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Apr-Jun 2018 ISSUE

**The Joy of Looking
Inside at No Cost
at All**

**Practising Yoga
with Joy
- the Path to
Independence**

**Our Joy, Our State
of Being**



**Message from
Master Mani:
Joy from Within**

Message from Master Mani

Joy from Within

Almost everyone who meditates is inspired by the potential of enjoying a state of joy from within.

We have all experienced moments of joy within us and almost all the time it was due to external situations, events or happenings such as the birth of a child, unexpected good exam results and so on. Yes, the joy is from within, but the source that triggers it is from outside.

Yet there is another type of joy. This comes purely from deep inside. It does not depend on external sources nor does it derive its pleasure from the thinking processes; it is beyond the workings of the senses or the thoughts.

What is this joy and how does one reach it? Is it a conditioning? Believed and propagated for centuries by some meditators, or a real experiential state? It could be both, one or none.

Some have it conditioned in their consciousness and tend to imagine something special taking place within them. This is maybe due to them forcefully suppressing their thoughts to achieve a thoughtless state or allowing fantasies to arise, while thinking that they were indeed having divine experiences.

However, through common sense, coupled with clarity of understanding the processes of the inward journey and knowing the scientific benefits of meditation, one can achieve great success in meditation. The result of such an exercise is a soft permeating joy coming from within.

There's neither conditioning nor fantasy. It's an unmistakable independent state free from the workings of the senses and thoughts.

Enjoy. **YM**



*Master
Manisekaran*

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Advisor:
Master Mani

Editor:
Meiwan

Editorial (Writers and Contributors)
Dr. Chandra Nanthakumar,
Harvey, Irene Sauvage, Jessica S,
Kanien Keha, Kim Ooi, Dr. Kuga,
Meiwan, Nicole Yong, Ravin S,
Rutharra, Sri Kumar S, Vijaya,
Zul Anjalika Kamis Gunnulfsen

Advertising & Circulation:
Kasturi

*Graphic Designer & Cover
Designed by:*
Danny Kwok

Printed by:
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50470 Brickfields KL



Guided by one of
the world's leading
yoga exponent

Manisekaran

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- Brickfields
+603 2260 5322
- Bangsar
+603 2282 4980
- Damansara Utama
+603 7726 6682
- Selayang Utama
+603 6127 5693
- Puchong
+603 8080 4742
- Subang
+603 8021 7980

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The Joy of Looking Inside at No Cost at All

by Dr Chandra Nanthakumar

We currently live in a society where diseases pertaining to not only the heart, skin, lungs, genitalia and hormone levels, but also body tissues, are becoming more and more prevalent. Amongst these, heart disease was found to be the prime killer in Malaysia in the last decade. The National Heart Institute in Kuala Lumpur revealed that it treats approximately 150,000 patients with heart issues per year (Maher, 2017). One can just imagine the total number of heart patients in the country if statistics were to be obtained from all other private and public hospitals.

This is just about the heart, and if statistics of another disease inflicting our community is investigated, there would be another story to tell. Basically, for almost all diseases, most hospitals provide comprehensive care, and this, amongst other things, involves regular screening, consultation, pharmacotherapy, surgical therapy, and the list goes on. These facilities, whether they bring about early detection, instant cure or no cure at all, are definitely affordable to the higher-income groups. However, it can be an overwhelming situation for the lower-income community. This is one of the reasons why some just perish prematurely.

Coming back to reality, the human body has the ability to heal itself, which many are not aware of. Due to this ignorance, when a person is taken ill, the first thing the family does is to consult the most popular doctor in town and go in search of the state-of-the-art technology with the hope of finding an immediate cure. I reckon we have seen enough with our own eyes and read in the media that sometimes even modern-day treatment fails to produce results. Many have breathed their last at the surgical table.

While allopathic medicine treats symptoms; or the pathophysiologic processes of diseases or conditions; chances of recurrence is definitely not absent. Hence, when there is a relapse, patients either go back to the hospital or hop from one clinic to another in desperation for better treatment. Most look OUTSIDE for solutions. I imagine this can only go on for as long as their bank accounts are not in the red.

It would be great if all of us could find time to look within. This activity of looking within comes at no cost, but its benefits are tremendous. One way to tap into the inner potentials of the mind and body, and look within, is through the practice of yoga. This ancient practice, which is more than 10,000 years old, has proven to be so powerful in balancing not only emotional and physical aspects, but also spiritual health for decades (Rankin-Box, 2015).



According to Swami Swatmarama, the practice of hatha yoga — the aspect that deals with the body — leads to the purification of the body and makes it fit, nimble and light. Once the body is fit, it becomes an apt vehicle for the practices of mind control. This is precisely what Maharishi Patanjali, the Father of Yoga, prophesied in Sutra 1.2: *Yogas Citta-Vrtti-Nirodhah*, which simply means the practice of yoga is to remove the fluctuations of the mind (Stiles, 2013). When this state is achieved, one would be able to experience aesthetic levels of joy and good health.

Unlike pharmaceutical medications or any form of drug therapy, yoga cannot be packed into a box, nor can it be simply practiced mindlessly. The asanas, or postures, performed are coordinated with breath, and when done correctly under appropriate guidance, one will be able to experience tremendous changes. These changes include enhanced flexibility, toned muscles and improved breathing patterns. This is not all. As the practitioner focuses on going into the asana, staying in the asana, and coming out of the asana, he or she begins to connect with the inner self. This is when the mind begins to experience a state of calmness and the body becomes relaxed. When the mind and body are relaxed, healing can take place.

Hence, by practising yoga, the emotional and spiritual strengths are elevated. With regular and sincere practice, one is able to address personal conflicts, anxieties, hopes and fears (Rankin-Box, 2015). Regular yoga practice also heightens one's awareness about how the body actually feels and helps restore balance. This is one of the reasons why regular practitioners of yoga rarely see the doctor. Their free time is invested in the yogic practices.

As a yoga wellness consultant/practitioner/instructor, here's my sharing. Whenever I get a headache, I practice anuloma-viloma (alternate nostril breathing), and it wanes within minutes. Ever since I started with my yogic practices almost a decade ago, I have bowel movements daily, unlike in the past, when it happened only a few times a week. Deep yogic breathing helps me cope with stressful situations at work and home. Whenever a sense of anxiety creeps up on me and my heart begins to palpitate, I bring my awareness to apana vayu; or my fingers will automatically position themselves into surya mudra — hand gesture that helps to regulate the heart beat and reduce anxiety. My daily asana practice helps me keep my body mass index within an acceptable range.

Over the years, I have come to realise that in order to keep doctors at bay and the medicine cupboard out of sight, yoga has to be practiced with joy, reverence and diligence. You can buy the most expensive drug at the pharmacy, which may or may not be the cure to an ailment, but you cannot buy yoga. It has to come from within for one to enjoy its magnificent benefits and keep diseases at bay. If you have not started practicing yoga, it is not too late. If you require any assistance or guidance, feel free to speak to any of the yoga wellness consultants at MAYI Yoga Academy. **YM**

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Projection of Enlightenment

[Part 2 of 2]

by Sri Kumar.S



The Path of Spiritual Enlightenment

By construing the heading, we may think that this part will talk about the list of do's and don'ts in enlightenment like in many books and what philosophers speak. It's such a great idea to be measuring "enlightenment" against some standard. Let's start with the obvious facts; there is no standard of enlightenment to measure anyone by. It does not exist. Instead, each and every one of us has our own standard of what enlightenment means for us and how to get there.

