hundreds of miles away, and probably at infinite distances if looking at quantum energetical level.

There is a relation between the heart and the brain, where the two organs tune into each other in a very specific way. It is the signal from the heart to the brain that tells the brain, on what kind of chemistry to release to the body. 100,000 chemical reactions occur in the human brain every second. The quality of the signal is called coherence. 'Optimum Coherence' is when our heart creates a feeling with high coherence between the heart and the brain, which is at very low frequency of 0.10 Hertz. During this period, we are functioning optimally. And the reason is because this is the best signal we can create. Our brain releases powerful chemical in our body via the impulses which moves at the speed of 274 km/h, simultaneously creating a super immune response. That is the power of our heart.

But that is not all. New science called 'Epigenetics', showing that the human heart-based emotion is one of the signal that literally influences the DNA in our bodies. We know that many of the systems in our



physical body seems mysterious to us. Normally, we will be looking for chemical and drugs to turn on the systems. But, epigenetics studies are showing that the heart-based emotions will enable the systems, effortlessly.

One example can be seen in ageing process. Inside the nucleus of a cell, our genes are arranged along twisted, double-stranded molecules of DNA called chromosomes. At the ends of the chromosomes are stretches of DNA called telomeres, which protects our genetic data, make it possible for cells to divide, and holds some secrets of aging. Each time a cell divides, the telomeres get shorter. When they get too short, the cell can no longer divide, so it becomes inactive or finally, it dies. This shortening of telomeres is associated with the ageing process and a higher risk of death. Interestingly, a human body does have enzymes that are designed to heal and to repair those telomeres, and it is called telomerase. But it is always in an inactive state.

The first question is how do we activate telomerase? The answer is that the quality emotion between the heart and brain literally can activate the telomerase. These have a direct impact upon ageing on our physical bodies.

The second question is what kind of emotions creates those effects? The answer is that the positive heart-based emotions such as love, compassion, gratitude, forgiveness and appreciation. These kinds of experiences that we may have in our hearts literally give our body a new lease on life.

Now we see how the heart can stop the ageing process. Scientist are stunned with their research findings which confirms the ability to regrow DNA's age-defying telomerase simply via applying good habits of harmonious act and practices of Dhyana (meditation) - it can even postpone death.

Our inner experiences such as emotion and belief have a direct effect on the outer world. Based on what we choose to experience in our life, those feelings are creating the pattern in the magnetic and electrical field in our heart, and simultaneously rearranging the particles of quantum essence. This will directly allow the pattern of what we have claimed in our hearts to be manifested in the world around us.

YM

Strengthening through Kriya Yoga

by Shaya Mary

As I was turning 52 last year, I started noticing many changes within me. I was becoming tired more often. As a Kindergarten teacher at this age handling a class of 25 children, from five years old, was turning out to be a very challenging task. Deep down I truly love kids, but my patience was running thin each day. On top of that, I tend to worry about almost everything especially matters related to family. As I was seeking for ways to manage myself and emotions better, I stumbled upon the idea of meditation. Although deep down I always knew that there was tremendous benefits associated with meditation but the idea of meditation itself was very difficult for me to understand.

Hence, I started searching for ways that I could learn and practice meditation. At this current age, the first thing that we all would turn to for answers in life is the internet. Hence YouTube became my best companion. Every day I would spend time searching online on methods to meditate. The urge for me to learn as soon as possible become so strong that I started following random YouTube videos on meditation methods. To my amazement, it was way harder than I thought it could be. There were just way too many videos and it was hard to tell which was legitimate and which was not. I ended up with even more confusion and worries.

One fine day, I had a heart to heart discussion with my husband and my daughters regarding my urge to learn the right way to meditate. As my daughters were learning Yoga from MAYI centre in Bangsar they encouraged me to visit the centre and to speak to some of the instructors there to get proper guidance. When we visited MAYI, many of the instructors were very much willing to share their experiences and to offer



their help. Finally I found that Kriya might be the answer to my quest. The very next day I decided to sign up for the Kriya Yoga retreat in Frasers Hills which was a 5-day 4-nights course. With so much of support and encouragement from my family members I eagerly waited for the days where I learnt my Kriya with Master Mani.

The course itself was a wonderful and very memorable episode of my life. I met so many good friends that I never imagined I would become so close with. Every day was filled with excitement as we learnt all the techniques in Kriya. Master Mani is an amazing teacher as his instructions were so clear, precise and he had abundance of patience to handle all of us. After every class I never failed to make my own notes and practice everything that was thought by Master as I knew this was just too important of a knowledge for me.

When I returned from the 5 days course, I felt as though I was given a second chance in life to start all over again. Every day without fail till this very day I wake up at 4 am to practice my Kriya. To my amazement, there have been just too many changes in my life ever since I embarked into this journey of Kriya Yoga.

- **My capability of handling stress and emotions has tremendously improved**
- **I can handle my students at class with so much of love and compassion and I notice that they love to be around me. I love being with them too.**

- **My relationship with my husband and family has improved tremendously as I become a better listener.**
- **My daughters seek for my advice more often and being able to offer them with sound advice and not just talks of emotions has strengthened our relationships to a great extent.**
- **I also notice that I am more care free and worries hardly bring me down.**
- **I am always able to smile at everything that life has to offer and I am more willing to accept it with an open heart.**
- **Deep within me, my confidence has strengthened-this allows me to see every day as a chance to be better than a mere battle of survival.**

Most importantly this journey has brought so much of peace and pleasantness in my life that I thought I would never be able to attain at this point of life. I also learnt that every one of us is seeking for something greater in life. But, we don't really know what exactly we are seeking for and probably we are looking at the wrong directions to find solutions. To be happy in life, now I am truly convinced that nothing external can do the magic. Everything has to happen from within and one of the best tools to look deeper within every one of us is Kriya Yoga. My heartfelt gratitude goes to Master Mani, all those MAYI instructors who guided me and my family members. This tool that I have learnt to transform my life is just too precious and I will cherish it for life. Namaskar. **YM**

EVENT Yoga at the Beach

Everybody needs to do yoga, especially those susceptible to mental/emotional tiredness and stress due to continuous workload, long hours of paper work, and using unbelievable stamina and energy.

I'm talking about teachers, of course. Would yoga be able to help them lead a stress-free, balanced life? Definitely.

I got a request for a yoga session for about 200 teachers from Pertubuhan Pra-Sekolah Malaysia on Chinese New Year day on January 28.

On the day, Kavi, Proshana, Sivamani, Shuba and Seenu — representing Malaysian Yoga Society (MYS)—were in Port Dickson very early in the morning, long before even the teachers woke up.

The energy, strength, passion and commitment of MYS students were as usual incomparable because their training is such with Master Mani.

The session was for 2 hours, 6.30am to 8.30am, and soon we had the trainee teachers lined up appropriately at the beachside... doing practice of awareness on the just-warming, moist sand.

Surrounded by the most serene of sceneries, sounds of people and water, the merging of a sweet blue at the horizon, the soft tone of the morning sun, sights of huge vessels far off... and in the midst of a fresh, soothing morning air, the teachers were all given a good stretch with simple beginner yoga asanas and fun-filled partner poses. It was a complete session with breathing and the philosophy of yoga as well.

At first there were groans and moans because some of the young teachers, mostly ladies in their mid-20s to 30s, were reluctant to the early morning stretch and also the sand on their track bottoms, but Kavi convinced them to forgo the slight discomfort for the rare opportunity of being able to do yoga in such a beautiful surrounding. The teachers agreed with her and soon were rollicking in the sand and doing their best to keep their balance while trying to get their postures right.

More than 200 of us at the beachside in PD, on a public holiday — bending and stretching in complete dedication and uniformity — that was such a sight to see!