Our path is our own creation and no one will be able to tell if we are on the right path. It will not be a "Yes/No" conversation. It will be a speechless energy manifestation process. The path is never a straight line and there will be times when we wonder if we are on the right path. All that is required to succeed in the right path is DETERMINATION!

Biological Transformation and Effects of Enlightenment

According to Vedic physics, humans are born with intrinsic conscious elements embedded in the body. The units of consciousness within the bodies of all species are indestructible. These individual units are qualitatively identical with each other, yet display a certain range of powers and abilities based on the particular characteristics of the physical form they inhabit. During the enlightenment process, the imperishable conscious units transmigrate from the lower to higher chakras, which is from Muladhara to Sahasrara. Through the ancient process of yoga (specifically Kriya Yoga), one can easily obtain this aptitude.

The space inside our universe is multi-dimensional. There are 64 main dimensions and each dimension is further divided into many sub-dimensions. Since the inhabitants of earth can perceive 3 dimensions (height, width and depth), our senses have no access to many other realms of reality.

When a being obtains enlightenment through his practice, he becomes a yogi. He can access many other dimensions and perform unusual activities. A yogi can achieve 8 mystical perfections (Anima, Mahima, Laghima, Garima, Prapti, Prakamya, Vashitvam, Ishitvam). Each perfection gives him access to 8 additional dimensions. Thus by achieving all 8 perfections, a yogi obtains access to all the 64 (8x8) dimensions making his body unaffected by space-time bound physical laws.

Reference: Verse 337 of Bogar Karpam / Thirumoolar's Thirumanthiram

The Necessity of Guru for Enlightenment

Guru - Although in modern-day terminology this word is used without a second thought; in the true sense of the divine tradition, the word "Guru" has the highest reverence and cannot just be applied to **ANYONE** and **EVERYONE**, but only to an enlightened soul whose purpose is to create a connection between the disciple and the Supreme Consciousness; or in other words introduce the disciple to his/her own true nature, which is the Supreme Being itself.

Guru is a physical representation, who is the gatekeeper of a celestial check-point as mentioned in the first part of this article. In the Vedic tradition, the spiritual Guru is said to be more important than God. God is everywhere, but it is the guru who opens the disciple's eyes to the existence of God. The Guru is the doorway to one's own experience of the divine. He is the mirror that helps us to recognise the truth that is already within us. The moment we realise the truth, the mirror disappears from our vision.

The need of a physical Guru for enlightenment is sufficiently explained in the above paragraph. Let's go one step deeper to understand and realise his presence in other forms in our life.

Life itself can be a wonderful Guru, if we know how to learn from it. If we can hear with utter clarity the voice of our own being, we don't need an external Guru. We don't have to surrender to anyone outside. Just surrender to our own highest consciousness. The Guru is not really an individual. So don't get caught in a Guru-personality. He can be in any form to initiate our enlightenment venture. Therefore our real guru is our own inner-self. The outer guru exists only to guide us to the experience of the inner guru. The guru exists both outside and within us. From the outside, he gives you a push inside, so that our extroverted mind begins to look within. And from inside, he starts pulling us, so that no matter what the distractions, we stay in our own inner space. **YM**

Reference: Sri Adi Sankara & H.H Swami Haridhos Giri / Guru Heritage (Guru Parambarai)

P practising Yoga with Joy - the Path to Independence

by Irene Sauvage

In the midst of our fast-speed lives in this bustling city, there seems to be no room for a moment of thought or reflection, a moment in which we can pause.

Indeed, we jump from one task to the next as if everything needs urgent addressing -- from work meetings and family gatherings to doing the groceries and keeping social relations. What is more, our social lives are becoming more and more digitalised. We only need to look around us.

All of us hold on to our phones, skimming through all the information the internet has to offer, and to friends and acquaintances through platforms like WhatsApp or Facebook. Why is that so? What is it that we constantly need to take care of? It could be interesting to stop and give a thought to this hyper-connected world, which now permeates through each and every one of the pores of our skin.

Among various scientific studies published recently on the relation between social media addiction and mental health, psychologists and paediatricians have labelled the negative effects of social media as "Facebook depression"(1).

In a nutshell, social media users want recognition, attention and acceptance from other individuals or groups in their social media circle. However, as studies show, they seem to struggle to achieve emotional wellness through these digital media. In the end, we find ourselves at the crossroads of various needs that we often do not reconsider, and we do not question where they come from or what their use is.

We constantly seek the outside for caress, attention, love, and connection. But we do not seem to find in the outside a long-lasting state of satisfaction. And even if we do get a momentary

satisfaction, it soon fades away. This makes us, sadly so, utterly dependent on what is around us, be it digitally or physically speaking. From material needs to emotional support, there is a widespread belief that multiple accessories and treatments will serve to bring long-lasting happiness. But what if the joy could arise from within ourselves? What if it is actually that simple?

And this is what leads me to advocate for yoga as a practice that each of us can internalise in the shape and flavour we decide it to be. We can develop awareness by producing conscious movements and understanding of the mechanisms by which the body operates. Not only do we begin to notice how different muscles, joints, and bones coordinate, but with time we also learn to challenge them, as well as discover their limits.



Having the breath as our rhythm, we unite the mind through the attention given to our bodily movements. When we are on the mat, we are able to transcend our surroundings by focusing on ourselves. This is a path one chooses, a self-discovery which leads us to comprehend and deepen into what is being human in the most intrinsic and physical way: our senses. An old yoga teacher once told me that placing focus on the body is opening the door to discover our mind, to fully invest our energy in one task is the beginning of our independence and wellbeing. And I would say that the experience of wellbeing goes beyond any temporary state of mind since the fluidity and clarity one achieves during class continues to linger throughout one's life. Yoga gives us the freedom to decide how to interpret and experience the practice from our own angle. And this freedom on the mat is precisely what has helped me personally to go beyond my fears, struggles and social constraints.

As I learnt to let go of the various constraints my body had (tightness, weakness, imbalance) through consistent practice, I also began applying the same courage to my day-to-day life. Facing new challenges emotionally, mentally, or physically is now fun, and that is what yoga has brought into my life. Strength, flexibility and courage to try new poses, to challenge myself while understanding my own limitations.

In fact, several people have been exposed to yoga to combat various forms of mental disorders that trouble their life, and it isn't for no reason that various healthcare providers recommend this practice as a way to reduce a multiplicity of illnesses. In fact, scientific experiments show positive changes that reduce depression, anxiety and emotional distress, and enhance mental and emotional clarity(2). In other words, the illnesses that many individuals and communities suffer in current society can be appeased by taking up a new way of life. That way of life breaks away with previous

chains, and it is a path we define through a process of self-discovery, it is us who set the standards as we deepen into the practice. A little guidance by the teacher suffices, but the floor is all ours to explore!

Because we do yoga, we become yoga; as the world around us continues spinning, yogis are able to stand still, grounded and fearless. We leave behind competition, demands and most importantly, self-judgement. It is precisely in the process of getting rid of all the luggage that we carry from our personal lives that we can find the warmth from within. And when we return to our daily affairs, we can perhaps see them from a different light, appreciate new details we hadn't noticed before with a refreshed mind, and take back home what we become on the mat. That is to say, the union between body and mind. **YM**

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Inner Joy - the Medicine No Money Could Ever Buy

by Nicole Yong



Money can buy a lot of things, including solutions to a variety of issues. But can money buy our inner joy? We see people living a lifestyle beyond their income. Some are in search of glamour; some want to become rich and have become rich.

We know that the rich can afford the resources that protect and improve their health. But why are there countless examples of rich and famous who have ended up doing drugs, suffering from depression and anxiety, and even committing suicide?

I grew up in a relatively moderate family. When I was a teenager, I always admired celebrities. I read about their luxurious lifestyle, beautiful branded clothes and bags, huge homes and the list simply goes on. They had the luxury to travel wherever they wanted. I was so taken up by this and wanted to look great when I grew up, but only to realise much later that these magazines are meant for adults and not teenagers like me. Sigh!

During my late twenties, I was offered a highly paid job as a media consultant. I really worked hard to make as much commission as I could because I wanted to move up the ladder.

I was so caught up in my new lifestyle - wearing beautiful expensive clothes, relishing good food - a life that I'd always dreamed of when I was young. However, as time went by, I started feeling the pressure at work. I was simply overwhelmed with too many responsibilities which in turn started affecting my life.

It started off with erratic eating habits and I was not exercising at all! Before I knew it, it had already taken a toll on my health. I fell sick almost every month; it was either a flu or a sinus attack. Soon I had difficulty sleeping - insomnia had crept into my life. I was stressed out!

I knew I needed a solution to my problem. I started off by visiting the masseurs weekly for a head and shoulder massage. Since the relief was temporary, I then found comfort in drinking a few cups of coffee. That did not ease the situation. Instead I started suffering from menstrual cramps and becoming short tempered. As the workload increased, I started visiting my parents less frequently even though the journey to their place takes barely an hour.

At this point in my life, I was very unhappy. Fortunately, in my third year with the company, my ex-boss invited us to attend an 8-week mindfulness meditation course. I was 30 years



old at that time. It seemed like a calling, so I registered and started attending classes after office hours.

The course completely changed the way I viewed my life. I learned the meaning of 'mindfulness'. I learned to be aware of my own thoughts and feelings, and not to react to them the way most people do. I learned how to focus my mind on present moment instead of worrying about the past or future. I learned how to love!

Most people assume that meditation automatically brings inner peace. At the start of my journey, it was hard to experience all that. During the guided practice, I struggled to let go of my thoughts. My mind just kept wandering from one thing to another. I could not even sit still during the practice. My legs went numb and the battle between my mind and body began. I became impatient and disliked what I was going through. I wanted to leave. I felt more stressed after the practice.

Surprisingly by the second week, I actually felt a sense of relief. By the third week, I was more alert in my practice and this alertness carried over into my working place. After one month I started consuming much less coffee – I did not need the caffeine to keep me awake.

I became more aware of the amount of work I had to do each day, but I felt less anxious. I learned not to rush or worry whenever I had to meet a deadline. I began to experience a sense of detachment from expectations. Sleep quality was improving and I was not visiting the doctor's that often. After completing the mindfulness meditation course, a sense of liberation loomed over me. I suddenly realised that the joy from within is the best medicine.

I have many reasons to be happy and feel great. Here are some important pointers to share:

1. Express gratitude

I have now learned to spend more quality time with my parents, siblings and husband. We go



on a short trip every year; we have dinner at least once a week together no matter how busy we are. I do my best to make time for them, to chit-chat with them and we have fun together. Bonding with family members is so important that no money can buy.

2. Learn to be contented

The commercials trick us into believing that our desires for happiness can be fulfilled by living a life of luxury. People have lost focus on what they really need in life and have become attracted to material objects.

I have learned to live with less now. I don't want to feel like a slave working for material objects that I don't actually need in life. I have learned to be contented with what I have.

3. Learn to be caring

I have learned that instead of giving money directly to a charity organisation, I could buy food for the needy in the home shelters. I could feed them with own hands.

4. Exercise and eat healthy food

I have learned to take care of my physical body and mental energy. I have started exercising and I have reduced my intake on junk food. Gone are the days when I used to give excuses after excuses when it comes to exercising.

My life experiences have shown me that these are the medicine no money can ever buy. Hence, the joy from within starts with you at no cost at all. **YM**

Travel makes one modest. You see what a tiny place you occupy in the world.

– Gustave Flaubert.

This quote aptly describes how I felt visiting Egypt as part of the tour organised by MAYI in December 2017. Egypt welcomed us with its remarkable pyramids, mighty Nile River, historic towering temples, mysterious underground tombs, hieroglyph decipherment, magnificent monuments, and splendid medieval architectures - its ancient past and modernization. With so much enriching experiences just waiting to unfold, Egypt brought out the explorer in all of us.

Ancient Egypt is one of the oldest and long lasting world civilizations, with extensive scientific knowledge and many artistic and cultural achievements. Egypt stands apart as being ahead of its time. It's fascinating to know that over 30 dynasties ruled ancient Egypt over 3,000 years across 3 kingdoms – from Old, to Middle and finally to the New Kingdom through the Greek's Ptolemaic Dynasty. Adding on to the excitement is the discovery of the earliest manifestation of yoga in the hieroglyphs, paintings, and relics in the ancient Egyptian tombs and temples.

These were some of my favourite destinations, experiences and exploration as we journeyed the land of the Pharaohs:

1. Pyramids and The Giza Plateau

It was surreal to be standing at the Giza Plateau in the shadows of the Great Pyramid, a defining symbol of Egypt and the last of the Seven Wonders of the Ancient World. Even in its weathered condition, the sheer size of the Great Pyramid of Khufu, Khafre, Menkaure and the Great Sphinx (biggest monolith statue in the world) was magnificently overwhelming.

Sans modern technology, the Egyptians felt they built the Great Pyramid at the center of the Earth. It is simply out of this world!





- There were many unique poses that the Egyptians claim belongs to only ancient Egypt and not seen before e.g. the pose of Maat, Selkhet, and Ausar.

2. Yoga and Egyptology

It was absolutely fascinating to discover that Yoga existed in ancient Egypt. The Egyptian system of Yoga called Kemetic Yoga, is based on the practices of physical movements combined with controlled deep breathing and meditation; which was apparently developed by interpreting the hieroglyphic texts of Kemet (ancient Egypt) and the images of Yogic postures on the walls of the temples and artifacts found in King Tutankhamun's tomb.

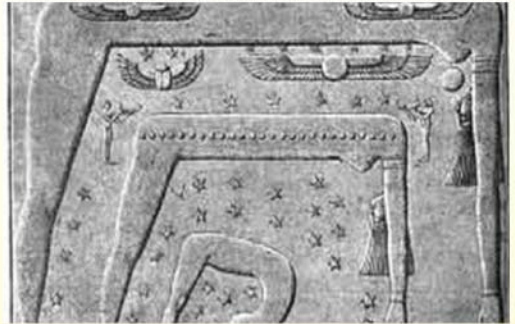
I was intrigued with the many similarities between words in Sanskrit and the ancient Egyptian language as well as symbols that relates to Yoga. For example, the word Hatha, which designates the general system of Yoga relating to the moon and sun, is similar to the ancient Egyptian word 'Hathor', which was originally pronounced 'Het Heru' by the ancient Egyptians. Hathor or Het Heru is the goddess of the moon and sun. Isn't that cool?

During the attempt to decipher some of the symbols, postures and hieroglyphs that I had photographed, these were some of the 'WOW' facts that I discovered:

- The Sun Disk at the top of the head of Gods or Goddesses represents the Crown Chakra.
- The two serpents on each side of the Sun Disk represent the two primary nadis (energy channels), which are the ida and the pingala.
- The hieroglyphic inscriptions make reference to eternity and the achievement of immortality.
- The person/deity pictured in the posture is called Heh or Shu and is associated with life energy - the breath and the life force found in the air (prana).