Well, our training is to teach yoga, in the correct manner, anywhere, anytime. The quality of what we deliver does not falter whether it's done at the beachside or in an air-conditioned hall. For each of us instructors, the entire session was such a valuable experience.

It would have been the same for the teachers if they happened to be present, fully aware and mindful of every single thing they learnt on that beautiful Chinese New Year-day morning. **YM**



EVENT

Yoga Therapy for Spinal Health #HappyBack Campaign

Yoga Therapy at MAYI Yoga Academy kickstarted early this year with an emphasis on spinal health by launching its first campaign of 2017 - **Yoga Therapy for Spinal Health#HappyBack**. This spinal health campaign comprised of a 75-minute workshop and six follow-up classes. In an effort to address the concerning rise of back pain globally, this campaign serves to highlight the importance of maintaining a healthy spine to enjoy an overall wellness as recent scientific studies proves that almost 90% of common population silently suffers from symptoms of poor spinal health such as infertility, weight gain, mood swings, depression, insomnia, frequent headaches, general body pain amongst many others.



The purpose of this campaign is to create an awareness on the role of therapeutic yoga in combating many spinal health issues stemming from common conditions such as cervical spondylitis, scoliosis, disc degeneration, slipped disc, and sciatica thus returning health back to optimum with zero drug intervention. The workshop is structured to deliver an overview on Yogic Anatomy and Physiology, Yogic approach to disease and stress, tips on maintaining correct postures during different activities and tension relieving yogic asana. The follow up classes are structured to serve as a foundation on the right techniques to stretch, strengthen, coordinate and re-align the spine in just six weeks.



The first workshop was conducted successfully at MAYI Yoga Academy's Subang centre on the 12th February 2017 filled with participants from all walks of life. Dr.Kuga, our Resident Therapist and head of Yoga Therapy conducted the workshop with her usual zest and humour keeping all eyes on her. Her explanations on understanding stress and concept of disease in Yogic philosophy particularly caught the participants' attention and curiosity. The workshop was concluded with a 20-minute stretching demonstration to allow the participants to feel and experience the marked differences in their body just by performing basic yoga asana. Participants followed keenly and enjoyed the stretching as guided by the therapist. About 80% of the participants signed up for the six follow up classes at the end of the workshop as they realised the importance of taking charge of their spinal health and that through Yoga Therapy it is now possible. Some participants were even keen to know if there would be continual class after the six follow ups as they have decided to make the change for life.



Yoga Therapy for Spinal Health#HappyBack campaign is expected to conclude in April following which the second campaign, Yoga Therapy for Respiratory Health will commence in early May 2017. **YM**

Articles by Practitioners

City of Temples - Siem Reap and Angkor Wat

by Kanien Keha



MAYI's tour to Siem Reap, provided me an awesome opportunity to visit some of the incredible monuments of a civilization that vanished ages ago. Cambodian architecture, religion, music, and art is greatly influenced by religious traditions particularly, of Hinduism and Buddhism, and we visited many monuments created under these influences, one of it being Angkor Wat.

Incredible Angkor Wat

It was a dream come true and awe-inspiring to visit Angkor Wat, the largest religious monument in the world. From afar, Angkor Wat looked like a colossal mass of stones, but as we got closer, we were able to better appreciate the intricate carvings and bas-reliefs on the temple walls and pillars. Listening to our guide, Mr. Prathna, share the history of Angkor Wat, I tried to imagine its grandeur during its heyday whilst attempting to figure out the bas-relief depictions of key messages from Hindu scriptures. And I am still baffled at the mystery of why the temple was built facing west, as most Hindu temples were built facing east.

Did you know, Angkor Wat was built as a replica of the universe, and it's believed that the five towers symbolize Mt Meru, a mythical mountain, home of Devas in Hindu mythology? It was originally a Vishnu Temple built by King Suryavarman II for the Khmer Empire in 10th century, which was later transformed into a Buddhist Temple in the 12th century. Apparently it took 300,000 workers, 6,000 elephants, millions of tonnes of sandstone and 37 years to build. All that effort to build an incredible monument which is now in ruins.

Sunrise at Angkor Wat

Some of us were lucky enough to visit Angkor Wat twice – the second day to watch the sunrise. It was pitch black as we started walking towards Angkor Wat at 5am guided by the lights from our mobiles. Much to

our surprise, there were hordes of visitors already stationed by the lily pond, and my buddy and I, managed to get a decent spot at the edge of the pond where we could sight all the five towers. And then we waited!

...was it worth the wait?

An atmosphere of calmness surrounded us as we saw the reflection of Angkor Wat on the mirror-like still pond. It started with everything surrounding us bathed in beautiful hues of blue and thereafter the cameras were clicking away at every subtle change in the sky. While waiting for our elusive sunrise we focused on the beautiful pink lilies in the pond that started to bloom; then it dawned on us that the shape of the five Angkor Wat towers resembled lotus flowers, at least to me it did. The sunrise at Angkor Wat is definitely worth the hype despite being fashionably late. Words or photos can't describe her beauty – the burst of gorgeous colours painted the sky and we were engulfed in her warmth and filled with a sense of gratitude for being able to witness the dawn of a new beginning.

Ta Prohm is for adventure seekers

Another of my personal favourite and must visit places during this tour was the Ta Prohm Temple. Nestled deep in the jungle, it was a sight to behold. Walking under the canopy of large hundred-year-old trees, soaring into the sky was strangely comforting. I was in awe of the seemingly endless roots coiled around the temple ruins and could only admire these structures for withstanding the test of time and being able to carry the weight of these trees. Felt proud of the restoration work done by the Archeological Survey of India and Cambodia to preserve this heritage site. As I took a slow walk admiring the architecture in the heart of the jungle, I couldn't help but think of Indiana Jones and Lara Croft adventures.



Time stood still at Neak Pean

A visit to Neak Pean Temple, a man-made island build by Jayavarman VII, on the other hand provided a sense of calmness and serenity, it was as if time stood still here. I loved the walk along the 300 meter plank walkway across the lake leading to the temple, the stillness of the lake provided a mirror-like reflection of everything that it came into contact with it and had a serene feel to it. This temple was originally designed for medical purposes as it was believed that going into the four pools surrounding the temple would balance the elements of the devotees and cure diseases.

Holy mountains and rivers

At the Rivers of 1,000 Lingas, we saw so many Lingas of different sizes carved into the river bed. The waterfalls from Kulen Mountains flows through this river, and it's believed that the water is energised by the Lingas before it flows to the cities and ends up in Tonle Sap lake. We didn't get to hike upstream to the waterfall area, but was informed that there were more Lingas and Hindu deity sculptures carved onto the boulders along the river bed.

Great Tonle Sap Lake

One of the other highlights of our tour was the boat ride across Tonle Sap, the largest fresh water lake in South East Asia. It was an eye-opener to see so many inhabitants on the banks of the lake and on the lake itself - there were floating villages with schools and churches, houses on stilts, huge fish traps, floating markets, etc., everything they needed was located on the lake itself.

Celestial dancers

A visit to Siem Reap is not complete without watching the ancient art of Apsara Dance by celestial dancers, as depicted on the walls of most temples. The petite dancers wore glittering silk attires and elaborate golden headdresses, and moved with such poise and deliberation. The Apsara dancers had apparently only performed for the royalties, but just few of them survived the Khmer Rouge. Only after 1995, 16 years after the fall of Khmer Rouge did the Cambodians witness a public performance.



A truly memorable trip

Siem Reap is definitely worth visiting at least once, we had visited more than a dozen ancient temples, each unique with its own fascinating histories and mysteries that still engulfs it. We also enjoyed the refreshing water falls, watched cultural performances, tried Cambodian cuisine, experienced the night markets, haggled in US dollars, visited the museum, took several tuk-tuk rides, drank lots of coconut water and bought organic palm sugar by the roadside. On a personal note, I got to drink yummy masala tea, bought lots of owl momentos and relearned how to play Happy Family! One more place checked off my bucket list and a great way to end 2016! **YM**



A

Articles by Practitioners

Spreading Yoga Awareness to Prisoners
(of all kinds)

by Vijaya

Within a person's body and head, does one become lesser a human when he/she is confined within four walls?

Many prisoners would have done atrocious things for sure, but does that make them inferior as a human?

Are all the rest of humans really free? In one way or another, don't they confine themselves... choosing to be prisoners within their own heads, hearts and bodies; refusing to open up to any form of higher awareness or knowledge that would liberate them? Don't many do it consciously?

Many more still are prisoners of habits, certain diseases or mental conditionings, for example. Whether incarcerated or not, what is it people seek? Liberation? From what? Their own attitudes? Their ignorance?

Some of us from Malaysian Yoga Society (MYS) joined the Malaysia Hindu Sangam in their annual Deepavali prison visit last year. This time, the changes in approach as well as the feedback we got from the inmates, wardens, police officers and relevant authorities were unbelievably positive.

It was phenomenal, as far as my visit to the women's cell in Kajang was on November 26, 2016. There I was on the prison grounds again and it was another lesson from Master Manisekaran... to be simple, level-headed, down-to-earth yet very high in thinking (if thinking is involved at all), helpful, confident, kind, compassionate, inclusive, positive, accepting, treat everyone as Gods (which needs realisation and training) and being in the present moment, among others.

Sivabalan visited the men's prison, Puspharani and Vimala visited the Juveniles while

the saint-in-disguise, Yasoda, and me visited the women inmates.

We were subjected to the usual checks before being allowed in. As I described in a previous article, the prison doubled up as a training centre as well. The entire area within and without looked immaculate and more like an ashram for spiritual education. At the visiting area allocated for special Deepavali gathering, the stage was being set up and I was allowed to talk while the preparation for prayers were carried out. I noticed a very beautiful peacock "kolam" (a form of drawing/pattern on the floor using rice/flour) at front of the stage. It told me a lot about the ladies sitting on the floor before me. There were more than 60.

I looked at them with fairly trained eyes. Trained in yoga, I mean. I smiled and a few flashed smiles back. There were many new faces and some familiar ones. The air was sombre and most of them had a remote look of despondency and desolation fixed on their hard-set faces. Their eyelids were lowered and looked like they were prepared for a celebration with complete strangers. Many missing their families for sure, if there were any...

I took my time studying them and something prompted me to ask, "Are you happy?" Every lady there shook her head. So, my natural topic was 'happiness'. I explained that every person, wherever they are, can be happy. Happiness was not something induced by external means, I said, but was something that was born from within. I was echoing master of course: It's every human being's birth right.

"Well, one of the reasons you're not happy is because you're trapped in thoughts of past events and not allowing yourself to move on and prosper," I said. I saw their faces light up then, and suddenly there was a positive response.

Tactfully, I took them into the topic of Yoga by connecting happiness to Yoga. Many of the eyes got really wide. I explained why unnecessary thoughts can become a barrier to their inner growth, their happiness and their well-being. I also taught them a few asanas (postures) that would bring down the thought counts, help one to relax and achieve inner peace and happiness. I finished off by teaching them the Brahmari breathing technique to calm down their active minds.

My brief talk was followed by very heart-warming sharing from my fellow Hindu Sanggam visitors and a wonderful devotional "kirtan/Bhajan" singing. The highlight of the gathering was a little play rendered by the young ladies.

They were young and unfortunately confined there in the prison and their drama was unexpectedly good. It was about a single mother trying to make ends meet with a teenage daughter who had to take care of a mentally-challenged younger sister. And how her vulnerability was taken advantage of by external negative forces and how she was finally saved.

Surprisingly, the actresses were allowed to change dresses and some Chinese and Malay ladies were involved in the play as well. It was so good that they had me and the others in tears.

I have been going for Deepavali visit to the Kajang prison for the past few years now and this time it was very special. There was something wonderful for me to take back. Everything that Master teaches hit me like a thunderbolt then at that moment. There was a subtle awakening. During the Bhajans I had my eyes closed. Every time I opened the eyes, the vast spread of colours before me, the soulful singing, the air of devotion, or bakti, created by the visitors, the intensity of the singing... all that... all that just got to me. I felt a presence. It was the presence of myself there, as a part of and at one with every person there.

As it is, the ladies were already dressed in different codes of colours – purple for those in remand, red for therapeutic centre and so on. Added to the multi colours of the flowers, the "kolam", the decoration, the portraits of idols on the stage and smell of the pooja (prayer) things like the incense sticks, the entire place was an explosion of colours and divinity to me.... and it felt auspicious.

Master Mani had told us "(Lord) Shiva" means auspicious. Also referred to as Sarva Manggalam, which means everything is auspicious... everything is Shiva. I felt a lasting smile, in the heart.

I could sense changes at an inner level. Probably, due to many of the inmates taking part regularly in religious classes and also weekly yoga classes taught by Yaso and her very dedicated friends.

When they were asked to talk, that was one of the issues the young lady prisoners raised up: Why weren't all eligible inmates taking the opportunity given to take part in the weekly religious/yoga classes?

I witnessed a lot of maturity in them. As they showed this positive awareness about things outside and inside the prison that were influencing their lives, I could see that lots of positive changes were also occurring around them in the prison itself. For example, it was so amazing to see that they were allowed to present a drama this time around. It was so cooling to the eyes and heart to see the different races working together, just like in a classroom. God knows how or when they had the opportunity to gather or practise. The entire play was probably thought of and put up in a very short time and it was very intelligently done.

Some years ago, the inmates were not even allowed to talk to visitors, and the changes now were just inspiring.

Based on the "kolam" and the little, meaningful drama they presented, it occurred to me that many of them were willing to embrace changes. Any sincere wish, in any human, will come to fruition if there was sincerity and a deep believe within to embrace correct knowledge that would lead them to liberation. This is also for prisoners of circumstances, diseases and mind-conditionings out there.

After our session, Mr Chinnathamby, the prisons coordinator for all prisons in Malaysia, asked this question: "Are you happy?" And there was a thunderous clap from the 60 inmates that were present, and one of the girls said this: "It feels like a bright light from somewhere has descended upon us."

We finished the session by sharing Deepavali savouries, food and drinks with the girls. They were contributed by the very good-hearted Hindu Sanggam team. It felt like a family and some of the girls were joking. When we said goodbye, they passed by me and I touched their hand or their back in a friendly gesture as I said goodbye, and I felt human. Why do we make distinctions and why do we shun those who are unlike us?

Let us focus on awareness now. For example, awareness about Yoga and how every person can find peace and happiness within. Isn't it our duty to let others know about this? Our MYS friend Siva visited the men's prison. Yaso told me he gave a very good talk and all inmates who celebrated Deepavali, almost 200 men, responded with enthusiasm.

But Siva himself was sad about the numbers. Also about the vast number of potential inmates out there, especially those in schooling age that are constantly being lured into the world of vice by seasoned and established kingpins and gang heads.

What do we do? Bring awareness to all kids, to as many as we can?

"Thou shall not lie, thou shall not steal, thou shall not kill."

"Be in gratitude, be humble and live in the best possible manner so that you'd discover deeper truths about yourself and be blessed in that knowledge".

This image flashed in my mind. Images of tiny, innocent babies born into this world, in their many different environments. Though fundamentally same in every aspect of their manner and characteristic, they grow up and turn into the many types of people we know, see and hear of out there. What they become depends on the kind of environment, upbringing, the love and guidance... or the lack of it.