Kneeling Twist is one of the famous poses depicting Goddess of Isis



On the ceiling of Temple of Isis: God Geb (God of Earth) in a Plough Pose and framing him is Goddess Nut (Goddess of Sky) in a forward fold pose

3. Cruising the Nile River

All we had to do was just kick back and cruise from Aswan to Luxor for 3 days, enjoying the cool breeze on the sun deck and soaking up the beautiful scenery along the Nile river banks.

The Nile River is the longest river in the world. Many of the spectacular ancient monuments and archeological sites are strategically located along the river banks; some of the temples we visited were the Karnak Temple, Luxor Temple, Temple of Edfu, and Philae Temple.



4. Treasures of Khan el-Khalili

The city of Cairo is home to 25 million people. This is approximately 25% of Egypt's population and about 80% of Malaysia's. That's huge! This explains why Khan el-Khalili, the largest bazaar of the Middle East located in Cairo, is filled with all the souvenirs you can possibly buy in Egypt. It's a true paradise for bargain hunters!

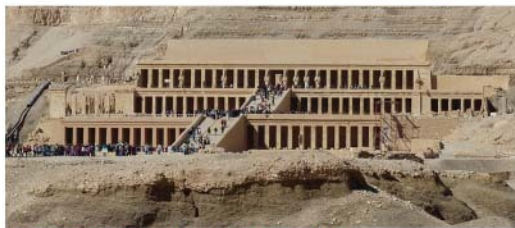
There is more to Khan el-Khalili than the bazaar. I was impressed with the beautiful medieval Mamluk architecture that houses the bazaar. Not to mention the winding alleys filled with cafes where we chanced upon an over 200 year old El Fishawy Café, the oldest one in Cairo.



5. Delicious Egyptian Cuisine

One of the best part of traveling is the culinary adventure. We treated our taste buds to Egyptian flavours and I particularly loved the fresh dates and persimmons, creamy ice creams and chocolates, varieties of hummus (especially pomegranate hummus), Tameya (Falafel), Koshary, Molokheya, Ful Medames (crushed Fava beans), and bird tongue soup. The desserts, however, were a tad too sweet for my liking, with the exception of Basbosa and Kunafa.

A special mention goes out to the variety of Egyptian flat breads we relished; it was so soft and yummy. The Egyptians call it 'Aish Baladi', 'Aish' means 'life' which is how the Egyptians perceive bread since ancient times and 'Baladi' means 'traditional or authentic'.



6. Temples and More Temples

Most tourists visit Egypt to travel back in time while exploring the ancient temples. We visited so many temples and my favourites being the Temple of Horus, Philae Temple of Isis, Temple of Kom Ombo, Karnak Temple, and the Temple of Hatshepsut.

The Karnak Temple is the world's second largest religious site after Angkor Wat. In ancient times there was a 2km road lined by Sphinxes that connected the Karnak Temple to the Luxor Temple. This temple is home to 134 gigantic colonnades, filled with relics and hieroglyphs, arranged in 16 rows occupying a space of 50,000 sq ft. It takes approximately 9 adults, holding hands fully extended to encircle one of the pillars. An absolutely remarkable sight to behold!

7. The Valley of The Kings

One of the most famous places for archaeologists and fans of ancient history is the Valley of the Kings. This is where the Pharaohs are buried. The Egyptians from the New Kingdom decided to move the tombs from the Pyramids to the secret underground chambers to prevent tomb robbers.

National Geographic has labeled the Valley of the Kings as 'the gateway to the afterlife providing a window to the past'. True enough, it was simply mind blowing visiting King Tutankhamun's tomb and to find his mummy wrapped in a white sheet preserved in a glass casing only exposing his feet and head visible.

Egypt stands as an unforgettable travel destination with timeless treasures that are even more impressive in person. A definite must for those who relish sight-seeing. **YM**



Ayur Yoga:

Ayurvedic Massage: A Holistic Approach

by Jessica.S

"Ayurveda is an ancient system of natural healing that aims to harmonise the body and mind."

This is exactly what I've come to understand over the course of time...

I'm a physiotherapy graduate who later became an Ayurveda massage therapist. I'm happy to have been trained in these two wonderful technologies – physiotherapy focuses on the correction of movement dysfunction and application of massage techniques in the treatment programme, while pain, stiffness, muscle tensions and many other conditions respond well to Ayurvedic massages.

It was when I began my training as an Ayurveda Massage Therapist that my inner passion for massages was ignited. The trainings opened up a whole new world to me and I've gained valuable insights. I'm glad to be given the opportunity to understand the requirements and experience the gratifications that comes with being an Ayurveda Massage Therapist. As I continue to progress in this field, the learning continues. Hence, I'd like to share my insights with those who are passionate in embarking a career in this arena.

For someone who is training to become a massage therapist, the knowledge of the human anatomy is not only important but also necessary. Studying the human anatomy and physiology – from the architecture of bones and muscles to the nervous system and skin would help you to understand the energy inherent in the human body. Although my studies in Physiotherapy gave me a head start in understanding the musculature of the human body, I have learnt that Ayurveda expounds the

human physiology in a very remarkable way. The philosophy of the doshas made me realize that the body composition is much more than muscles and bones, and that the state of the body is ever changing. With this understanding, I'm able to provide a sounder therapy to clients.

Apart from understanding the human anatomy and physiology, the knowledge and philosophies of massage therapy is also very important. Massage is not just about rubbing oil onto skin. Besides providing a massage, the therapist is also 'sensing' the person lying on the massage table. This is an important element of becoming a successful and caring therapist. It helps you to read the individual's body map of aches, pains, lumps and bumps. Hence, when you're working with people regularly, you will be able to assess their condition by just looking at their body mechanics - the way they hold their shoulders and furrow their brow. The whole experience becomes an intuitive one.

Ayurvedic massage uses warm oil, usually sesame oil. Sometimes it is combined with other oils as well. From the feet to the hairline, each area is massaged thoroughly. Massage activates the spine, muscles, skin, blood vessels, nervous system, joints and bones. If you have never had one, you might be wondering what an Ayurvedic Massage treatment is like and how it is different from a normal massage. If you have already experienced one, you will know and most likely be in love with this treatment that deals with not just the body, but also the nervous system. It brings deep nourishment to all the cells and tissues, as well as the mind. As a form of health maintenance, traditional Ayurvedic Massage should be part of a healthy lifestyle, alongside a balanced diet, yoga asanas, breathing practice and meditation.

There are different treatments for various conditions, such as Abhyanga Snanam (full-body massage), Shiro Abhyanga (head, neck and shoulder massage), Shirodhara (pouring oil on the forehead), Pada Abhyanga (foot massage), Soundaryam Vardhini (facial massage), Udwarthanam (dry herbal massage),



Vasti (for shoulder, back or knee pain), Podi Kizhi (warm herbal massage with bolus), and Navara Kizhi (milk and rice massage with bolus). As a therapist, you'd need to understand each and every treatment in detail so that you can counsel the client clearly. This, at times, has its own challenges especially if you are dealing with a client who is suffering from chronic pain or one who is impatient. In addition to honing your technical skills, interpersonal skills are not to be ignored – patience, clear communication and personal skills are necessary to excel in this line of work.

Unreasonable comments or complaints from clients may arise from time to time; however, I don't take them to heart. This is because I know I have given my best. Nevertheless, I do reflect and make changes where necessary. Every client is different and so is the experience. Hence, there will always be opportunities to learn and grow. **YM**

MAYI
AYURYOGA

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- ◆ Acquire new skills which can be applied professionally and personally.

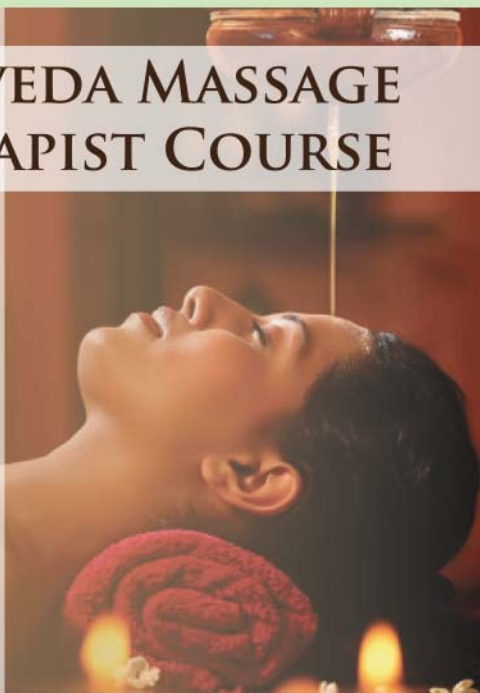
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Our Joy, Our State of Being

How many times have we heard someone say, "Joy is within you; go seek it"? I have heard it plenty of times and used to have the same questions going over in my head repeatedly. If it is indeed inside of me, how can I reveal it? How come there had been times, being or staying happy was quite a struggle? What does that even mean, that statement: Joy is within me?

We live in an era where we have been made to believe time and again that happiness depends so much on what we own or achieve. The social and mass media, print and digital advertisements, and also the people around us create a sense of false happiness that connects us directly with physical things and emotional attachments. That new branded school bag, expensive holidays and the cool gadgets are but a few examples. Truth of the matter is, if we cannot be happy from within, regardless of what we own or achieve, we can never be truly joyful.

Yoga preaches and teaches the art of being joyful from within, with what is already existential from inside each and every one of us. Finding it requires some time, not to mention with clear heart and mind. Once it has been revealed, joy and happiness will be yours to stay, whatever the physical or outside circumstance is.

In Sanskrit, there are three words to describe levels of happiness and one or more of these levels pretty much exist in all of us. Some are fleeting or temporary joy, while others are more substantial.



Sukha is temporary pleasure that comes when you attain something that is of fleeting nature. It can only be felt when you are completely in your comfort zone and when things are going your way, for example, acing a test. As easy as it comes, the feeling goes away rather quickly too when the novelty wears off, or after the next test results, which might not be as impressive as the previous one.

Santosha is contentment: the kind of feeling that you and everything you own are enough without the need to have anything extra. Those who practice Santosha are able to get back their peace of mind in a jiffy when irritation or agitation happens; all because they are contented.

Happiness that comes from the core, Mudita is the kind that sees beauty in everything, be in good or bad. This type of happiness is sometimes referred to as spiritual joy.

So having explained the different types of joy, let's look at ways to attain Santosha and Mudita.

Many times, we have heard the adage gratitude begets abundance. By seeing the good in every little thing that surrounds us, we automatically get into the gratitude mode, which in turn switches on the happy feel. It has been said gratitude heightens quality of life and it's not at all a wonder.

One birthright bestowed to us, which has often been overlooked, is regulation of breathing, or pranayama, as it is known in yogic context. Proper breathing is stress relieving, anxiety diminishing and also known to result in the feeling of immense happiness. There are a couple of breathing exercises that have been used in the yoga practices. Correct breathing techniques induce muscular relaxation, mental peacefulness and encourages the free flow of prana or living force, also known as "chi". Two of these are Sheetal Pranayama, which is also known as cooling breath, and Sheekari Pranayama, or hissing breath. In Sheetal Pranayama, cool breath is drawn into the body by rolling the tongue out to form a tube and inhaling air through it. Cool breath is known to affect brain centres associated with biological drives and temperature regulation.

On the other hand, Sheekari Pranayama is done by hissing through the teeth. It has the same benefits as Sheetal, with an additional perk of keeping teeth and gums healthy. Coincidentally, science has pretty recently put a connection between mental happiness and oral health.

Meditation has been around since antiquity in various religion and beliefs. However, of late, science has also encouraged the use of meditation to aid in certain physical and emotional discrepancies. In theory, meditation is a practice whereby an individual focuses her mind on a thought, object or activity to encourage the free flow of mental calm and happiness. So, get on that comfortable chair or mat, close your eyes, breathe deeply and meditate to happiness.

In any traditional religion, chanting is used to encourage clarity in the way we view our world, those on the outside and the one within us. Chanting transmits certain frequencies, which makes us vibrate from the inside out. When this happens, we are automatically tuned in to our own joyful feel from within.

Having mentioned all of the above, we now come to the core factor of bringing true joy into our lives. Yoga has been around for thousands of years. Originating from ancient India, yoga brings together a group of physical, spiritual and mental practices which aid in the total wellbeing of a person. Yoga helps reverse the fight-or-flight tendencies into rest-and-digest mode. When your body is relaxed, rested and free of anxiety, what is there not to be happy?

Contrary to what we hear on day-to-day basis from all around, true happiness is indeed attainable. Fact of the matter is, no one ever needs anything to be happy. Joy and happiness are imbedded in each and every one of us. It's just a matter of sieving and looking deep into ourselves.

Let's go back to how we were when we first got here – let us all remind ourselves over and over – our joy is indeed our state of being. **YM**

SYK classes include:

Yoga Kids Class, Teens Yoga Class, Family Yoga Class, and Pregnancy Yoga Class. Classes are available at Brickfields, Bangsar, Damansara Utama, Selayang, Puchong, Subang, and Klang.

For more information about MAYI Super Yoga Kids, log on to:

www.superyogakids.com

and connect with us at

Facebook: **SYK Superyogakids**

Email: superyogakids@gmail.com



It is no longer a surprise to know that the inclusion of regular yoga practice in one's lifestyle delivers remarkable health benefits. Yoga has gained its rightful reputation and recognition over the years and it has made modern-day physicians prescribe this ancient practice as a complementary approach in improving individual health as a whole.

Acknowledging the growing role of yoga in delivering specific health benefits, MAYI Yoga is spearheading the next milestone in this genre. We are sequencing a specific code of yogic methodology that is sewn together to deliver the desired effects to targeted systems in the body enabling restoration of optimal health. With reference to some of the ancient yet highly scientific scriptures of yoga, this task permits for an in-depth understanding of the pathological process of a particular disease, thus helping us in coding this unique sequence for you. In this sequence, many sacred techniques that work like a 'key-lock' mechanism are incorporated to clear energy blockages and steadily bring about reverberation at the cellular level for optimal vibrancy. Although this sequence may vary from one individual to another, a "common sequence" which could be safely applied at a large scale is now being synthesized at our wellness division.

One of the applied techniques includes body postures fondly known as 'asana' in the yogic terms. We have been closely studying and monitoring the effects of over 80 body postures in the last decade. The right choice of words to describe the effect of body posture is yet to be discovered. It is truly magical what a single asana can do to the body. For instance, the Gomukhasana (Cow's Face Pose) works wonders in mobilising the shoulders in a Frozen Shoulder Syndrome and the same works to relieve bronchospasm in Asthma. The marvel does not end here; hundreds of such examples could be easily elaborated. Calibrated breath ratios, variable humming tones, deep theta relaxations, and subtle energy flow enhancement are some of the most valuable techniques incorporated in creating this unique sequence for the betterment of your health.