Every child is innocent, for it does not know and every man or woman it grows up to be can be innocent too for he/she does not know. Isn't that what Christ prayed and many a saint has said? Master has said so in class before: Know that they do not know.

Let's all start by doing this. Let's start to look at people in their eyes, in their faces; let's smile if we can, and be respectful of them as humans. Hopefully, we won't have to deal with criminals, which is good, but let's bring awareness all around so that not many fall into the categories we don't want them to.

If you're not a prisoner, but trapped within the four walls of your house or office, or a head full of distortions/dissipations, what do you do? Start being aware? What is it that you should know?

P/S: Not everyone in the prison is a criminal and not everyone who is a criminal is in prison. Everyone who is a criminal should be in prison. He should learn, he should repent and he should know that which he should so that he would repent. We're not talking about those who would not. Those who would not, whether in prison or not, would lose sight of their birth right... in the sense I mentioned earlier. **YM**



Articles by Practitioners

Ashtanga Yoga – Insights of a Practitioner and Instructor

by Vanessa Leong

What is Ashtanga Yoga?

Doesn't Ashtanga mean 8 limbs?

Why is it different from Hatha Yoga?

Isn't Hatha Yoga based on the 8 limbs of Yoga as in Patanjali's Yoga Sutra?

These are some of the questions I face when people learn that I practise and teach both Hatha Yoga and Ashtanga Yoga.

No doubt, Ashtanga is the sanskrit word for 8 limbs. Ashtanga Vinyasa Yoga is also known as Ashtanga Yoga. It refers to the 6 series of asanas that require Thristana. Thristana means three places of attention — Asana (postures), Pranayama (breath control) and Drishti (gazing). This is very important for the practice as it purifies the body, mind and nervous system.

These are the 6 series of asanas:

1. Primary series for healing (Yoga Chikitsa)
2. Secondary series for nervous system (Nadi Shodhana)
3. Advanced Series A / 3rd series for sublime serenity (Sthira Bhaga)
4. Advanced Series B (the 4th series)
5. Advanced Series C (the 5th series)
6. Advanced Series D (the 6th series)

In the tradition of Asthanga, a student is not allowed to practise the next asana and/or the next series of asanas before he has mastered the previous one.

The entire series is done with Ujjayi breath (victory breath — by contracting the throat), Bandhas (locks) and Dhristi (gazing). Without these elements, it is not Ashtanga Vinyasa Yoga.

The entire series is done with Ujjayi breath (victory breath — by contracting the throat), Bandhas (locks) and Dhristi (gazing). Without these elements, it is not Ashtanga Vinyasa Yoga.

Vinyasa means a flow movement together with the breath. From one asana to another there's a "vinyasa" in between — student will have to jump to Chaturanga Dandasana (a low plank), then immediately to Urdhva Mukha Shvanasana (upward facing dog) and then to Adho Mukha Shvanasana (downward facing dog).

Each movement is coordinated with one breath and it is equal. The inhalation and the exhalation are about 3 seconds each (some say 10-15 seconds). As one practises longer, each inhalation and exhalation will take longer.

Each asana is a preparation for the next. Ujjayi breath during the entire series helps to heat up and improve circulation. The Bandhas help to retain energy inside the

body. Students are encouraged to make a sound like an ocean while performing Ujjayi breath.

So why Vinyasa?

For internal cleansing. It improves blood circulation, relieves joint pain and removes toxin and disease from the internal organs. The sweat generated during the flow removes toxin from the body, making it healthy, light and strong. The by-product is that the muscles will be toned as they require a lot of strength.

Ashtanga still means 8 limbs. So why is it different from Hatha Yoga?

Yes, Ashtanga means 8 limbs. The practitioner is still following the 8 steps according to Patanjali's Yoga Sutra, but Ashtanga Vinyasa yoga means the 8 limbs of yoga are incorporated with Vinyasa, which requires a lot more strength and flexibility. It is a very powerful set of asanas that practitioners have to follow and are advised to practice every day except one in the week (Saturday or Sunday), full moon day and new moon day.

The 8 limbs are:

1. Yama - Social/moral conduct
2. Niyama - Self conduct
3. Asana - Posture
4. Pranayama - Breath Control
5. Pratyahara - Withdrawal of Senses
6. Dharana - Concentration
7. Dhyana - Meditation
8. Samadhi - The highest state of meditation

The origin of Asthanga Yoga

Ashtanga yoga is believed to have been passed down by Vamama Rishi in "Yoga Kurunta". In the early 1900s, Yogeshwara Ramamohana Brahmachari, the guru of Sri T. Krishnamacharya, imparted the text to him, however, it was popularised by Pattabhi Jois when he was studying with Krishnamacharya around 1927.

All series start with five rounds of Surya Namaskar A and 5 rounds of Surya Namaskar B as a warm up. It will then move on to the standing series, primary series/secondary series and other series. Right after the series, there will be the finishing series. Total duration of practice will be 90 minutes, not including Shavasana, or the relaxation pose.

In Asthanga Yoga, there is an opening chant and at the end of the class there is an ending chant. I omit this in my teaching as a personal choice.

Ashtanga is a very powerful practice. It will definitely improve stamina, the muscle will be toned and the breathing will improve tremendously. The Drishti and Bandhas definitely help in meditation. According to my

teacher, Ashtanga Yoga is also a moving meditation. Being a student, we have to have absolute trust in the instructor as some of the asanas involve jumping and trusting the instructor.

In Hatha Yoga, there is no “rule” that one has to commit to practice every day and follow the moon days and so on. For some, this may be hard to keep up...

My view as an Ashtanga Yoga instructor

The series involves a lot of adjustments to the asana, hence it involves physical contact. Some students may not be comfortable with this. Therefore, I ask for their

permission before I make adjustments to their posture. No extra force is used, in order to prevent injury.

I can see huge improvement in the students in a very short time if they are committed to every day practise. They become stronger each day and their performance becomes better with each passing day. It is at once a big boost to their confidence and a great encouragement to keep practising.

As this is an intensely physical and more of an athletic form of Yoga, beginners who practise Hatha Yoga may find it very challenging. One has to be physically fit and flexible before they attempt Ashtanga Yoga. **YM**



ASHTANGA YOGA

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INSTRUCTOR COURSE INTAKE:
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WORKSHOP



This workshop presents the basic elements of Ashtanga Yoga so you can begin your journey towards a healthier, and more conscious lifestyle. Learn how to start developing the ashtanga yoga practice through postures, breath and other key elements of the traditional ashtanga yoga method.

WORKSHOP INTAKE:
DAMANSARA:
15TH & 16TH JULY 2017



Yoga Therapy:

Vertigo - Don't let the world spin you!

by Dr. Kuga

Vertigo is a sense of rotation, rocking, or the world spinning experienced when one is perfectly still. Vertigo can be classified based on whether the cause is peripheral (common) or central (rare).

Peripheral (cause of vertigo is due to a problem within the inner ear)

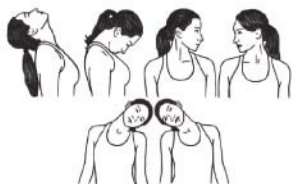
- The inner ear can become inflamed because of illness, or when small crystals are found normally within the inner ear. It can become displaced and cause irritation to the small hair cells within the semicircular canals, leading to vertigo. This is known as Benign Paroxysmal Positional Vertigo (BPPV).
- Meniere's disease, vertigo associated with hearing loss and tinnitus (ringing in the ear), is caused by fluid buildup within the inner ear.
- Head injuries that lead to damage to the inner ear.