Come and experience some of these specifically designed sequences to complement health restoration in a step wise manner guided by our experts through our Wellness Yoga Workshops. **YM**



Gomukhasana



Wellness Yoga Workshop Series

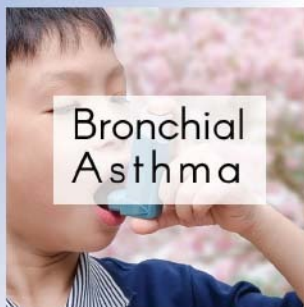
Regain your health
with these specially formulated
Wellness Yoga Workshops!



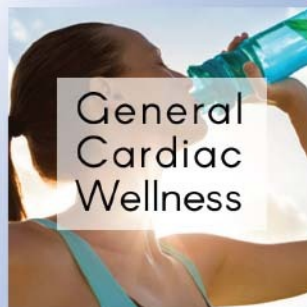
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at Bangsar



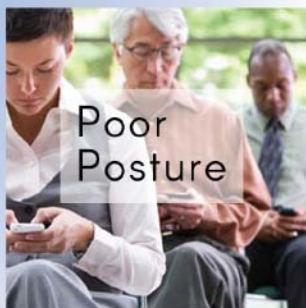
21st Apr 2018 at Selayang
4th Aug 2018 at Puchong
28th Oct 2018 at Klang



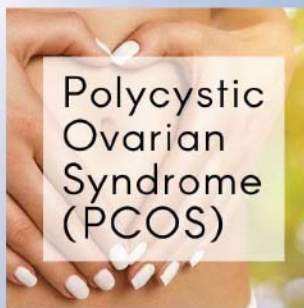
27th May 2018
at Selayang



24th Jun 2018 at Damansara
11th Aug 2018 at Puchong



24th Jun 2018 at Bangsar
30th Sep 2018 at Klang



4th Aug 2018
at Subang



11th Aug 2018
at Subang

Inner Insights:

Hari Ini Dalam (Wisma) Sejarah

by Harvey

Hari Ini Dalam Sejarah meaning 'Today in History' was a short infomercial on TV back in the 80s that revealed bits of Malaysian history, usually just before the evening news. Matured Malaysian readers will know this.

The 12th Nov 2017 was MAYI Graduation Day and for MAYI graduates, it truly was a "Hari ini Dalam Sejarah" and literally too because the graduation ceremony was held at Wisma Sejarah.

It was truly a historical day on many counts:

1. I graduated, Yay!
2. Over 260 MAYI students graduated, Yay x 260
3. Along with a few others, I got to share my insights on yoga to almost 300 people – definitely a first for me.
4. It was held for the 1st time outside MAYI premises.
5. It was held at Wisma Sejarah for the 1st time
6. Those who accompanied the graduates witnessed the power of yoga, perhaps for the 1st time too.

The event was wonderful. There was not only great food, but also an inspiring Ted X- like speech from Master Mani. We got to mingle with like-minded people. But that's all history now. As I write, I wonder about time - how time flies, does it? In the ancient texts, modern philosophers will have their say, but what does time really mean to us? Our views may be personal, but we can all agree that we cannot recover the moments lost.

History, people say, is what makes us. In our journey into yoga, we are taught that the most important time is now, not the past neither the

future. What we do now is what counts. The now 'creates' the past and also the future. Therefore, history and future is all in the 'now' and cannot be at any other time. Sounds confusing? Perhaps we should take time to ponder or meditate as the yogis do.

Here's a snippet of my sharing on that historical day:

About 15 years ago, I knew a person who used to suffer from severe migraine. Even though she took medication and herbs for this, it did not help. One day, her son stumbled upon an article about Nadi Shodhana (a type of Pranayama) in the newspaper. The article highlighted that one of the benefits of this Pranayama is in relieving migraine. Without even practicing it himself, her son explained to her how to do it. One day, she felt the attack coming, but had no medication on her. She remembered the breathing technique and tried it. To her and her son's amazement, the migraine episode reduced... and in no time it disappeared. But, of course this lady was diligent in her pranayama practice; she even did it on her way to work and while watching television.

The lady in this story is none other than my mother. That was my first insight into yoga. You would probably think that this scenario would have convinced me to sign up for yoga classes immediately, but it didn't. It took me 13 years to embark on the journey to yoga.

I only joined MAYI in 2015 and re-discovered the word 'prana'. Soon thereafter, I began my journey into the practices of Pranayama and Prana Vidya.

Let me give you an insight into what prana is, how it works and its effectiveness.

Prana, or also known as 'Chi' in some cultures, is no ordinary energy. It is the universal energy that is around us and most importantly, it is within us. It is our life force. We all have prana, even before the day we were born.

Imagine that you are able to glide or flow through the day and at the same time you are able to complete all the daily tasks such as meeting deadlines, picking up children from school and so on. All these are done effortlessly without affecting the emotional balance. Imagine that you hardly lose your temper, get frustrated or feel overwhelmed. It's like you have obstacles all around you but on the inside, there are no obstacles at all. You are focused and hence you are able to act quickly and decisively. For those who are into movies, imagine you are Keanu Reeves (of Matrix) calmly fending off the baddies....or Rajnikanth – both have the same look 😊

With that kind of feeling or inner strength, life becomes easy and effortless and we are able to prioritise and have 'extra' time on the things that truly matter to us such as health, wealth, relationships and perhaps helping others. This is just a tiny glimpse of what prana is all about.

Hence, if we all have prana, why don't we all feel great all the time? This is because as time passes, prana depletes through various channels such as the food we eat, the water we drink and the air we breathe. More importantly, prana reduces through negative thinking, selfish actions and negative speech.

The good news is that we are able to 'enhance' prana within us but before we are able to do that, we must first understand how prana functions. Through specific yogic techniques like Pranayama and Prana Vidya, we are able to harness or increase the prana within us.

Pranayama does this by way of special breathing techniques that promote deeper breathing to allow more oxygen into the blood. It also detoxifies by eliminating the impurities within the body. In the earlier example of my mother's migraine attacks, Pranayama was used to manage her attacks at first and finally heal her forever. There are many documented benefits of Pranayama such as relieving stress, managing anxiety attacks, overcoming breathing issues such as asthma, increasing vitality and managing weight loss.

Prana Vidya which means knowledge of prana uses a series of simple but effective visual techniques to regulate and rectify the prana within us and thereby enhancing it in the process. In my experience, I find Prana Vidya to be a powerful healer.

Both techniques regulate or rectify the flow of prana which means one can heal oneself physically and emotionally and in the process live to their fullest potential and perhaps find true meaning to life.

I am happy to state that my life has changed significantly for the better and I am excited about what the future holds for me as I earnestly continue to practice. My humble thanks to Master Mani, the fantastic people at MAYI and everyone here for allowing me to share this remarkable journey of mine. Gambatte! (means never give up in Japanese) **YM**

Inner Insights:

Embracing Yoga~from Kids to Teens

by Rutharra

Yoga and I have come a long way. I started my journey when I was three and have been practicing it diligently to date. I am now 17.

I started my journey at the Brickfields Centre attending the Super Yoga Kids (SYK) classes. Those classes were one of the best things that have ever happened to me. They paved a path for me into being who I am now. They have helped me listen to instructions intently, and more importantly, listen to my body. At such a young tender age, I was already pushed to my limits, but I was constantly reminded to respect the limits within. To me, that is a very important lesson to be ingrained in children.

Fast forward, I have come to understand the importance of attending yoga classes. The most important outcome bestowed upon me by the SYK lessons was the ability to write with both hands simultaneously. I don't think you can find this skill being taught in any normal school.

This may seem like a simple enough activity, but the benefits are voluminous. These near-the-end-of-the-class activities held the same weight as the asanas (postures) and pranayama (breathing). They have helped activate both my left and my right brain. I think these activities are the reason why I find myself excelling in not only languages but also scientific calculations, while other students, who are non-yoga practitioners usually excel in either one of those fields. At the age of 13, I was promoted to the Teens Yoga class. I met with teenagers who were all older than me. However, I realised that my level of maturity was similar if not higher than



theirs. Looking back now, I realise that the SYK classes have helped me mature and become independent. In the Teen-yoga classes, I still learn asanas, do pranayama and occasionally engage in brain stimulating activities. It is similar to what I learnt in the SYK classes, yet different in a subtle way.

In the Teen -yoga classes, we discovered the benefits of everything we did. After every asana, we were questioned on what we felt and how we felt. If we could not feel anything, we would be asked to perform the asana again (and again) until we can feel it.. However, now the benefits are spoon-fed to the students.

Apart from the obvious benefits, yoga has helped me in many other ways. More importantly, it has given me confidence, a skill which most children or even adults lack. I gained confidence through many avenues: mingling with others since a young age at yoga classes, attending the annual National Yoga Camp and also by participating in yoga competitions.

Now that I am 17, the stage feels like home to me, and the spotlights don't bother me at all.

Another benefit I gained from Yoga is the absence of stress in my life. As students, many of us are bound to feel stressed due to peer pressure, workload or family problems. However, I am seldom stressed. Sometimes, I noticed that when others are stressed out over exams, I simply feel calm and composed. I have shared this with my father, who is a yoga instructor himself. He professes that it is the effect of Kriya yoga, which both of us practice. The absence of stress in my life has made me perform my duties more efficiently. Speaking of the National Yoga Camp, I have been attending it since 2012. From a camp participant's point of view, I believe it will be extremely beneficial if parents can send their children to this camp, which is held annually. The camp is so holistic that it not only enforces natural discipline, but it also teaches one how to live

a healthy lifestyle. In my second year at the camp, I was given the opportunity to attend the Learn to Teach, Teach to Learn (LTTL) programme. Upon completion of the programme, I became a certified teen yoga instructor. This has given me a chance as a teenager to teach others yoga and help them enjoy the same benefits I had experienced when I was a yoga student. The LTTL programme has also boosted my level of confidence as a teen instructor.

All said and done, yoga has and will always play a major role in my life. It has made me who I am today, and no words can explain how much yoga means to me. I would like to take this opportunity to thank all my yoga instructors and also my yoga-mates for being a huge part of my life. **YM**

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EVENTS MAYI Yoga Academy Open Day

As the days were still echoing with New Year's greetings, MAYI Yoga Academy was busy prepping itself with a celebration of its own. This year, in its quest to bring yoga to the local communities, MAYI kick started the year with a series of Open Days at four centres across the city. It began at Damansara on January 2, continued to Klang on March 4, Subang on March 17 and finished at Selayang on March 18.

With its doors (and arms) wide open, we witnessed fellow MAYI members as well as the general public stepping in to sample various yoga classes - ranging from Beginners Yoga to Intermediate Yoga, Flow Yoga, Ashtanga Yoga, Teens Yoga and even Kids Yoga classes! Expectant mothers at the Subang Open Day had the opportunity to participate in the Pregnancy Yoga Classes. What a treat for them! The sense of contentment reflected in everyone's face after the sessions was a true testament to the effectiveness of doing yoga in the right way. Participants were further greeted with exciting promotions for the monthly and annual yoga packages that served as a motivation for them to practise yoga regularly.

Understanding clearly that a healthy body goes beyond physical activity, the team at Damansara slotted in a sumptuous Healthy Eating segment to introduce Sattvic diet to participants, using simple cooking methods and healthy ingredients. The studio was momentarily transformed into a mini kitchen with a cooking demonstration that included meal preparation, recipes and food tasting. The foods prepared were Masala Curry Pasta with Veggie, Carrot Cake Overnight Rolled Oats and Warm Corn Millet with Fruits. All participants had the opportunity to taste each and every one of the mouth-watering dishes and some even had takeaways!



Those who were hungry for knowledge were elated when the team at Klang and Selayang set up a Mini Book Sale with a selection of books featuring topics on yoga, mindfulness, breathing techniques, yogic studies and many other interesting topics. There was so much to fill our minds with!

A special Wellness Yoga Talk was given to welcome those who sought to improve their health in a holistic way. The practical presentations and demonstrations during the talk had certainly opened up a new dimension of holistic healthcare to the attendees. The avid practitioners who were ready to take yoga to the next level were charmed by MAYI's wide array

of professional yoga certification courses. Many were in awe of the variety of classes, workshops, courses and services available at MAYI. More so, they were impressed with MAYI's accolades and the recognitions it has in the yoga and well-being industry.

To sum it up, all those who patronised the MAYI Open Day events were happy to find what they were looking for. At MAYI, there's truly something for everyone!

For those who missed our Open Days, fret not! MAYI will be organising its next Open Day at Puchong on May 5, 2018. **YM**



Featured Asana

Bhu Namanasana (*Spinal Twist Prostration Pose*)

Step by Step:

1. Sit with the spine erect and the legs outstretched.
2. Place the hands to the side of the hip.
3. Move the right hand slightly further behind the body with the fingers pointing backward.
4. Twist the trunk 90 degrees to the right, using the arms and shoulders as levers. Exhale as you slowly bend the torso and bring the forehead to the floor, close to the hand placed behind the body. The spine should be as straight as possible.
5. Try to keep both buttocks on the floor.
6. Hold the final position for a short time.
7. Inhale as you slowly raise and return to the starting position.
8. Repeat the movement on the other side. This completes one round



Benefits:

- Stretches the spine and lower back, making the muscles supple and stimulating nerves.

Contra-indications:

- People with back problems, peptic ulcer, hernia, hyperthyroidism, high blood pressure or heart problems should not perform this.



Chef Yogi's Food Notes!

Steamed Tofu with Special Sauce

by Kim Ooi

Ingredients

- 1 block soft tofu
- Some chopped chillies and spring onion
- Home made 54321 special sauce

Method:

- Cut tofu into slices . Transfer onto a plate. Steam for 10 minutes.
- Drizzle some 54321 special sauce over it. Garnish with chopped chillies and spring onion.