Central (cause of vertigo due to problem in the brain or spinal cord)

- Stroke
- Multiple sclerosis
- Tumors
- Basilar artery migraine headache

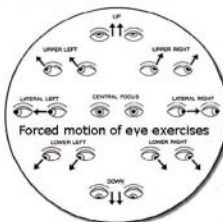
Yoga therapy proves to be helpful in relieving vertigo arising from a peripheral cause. Yoga therapy incorporates specialized eye movements (dhrishti), dynamic moving asana, balancing asana, joint stabilising asana, pranayama (breathing technique), shatkarma (yogic cleansing) and yoga nidra in treating vertigo. Yoga therapy aims to regulate the nervous system and the balance centers in the inner ear, as well as building focus and concentration. They also have a direct effect on the sympathetic nervous system and help to improve the blood circulation to the head and other parts of the body. A healthy, pure blood flow to brain cells is the essence of the process in treating vertigo.

Here are some simple practices that can be done safely at home to tackle your vertigo:



Greeva Sanchalana/ Neck Stretching

Breathe gently and hold each position for 60 seconds



Chaksu Sanchalana/ Eye Exercise

Rotate the eyes clockwise and anti-clockwise slowly



Nasikagra Dhrishti

Breathe gently and gaze at the nose tip for 60 seconds



Shambavi Mudra

Breathe gently and gaze at the eyebrow center for 60 seconds



Shava Udarakarshanasana/ Spinal-Abdominal Twist Pose

Breathe gently and hold the position on each side for 60 seconds



Vrkkhasana/Tree Pose

Leaning against a wall for support, breathe gently and hold the position on each side for 60 seconds

Precautions

- Do not perform sudden forward bends like downward facing dog.
- Ensure that you stand and sit up slowly when you are performing any postures to prevent dizziness.
- Perform balancing asana/posture close to a wall for stability.
- Be mindful about the placement of your neck at all times.
- Do not perform back bending yoga poses that requires you to flex your neck without supervision.
- Do not hold your breath while you perform the asana/posture
- Cease all practice and rest in shavasana if you feel dizzy.

Found this article helpful? Write to us about your experience of how these simple tips helped you. Make an appointment with our yoga therapist and relieve yourself from the whirling buzz. **YM**

YOGA THERAPIST CERTIFICATION COURSE

APPROVED BY MINISTRY OF EDUCATION, MALAYSIA



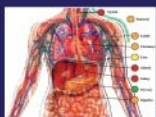
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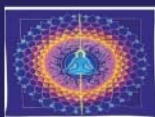
Common ailments in
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9th April 2017 at Bangsar

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Yogic Wisdom For Daily Living

II.41 sattvasuddhi saumanasya aikagrya indriyajaya atmadarsana योग्यात्वा नि

by Jamie Spatafore

Sri Patanjali always guides us step by step. First the body must be cleansed. What does that mean? Does Patanjali want us to take a bath? If that is all we need to do then all of us are ready for realisation right this instant. Good.

Perhaps, however, Patanjali's definition of cleansing goes deeper. Literally. Perhaps he is alluding to the internal cleansing of the body. If we contemplate this sutra it makes sense right? It dawned on us that this sutra is giving us the order on how we should proceed. After all, it is awfully hard to have a mind without distraction, for example if we have a stomach ache. What if I've got a terminal illness? How can I have a still mind then? Virtually impossible. Now the finer points that we previously overlooked are making themselves clearer. While doing all sorts of exercises and practices to cleanse the body will not give me liberation, it will make it easier for the mind to obtain a state of stillness. If I have eaten too much I can't concentrate. If I haven't eaten for days I can't concentrate. This is the fine line that has to be walked. It has been said if one is seeking liberation, he or she can't eat too much or too little, talk too much or too little, and sleep too much or too little. There must be moderation in everything. At that point at least our body can't distract us from the state of mind we seek.

What's next? Next we have to cultivate that type of mind and its ability to maintain stillness. It takes a bit of practice. The habit of letting our thoughts control our emotions and actions has

been with us since the beginning. Rome wasn't built in a day. It takes time. It takes effort. Most of all, it takes perseverance. Every time we get distracted we have to gently bring it back to its center. How do we do it? You have to answer that question for yourself. I or anyone else cannot tell you what to do. Sure they can show you some options and give you some practices you may enjoy but ultimately you have to make it your own. That is the only way you will stick with it. Someone once told me, and I believe them, that any arrangement of sound can become a mantra to you. All it takes is the ability to do it with all of your heart and soul. So it seems that whatever the practice, the key is the approach. Find it, practice it and let it take its own course.

The "purified" mind will then be able to watch itself. It will be able to see how the senses act and play a part in our feeling of separateness. It will also be able to control them if necessary. After all, it doesn't matter if the mind is quiet and the senses are still moving outward among everything and everybody. There has to be a type of inversion that happens. It has been said that even though the eyes are open, the mind is focused inward. A popular symbol is the charioteer and his horses. The charioteer knows when to pull the reins tight. He also knows when to let the horses have a bit of freedom. We are just apprentice charioteers here but that is what our aim should be.

Then what happens? Patanjali says that when those conditions are set, a spontaneous



awareness full of joy will arise. Have we felt this? Think about the time you were doing something you love. Maybe it was gardening or maybe it was reading a great book. Perhaps it was being alone or perhaps it was during your morning meditation. It does not matter what you were doing, the point was that you lost yourself doing it. You lost track of time. You had abundant energy. You were blissful. It felt good didn't it? Great but we're not done yet. That is just the type of awareness that is needed to realize the Self. Oh no. You thought you were done just

because you were feeling blissful? There is nothing wrong with that feeling but Patanjali wants us to move on. We are destined to move on. We must go through the gates that only swing one way. Through those gates there's no turning back. That is what we are here for whether we realize it or not. It is better we are told this now so we can get moving on the path. However, we must crawl before we walk. We must walk before we run. It all starts with physical fitness and mental fitness. Then we are ready to travel. Peace. **YM**

PRANA VIDYA

CONDUCTED BY MASTER MANISEKARAN

The transmission of prana is a natural occurrence which takes place all the time, consciously and unconsciously. Yet, we do many things against the flow of natural energy and neglect the vital inner healing powers provided by mother nature.

Prana Vidya not only opens up the awareness of the vast stores of energy within the human body, but it also teaches us how to consciously utilise these stores for the improvement of personal health and that of others.

The practice of Prana Vidya enables the concentrated deeper force of consciousness to be carried to different parts of the body sequentially, and it allows the awareness to flow to different centres in the body along specific channels or nadis.

Learn how to:

- ◆ Awaken the dormant powerhouse of prana within and around the individual body.
- ◆ Heal yourself and others.
- ◆ Improve the functioning of all the body systems.
- ◆ Expand your consciousness by means of attaining mental clarity, developing greater awareness, and the ability to cope with situations.
- ◆ Acquire finer control over the fluctuations of emotions and an increased rationality.



Inner Insights:

Testimonials from diabetes class students

Diabetes Mellitus is a metabolic disease in which the body does not produce enough insulin or is unable to utilise insulin efficiently. Insulin is a hormone synthesised in the pancreas and is required to convert sugar, starches, and other food into energy needed by the body for daily use. The cause of diabetes remains unclear although both genetics and environment have been identified to play significant roles. Diabetes leads to many health complications such as heart attack, high blood pressure, kidney failure, stroke, eye blindness and others if left uncontrolled. The two major types of diabetes frequently encountered are:

Insulin-Dependent (type 1)

An autoimmune disease in which the body does not produce any insulin, most often occurring in children and young adults. People with type 1 diabetes must take daily insulin injections to stay alive.

Non-Insulin-Dependent (type 2)

A metabolic disorder resulting from the body's inability to make enough or proper use of insulin. It is the most common form of the disease.