(To make 54321 sauce... just mix 5 tbsp of soya sauce, 4 tbsp of water, 3 tbsp plum sauce, 2 tbsp vinegar and 1 tbsp sugar. Keep in glass jar)



SCHEDULE OF COURSES: APR - JUN 2018

APR	15/04/2018	USJ	International Yoga Instructor Course - Foundation
	15/04/2018	BSR/PCH	Ayurveda Massage Therapist Course
	15/04/2018	DU	Mini Detox Workshop
	15/04/2018	BSR	Partner with Precision - Movements with Awareness Workshop
	16-20/04/2018	BSR & DU	International Yoga Instructor Course - Foundation
	16-20/04/2018	BSR	International Yoga Instructor Course - Intermediate
	21/04/2018	BSR	Pregnancy Yoga Instructor Course
	21/04/2018	BSR	Kundalini Kriya Yoga Course
	21/04/2018	SLG	Wellness Yoga Workshop for Lower Back Pain
	22/04/2018	SLG	Manipuraka Awakening & Universal Healing Energy Workshop
	22/04/2018	SLG	Urdhva Retas & Anti-Aging Workshop
	22/04/2018	BSR	Wellness Yoga Workshop for Scoliosis
	23-27/04/2018	BSR	Super Yoga Kids Instructor Course
	23-27/04/2018	DU & USJ	International Yoga Instructor Course - Intermediate
	28/04/2018	DU	Ayurveda Massage Therapist Course
	29/04/2018	USJ	Pregnancy Yoga Instructor Course
	29/04/2018	DU	Dance Yoga Instructor Course
	29/04/2018	KLG	Shatkarma - the 6 Cleansing and Detox Techniques Workshop
	30/4- 4/5/2018	BSR	International Yoga Instructor Course - Advanced

MAY	01/05/2018	BFS & USJ	Full Intestinal Cleansing Practical Session
	02/05/2018	KLG	International Yoga Instructors Course - Foundation
	05/05/2018	PCH	MAYI Yoga Academy Open Day - Puchong
	06/05/2018	BFS	Yoga Therapist Certification Course
	06/05/2018	PCH	Mini Detox Workshop
	07/05/2018	SLG	International Yoga Instructors Course - Foundation
	12/05/2018	BSR	Pranayama (Breathing Technique) Instructor/Practitioner Course
	13/05/2018	BFS/BSR	Super Yoga Kids Instructor Course
	13/05/2018	DU	Herbs that Heal - Natural Remedies at Your Fingertips Workshop
	20/05/2018	BSR	International Yoga Instructor Course - Foundation
	20/05/2018	USJ	Ayurveda Massage Therapist Course
	21-25/05/2018	BSR	International Yoga Instructor Course - Intermediate
	27/05/2018	DU	International Yoga Instructor Course - Foundation
	27/05/2018	BSR	Partner Yoga with Precision & Alignment Instructor Course
	27/05/2018	USJ	YogaAsana - the Handstand & Core Activation Series Workshop 1
	27/05/2018	SLG	Wellness Yoga Workshop for Bronchial Asthma
	28/05-01/06/2018	USJ	International Yoga Instructor Course - Foundation

JUN	03/06/2018	BFS/BSR	Ayurveda Massage Therapist Course
	03/06/2018	DU	Jala Neti Workshop
	04/06/2018	SLG	Kundalini Kriya Yoga Course
	09/06/2018	BSR	Ayurveda Massage Therapist Course
	10/06/2018	DU	Manipuraka Awakening & Universal Healing Energy Workshop
	10/06/2018	DU	Urdhva Retas & Anti-Aging Workshop
	10/06/2018	BSR	Anti-Aging - the Bodyworks of Inner Rejuvenation Workshop
	11-15/06/2018	KLG	International Yoga Instructor Course - Foundation
	11-15/06/2018	SLG	Ayurveda Massage Therapist Course
	15/06/2018	USJ	Full Intestinal Cleansing Practical Session
	18-22/06/2018	KLG	Super Yoga Kids Instructor Course
	18-22/06/2018	USJ	Ayurveda Massage Therapist Course
	19-22/06/2018	BSR	International Yoga Instructor Course - Foundation
	22-24/06/2018	BSR	Pregnancy Yoga Instructor Course
	23/06/2018	BSR	Ayurveda Massage Therapist Course (Male intake)
	24/06/2018	KLG	International Yoga Instructor Course - Foundation
	24/06/2018	USJ	Super Yoga Kids Instructor Course
	24/06/2018	DU	Wellness Yoga Workshop for General Cardiac Wellness
	24/06/2018	BSR	Wellness Yoga Workshop for Poor Posture
	30/06/2018	DU	International Yoga Instructor Course - Intermediate
	30/06/2018	BSR	Ashtanga Yoga Instructor Course - Primary Series

BFS: Brickfields; BSR: Bangsar; DU: Damansara Utama; SLG: Selayang; PCH: Puchong; USJ: Subang; KLG: Klang
 *Dates are subject to change without prior notice. Kindly refer to www.mayiyogaacademy.com for updates.



PREGNANCY YOGA INSTRUCTOR COURSE

This course consists of specialised interactive and practical techniques to coach pregnant ladies throughout the different phases of pregnancy so you can conduct safe and effective pregnancy yoga classes with confidence.

21st April 2018
Bangsar
29th April 2018
Subang
22nd June 2018
Bangsar



SUPER YOGA KIDS INSTRUCTOR COURSE

This course is packed with an interesting and fun-filled syllabus to enhance the understanding and importance of yoga for children. Its hands-on approach will have you equipped with teaching skills and teaching materials by the end of the course.

23rd April 2018
Bangsar
15th May 2018
Bangsar
18th June 2018
Klang



YOGA THERAPIST CERTIFICATION COURSE

This course teaches you to manage common ailments stemming from different systems in the body so you can play a significant role in enabling the society to lead a high quality, drug free, energetic, dynamic and holistic life.

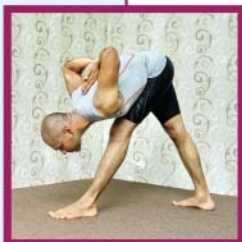
6th May 2018
Bangsar
1st July 2018
Subang



PRANAYAMA (BREATHING TECHNIQUE) INSTRUCTOR/PRACTITIONER COURSE

Watch yourself progress from learning about the basics of breathing to understanding the complex connection between the breath and the subtle body, and advance to learning the five types of breath; vitalizing, nourishing, expansive, cleansing, and expressive.

12th May 2018
Bangsar



ASHTANGA YOGA INSTRUCTOR COURSE - PRIMARY SERIES

This training course blends hands-on exploration with theory, demonstration and anatomy to cultivate a deeper experience and understanding of foundation poses, hip-openers, forward bends, backbends, twists, arm balances and inversions.

30th June 2018
Bangsar

**DANCE YOGA
INSTRUCTOR COURSE**

The Dance Yoga Instructor Course is structured on an innovative and expressive sequence of asanas that brings forth the creative talent in us. It draws our awareness to the inward exploration of the body's organic impulses and allows it to be expressed in a beautiful way.

Dance Yoga allows us to harmonise our physique with the rhythm of the music while establishing the body-mind connection with fluid progression.

This course adopts a cross-training methodology which combines both dance and yoga along with creative visualisations and choreography.

**PARTNER YOGA WITH
PRECISION & ALIGNMENT
INSTRUCTOR COURSE**

The philosophies and techniques taught in the Partner Yoga with Precision and Alignment Instructor Course will make your class more energetic and cheerful due to healthy interaction between the students.

They promote deeper understanding, sharing and help students connect and grow not only in perfecting the postures but also their communication skills and confidence.

You will learn to synthesise and integrate the ancient, timeless wisdom with modern body/mind understanding, and apply it directly into your class structure — in ways that are relevant to our modern world and culture.



**29TH APRIL 2018
DAMANSARA**

**20TH MAY 2018
BANGSAR**

**Brickfields
Bangsar
Damansara Utama
Selayang
Puchong
Subang
Klang**

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.
18A, Jalan Sanggul 1, Bandar Puteri, Klang, Selangor.

+603 2260 5322
+603 2282 4980
+603 7726 6682
+603 6127 5693
+603 8080 4742
+603 8021 7980
+603 5161 9110