Malaysia is one of the 21 countries and territories of the International Diabetes Federation Western Pacific (IDF WP) region. Four hundred fifteen million people have diabetes in the world and almost 153 million are in the WP Region, out of which 3.3 million cases were recorded in Malaysia as of 2015. (Figure 1) In early 2017, The Star reported that about 3.5 million (17.5%) of Malaysians aged 18 years and above had diabetes. There is a steady rise in the prevalence of diabetes and it is an increasing concern in the healthcare industry.

In line with the global effort in addressing this alarming health issue, Yoga Therapy, with a vision to empower community health by

enabling society to lead a high quality and holistic life independently, launched its first health campaign on treating diabetes through Yoga Therapy in September 2016. Soon after the workshop, a weekly regimental class was structured specially for diabetics targeted to control sugar fluctuation and totally reverse diabetes in the long term. It has been 3 months since the weekly regimen class began and here is an insight to how some of the participants feel:

DIABETES IN MALAYSIA - 2015

Total adult population (1000s)	
(20-79 years)	19,887
Number of deaths in adults due to diabetes	34,576
Prevalence of diabetes in adults (20-79 years) (%)	16.6
Cost per person with diabetes (USD)	565.8
Total cases of adults (20-79 years) with diabetes (1000s)	3,303.0
Number of cases of diabetes in adults that are undiagnosed (1000s)	1,716

Diabetes Statistics & Prevalence International Diabetes Federation Western Pacific (IDF)

I was diagnosed with Type 1 diabetes about a year ago. It came onto me as a shock for I least expected it. It was difficult for me at first as I had to take daily Insulin injections to keep my body in balance. I often found myself becoming easily exhausted after school activities and I could not concentrate well. It was through my mother that I came to know about this yoga class for diabetics. She attended the Treat

Diabetes workshop at MAYI and found it to be useful. My mother motivated me to join this class and she was ready to accompany me as well.



Initially, I found it slightly hard to follow the techniques that were given. It has been three and half months since I started yoga class for diabetics and now I look forward to it. Yoga helps me to focus on studies and I can concentrate better at school. I feel more energetic and lively now.

In fact, I am much more composed and relaxed after yoga and able to cope well with diabetes. I have been monitoring my sugar levels continuously through a dermal sugar monitor. Although there is no significantly noticeable difference in my blood results, there seems to be a lesser degree of fluctuations in my sugar level. I would highly recommend other teenagers with diabetes to join this class. Every time the instructor explains about yoga and its effect on health, I learn more about my body and able to understand my health issue at a greater depth. Dr. Kuga also encourages me to practise at home by giving some simple asana (posture) homework :)

Sutri
13 years old

I accompany my daughter to the yoga class for diabetes. I enjoy doing this class with my daughter as it serves as a good bonding time with her. But more importantly, I am so happy to see her being very receptive to learning on the healing power of her own body through Dr. Kuga's gentle and kind teaching. Personally, I enjoy the classes as I find it deeply relaxing. I almost always fall asleep during her Yoga Nidra sessions :).

Carolyn,
Sutri's mother.



I am a type 2 Diabetic currently on Lantus insulin injection 16 units and Janumet XR 50mg/1000mg twice a day. I was diagnosed with diabetes in 2004 and had tried many alternative ways to cure it. Having this disease gives me a constant fear and anxiety and

I subjectively feel that I am unable to enjoy my life as a whole ever since. Last year, I attended several yoga classes at MAYI Yoga Academy and got to know about yoga classes for diabetics. A few months later, I joined the Treat Diabetes with Yoga Therapy workshop by Dr. Kuga and found it to be very informative. During the workshop, I became aware of the follow-up classes for diabetics. The time was right as I heard from a friend on how yoga had helped his diabetic cousin reduce his medications and control his blood sugar levels. My blood sugar levels too were not well-controlled and were inconsistent.

After a deep contemplation I decided to take up the follow-up classes. I have been doing some of the asana homework that Dr. Kuga gives after the class and I noticed that my digestive system had improved just by performing Vajrasana almost after every meal. I used to suffer from excessive gas and abdominal bloating. I am able to stay more focused at task, sleep better at night, feel fresh, light and more relaxed upon attending Yoga Therapy sessions for Diabetics. I am monitoring my sugar level every morning before breakfast and randomly during the day. It has been 2 months since I joined the class. So far, I still see fluctuations in my sugar readings but I am determined and motivated to control my sugar level. I know that it will take time and change will not happen overnight, but with patience and perseverance I am sure it will happen. I would personally encourage others with a similar problem like mine to join this class.

Anonymous

In an effort to make the weekly diabetic regimen classes more exciting, Dr. Kuga, our resident Yoga Therapist, has introduced sound therapy for deeper healing, discussions on delicious diabetic recipes, explanation on the mind-body integration to increase insulin production and deeply revitalising Yoga Nidra themes. **YM**

Do not miss the upcoming Treat Diabetes Workshop and the follow up weekly diabetic regimen classes at the following venues:

Subang/Puchong: 4th June 2017
Bangsar/Damansara: 5th Nov 2017

Ayur Yoga: Janu Vasti

(Oil Treatment for Knees)

by Saandhi

Nearly 80% of the population between 55 to 65 years is troubled by diseases of the knee. Being one of major weight bearing joints, wear and tear is also wide. Knee joints are the key joints of locomotion. When they get hurt, injured, degenerated or inflamed, pain is felt making life difficult.. Even the simplest of day-to-day activities seems to be a burden when our knee joints have given way.

The most common ailment is Osteoarthritis (OA). The management of any disease of the knee is unique in Ayurveda. One of the most effective treatments in relieving the pain and rejuvenating the joint is Janu Vasti.

Osteoarthritis is a joint disease that mostly affects cartilage. Cartilage is the slippery tissue that covers the ends of bones in a joint. Healthy cartilage allows bones to glide over each other. It also helps absorb shock of movement. In osteoarthritis, the top layer of cartilage breaks down and wears away. This allows bones under the cartilage to rub together. The rubbing causes pain, swelling, and loss of motion of the joint. Over time, the joint may lose its normal shape. Also, bone spurs may grow on the edges of the joint. Bits of bone or cartilage can break off and float inside the joint space, which causes more pain and damage.

Janu Vasti is highly useful for patella tendinitis, sprains and ligament tear injury, knee injury, ACL (Anterior Cruciate Ligament), MCL (Medial Collateral Ligament), LCL (Lateral Collateral Ligament), Patella Femoral Syndrome, Illiotibial Band Syndrome, torn meniscus, knee bursitis, age related degeneration, and sport injuries. It is also common in

women who are progressing towards menopause or those who have already set into it.

Benefits of Janu Vasti

- Relieves pain in the knee joints and legs
- Relieves stiffness in the knee joint
- Relieves swelling and inflammation in the knee joint
- Brings lightness and a sense of health in the knee and legs
- Improves joints flexibility
- Strengthens the knee joints and the related structures
- Soothes the nerves supplying the knee joint and the surrounding structures
- Enhances blood supply to the knee joint and soft tissues around



Janu Vasti is a procedure in which a compartment of flour is constructed around a painful knee joint. Warm sesame oil is poured in to the compartment continuously for 30 to 40 mins by experienced therapist. This gives astonishing relief for

Healthy Knee



Knee with Osteoarthritis



those suffering from knee pains which has not been under control for days, weeks and even years. It is usually done in a course of five to seven days as required. The treatment may be repeated with short intervals on those with repetitive joint pains as to promote a constant and sustained effect.

Janu Vasti is also indicated as preventive care in people who are at risk and can be carried out along with any conventional treatment.

The beauty of Janu Vasti is that it can even be administered on healthy individuals and health freaks. Thus Janu Vasti forms an important part of prophylactic knee care, a part of 'prevention is better than cure' mantra.

If you have occasional knee pain, you are having a platform for a more serious one. If your job and posture are bad enough to predispose for recurrent episodes of knee pain and stiffness, you need to take preventive 'Janu Vasti' sessions.

Call us at MAYI AyurYoga for more info and treatment appointments at 03-6127 5693 . Similar treatment is also available for lower back and neck related issues. **YM**



Testimonial of a client:

I had more than 10 years of knee pain and was diagnosed with osteoarthritis. Modern medications and injections to ease my pain was quoted close to RM12,000 with no guarantee too. I took Janu Vasti and on the 8th treatment, I noticed tremendous improvement in both my knees. This was within 2 weeks only. I'm able to go for my morning walks again and have started to attend regular yoga asana sessions regularly now. Janu Vasti worked in relieving my pain and lubricating my joints at the same time. MAYI AyurYoga therapist, Yin Peng, did a great job !
~ Lam Choo, retiree



WHOLE ME UP, SUPER YOGA KIDS!

by Zu Anjalika Kamis Gunnulfson

When my boys dragged out the yoga mats, spread them out and mimicked my downward facing dog, I was elated. So elated that I decided to look further into yoga for kids. I knew then I had read somewhere what yoga can do for growing minds. That was 2013.

My boys were then two and three years old. We were living in Oslo, Norway where authentic yoga is a pretty rare commodity, what more, yoga for kids.

Fast forward a year later, relocation to Kuala Lumpur and brief conversation with a friend led to many online researches to seek more information on kids' yoga. It was then that I found MAYI's Super Yoga Kids Instructors certification course.

I have never looked back since.

You see, Super Yoga Kids is a total depiction of what adults' yoga is, and more.

Let's talk.

Super Yoga Kids (SYK) is the name given for MAYI's yoga classes for children.

The term Super Yoga is coined from the fact that it is believed a child will emerge awe-inspiring in more aspects than one after picking up yoga at a young age. The age we are talking about is four - yes a child can start taking up yoga at the tender age of four; even though there are remote cases of even younger kids practicing this beautiful ancient Indian art.

Now, what exactly is Super Yoga Kids? Like (adults) yoga, children are guided through tailored asanas (poses) to safely develop

balance, strength and suppleness. At the same time, establish a better sense of physical, emotional and mental ability. Specialised teaching techniques are used to stimulate young minds while nurturing their physical and mental development. I cannot reiterate enough how positive yoga is to anyone; and for a child, it will definitely be the greatest gift ever.

The best part, in my opinion is that Super Yoga Kids helps to instill values in the young. The current state of chaos in this world makes it an even better time to expose our young children to the right rules of conduct and standards of behaviour.

First and foremost, let's take a look at the physical aspects of SYK; how the kids are guided in this art and what they can expect in terms of physical development.

To put it simply to a child, SYK is just a way of moving their tiny bodies gently and without much effort to improve and maintain their physicality and keep them in tip-top condition. Of course, as the young child gets older, he might be keen to know the deeper meaning of yoga and they are very much welcome to research more into this art.

With the heavy load school-going kids carry on their shoulders each day, the countless hours they spent hunched in the classroom; not to mention mental alertness that is required to follow through lessons, I can only think of one activity, a saving grace, if you will, that should be incorporated into their daily lives – YOGA. SYK will see that their lopsided shoulders get eased-up, rectify their hunched back to a better

posture and most definitely calm and sharpen their minds for better attention and absorption of what is taught in class.

To put things in perspective, let's take a look at a typical SYK session.

In SYK, sessions usually start with awareness and energisation. It is SYK's philosophy that children must be taught to be aware of their being and existence. This exercise reiterates the beautiful and miraculous part of themselves; their bodies.

Joint exercises or pawanmuktasana, as we call it in yoga, comes next. In this session kids are guided through stretching, bending and rotating sequences of their joints in every part of their body; better still the places which are often neglected like the hip and toe joints.

After working and easing on the joints, they children will then go on to do Surya Namaskar or Sun Salutation. Surya Namaskar is a chain of choreographed asanas or poses to help in the clarity of mind, regulation of breaths and total body well-being.

Asanas comes right after Surya Namaskar. Asanas or poses in SYK, most often than not, are conducted in fun and interactive manner. Most asanas are given animal names so kids can act-out and mimic the given animal for each of the asanas. This creates a lot of imaginative play and teamwork; not to mention the improvement of vocabulary and word-grasps.

Since we are dealing with young, active minds and bodies, creativity plays a huge part. Thematic asanas is big with children of SYK. They just love to wonder their minds in fantasy, depending on what theme that day holds, while their tiny bodies move fluidly, from each asana to the next.

Yoga Nidra is a very powerful form of relaxation. It is a combination of awareness of the physical body and creative visualisation through rotation of consciousness. Children are guided through simple and short visualizations.

Breathing plays a vital role in SYK. Deep and proper breathing ensures oxygen is taken to right places so that inner cells are well oxygenized and energized to function properly. Oxygenized cells also mean improved nervous system, better mental alertness, improved digestive system, which also acts as an immunity booster. So common coughs and colds will be at bay; good news for parents! With all these in mind, it's not a wonder breathing takes the center stage in yoga.

SYK's signature Mind Training is a definite boost for children. It works on internal factors like left-right brain hemispheres which helps in creativity and being calm, amongst others.

So, with the physical aspects of SYK explained, let us take a look as to what constitutes instilling values in SYK.

There are two parts to this; Yama and Niyama.

Yama is regaining balance in life; while Niyama is the practices that lead to wisdom and self-knowledge. Together, they have the power to help to implement and regain values that most certainly are depleting, unfortunately, with the rise of technology and use of gadgets.

With all these conveyed to a child at a very young age, it will be amazing to see him or her develop and function as a wholesome and well-rounded individual later on in life.

Super Yoga Kids, as we call it, will not turn a child into Superman but it will definitely make the child a super human; body, mind, soul. **YM**

SYK classes include:

Yoga Kids Class, Teens Yoga Class, Family Yoga Class and Pregnancy Yoga Class. For more information about Super Yoga Kids, log on to www.superyogakids.com or find us at Brickfields (03.2260 5322),

Bangsar (03.2282 4980),

Damansara Utama (03.7726 6682),

Selayang Utama (03.6127 5693),

Puchong (03.8080 4742) and

Subang: (03.8021 7980)

Facebook: SYK Superyogakids



Featured Asana

Meru Prishthasana (Spine and Back Pose)

Step by Step:

1. Stand with the feet about shoulder width apart and the toes turned slightly out to the side.
2. Inhale as you place the fingers of both hands on the shoulders with the elbows pointing sideways.
3. Twist the upper torso to the right as far as it is comfortable, and exhale as you bend from the hips to form a right angle, keeping the legs straight. The head, neck and spine should be in one straight line. The elbows should be level with the shoulders.
4. Then, inhale as you return to the upright position and twist to the front.
5. Repeat on the other side to complete one round, and exhale as you release the posture at the end.

Benefits:

- Stretches the spine.
- Tones the back muscles
- Redistribute excess weight from the waistline

Contra-indications:

- People with stiff backs or backache should avoid this asana.



SCHEDULE OF COURSES: APR 2017 - JUN 2017

APR

02/04/2017	BSR	International Yoga Instructor Course - Advanced
03-07/04/2017	SU	International Yoga Instructor Foundation Course
09/04/2017	DU	International Yoga Instructor Foundation Course
09/04/2017	BSR	Yoga Therapist Certification Course
16/04/2017	PCH	Mini Detox Workshop
16/04/2017	USJ	Super Yoga Kids Instructor Course
16/04/2017	BFS	Ayurveda Massage Therapist Course
21-23/04/2017	BSR	Pregnancy Yoga Instructor Course
23/04/2017	BSR	Urdhva Retas & Anti-Aging Workshop
23/04/2017	BSR	Manipuraka Awakening & Universal Healing Energy Workshop
24-29/04/2017	DU	International Yoga Instructor Foundation Course
29/04/2017	BSR	Jala Neti Workshop
30/04/2017	BFS	Full Intestinal Cleansing Practical Session
30/04/2017	SU	Full Intestinal Cleansing Practical Session
30/04/2017	USJ	Full Intestinal Cleansing Practical Session
30/04/2017	USJ	International Yoga Instructor Foundation Course

MAY

07/05/2017	DU	Mini Detox Workshop
07/05/2017	SU	Manipuraka Awakening & Universal Healing Energy Workshop
07/05/2017	SU	Urdhva Retas & Anti-Aging Workshop
08/05/2017	BSR	International Yoga Instructor Course - Intermediate
14/05/2017	BSR	Super Yoga Kids Instructor Course
14/05/2017	SU	Sponge Your Lungs with Air Workshop
15-19/05/2017	BSR	Yoga Therapist Certification Course
15-19/05/2017	DU	Ayurveda Massage Therapist Course
21/05/2017	PCH	Jala Neti Workshop
21/05/2017	SU	International Yoga Instructor Foundation Course
21/05/2017	BSR	International Yoga Instructor Foundation Course
25-27/05/2017	USJ	Pregnancy Yoga Instructor Course
28/05/2017	BSR	Teaching Yoga with Precision & Alignment
28/05/2017	BSR	Herbs that Heal - Natural Remedies at Your Fingertips Workshop

JUN

01/06/2017	DU	International Yoga Instructor Foundation Course
03/06/2017	BFS	Full Intestinal Cleansing Practical Session
04/06/2017	USJ/PCH	Treat Diabetes with Yoga Therapy Workshop
11/06/2017	DU	International Yoga Instructor Foundation Course
11/06/2017	BSR	Sponge Your Lungs with Air Workshop
18/06/2017	DU	Sponge Your Lungs with Air Workshop
18/06/2017	BSR	Anti-Aging - the Bodyworks of Inner Rejuvenation Workshop
18/06/2017	BSR	Partner Yoga Instructor Course
19-23/06/2017	DU	International Yoga Instructor Course - Intermediate
23/06/2017	PCH	Kundalini Kriya Yoga Course
25/06/2017	PCH	International Yoga Instructor Foundation Course
26-29/06/2017	USJ	International Yoga Instructor Foundation Course
26-29/06/2017	BSR	International Yoga Instructors Course - Advanced

S

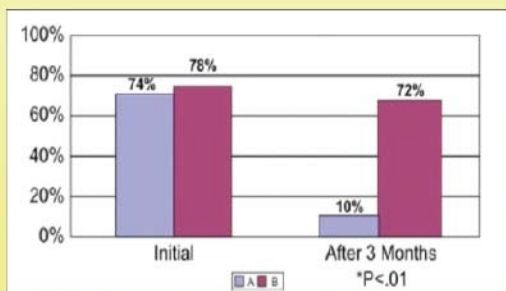
ponge the lungs with air! #BreatheRightfully

by Dr. Kuga

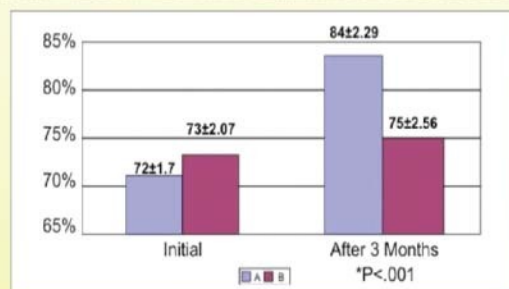
Globally, the incidence of diseases resulting from improper air exchange such as bronchial asthma, sinusitis, allergic rhinitis, chronic pulmonary obstructive disease (COPD), chronic bronchitis, emphysema, lung cancer are on a rise. While the names vary according to the predominant symptoms and clinical findings, the root cause of these diseases are nonetheless same; Sub-optimal breathing! Latest scientific studies show that medical benefits of Pranayama (breathing techniques) are exhaustive. One such example of scientific study is as below:

Fifty cases of bronchial asthma were selected with Forced Expiratory Volume in 1 second (FEV1 > 70%). After confirming diagnosis, they were randomly divided into two groups, group A and group B. The aim is to study the effect of breathing exercises (pranayama) in patients with bronchial asthma of mild to moderate severity. Group A performed (pranayama such as Yogic breathing, Anulom Vilom, Bhramari) and group B only meditation without pranayama.

The results 12 weeks later is absolutely remarkable!



Symptoms in groups A and B, Initially and after 12 weeks



FEV1% in groups A and B, Initially and after 12 weeks

Study conducted in Department of Medicine, Mittal Hospital, Ajmer, India, in collaboration with The Department of Yoga Science, MDS University, Ajmer, India. - International Journal of Yoga

Enjoy similar improvement in your overall lung capacity and rid away the obstructions and restrictions. Gain insight into natural mechanism and scientific dynamics of breathing integrated with correct pranayama techniques to sponge the lungs with right amount of air. Attend the #BreatheRightfully campaign comprising of 75-minute workshop and optional 6 weeks of therapeutic class conducted by our resident doctor and redeem your spongy lungs! As the old proverb goes "Life is in the breath. He who half breathes half lives." **YM**

YOGA
Therapy
one stop solution
The path to holistic health

#BreatheRightfully Campaign Workshop dates:

Selayang: 14th May 2017
Bangsar: 11th June 2017
Damansara: 18th June 2017
Subang: 9th July 2017

ENRICH YOUR SKILLS!



PREGNANCY YOGA INSTRUCTOR COURSE



Embark on a complete training specifically designed to empower and prepare women for childbirth. The Pregnancy Yoga Instructor Course will leave you prepared to lead a beautiful prenatal yoga session that builds a mother's confidence and strength, guides her in building a stronger connection with her baby, and uplifts her mind and body.

BANGSAR: 21ST APRIL 2017

SUBANG: 25TH MAY 2017

BANGSAR: 18TH AUG 2017

AYURVEDA MASSAGE THERAPIST COURSE



Ayurveda is one of the world's oldest holistic healing systems. It is the authentic natural health system of India that has been in existence nearly as long as yoga. While most medical systems look purely at alleviating illness, Ayurveda takes both a preventative and healing approach. Learn the techniques of Ayurveda massage in this interactive and practical course!

BRICKFIELDS: 16TH APRIL 2017

DAMANSARA: 15TH MAY 2017

SELAYANG: 3RD JULY 2017

BANGSAR: 16TH JULY 2017

PARTNER YOGA INSTRUCTOR COURSE



If you are already an instructor, partner yoga becomes an essential part of your lessons. Learn to create hundreds of partner and group variations and make your class more energetic and cheerful by introducing healthy interaction between the students while promoting understanding and deeper sharing. Help students connect and grow not only in perfecting the postures but also their communication skills and confidence.

BANGSAR: 18TH JUNE 2017

SUPER YOGA KIDS INSTRUCTOR COURSE



Discover a wide repertoire of children's yoga teaching techniques to stimulate young minds while nurturing their physical and mental development. Learn to prepare teaching materials and acquire creative skills to provide positive grooming and to teach yoga to children in a creative yet safe manner.

SUBANG: 16TH APRIL 2017

BANGSAR: 14TH MAY 2017

Brickfields
Bangsar
Damansara Utama
Selayang Utama
Puchong
Subang

3, Jalan Ang Seng 3, Brickfields, KL.
81A (1st Flr), Jalan Bangsar, KL.
89A&B (1st & 2nd Flr), Jalan SS21/37, D'sara Utama, PJ.
8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, Bt. Caves.
11B, Jalan Kenari 22, Bandar Puchong Jaya, Puchong, Selangor.
11(2nd Flr), Jalan USJ10/1A, Subang Jaya, Selangor.

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