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**Evolution of Yoga:
Is it progressing
towards spiritual
enlightenment or
retrogressing
in lifestyle?**

**The 5 Sheaths of
Consciousness
in Evolution: Who am I?**

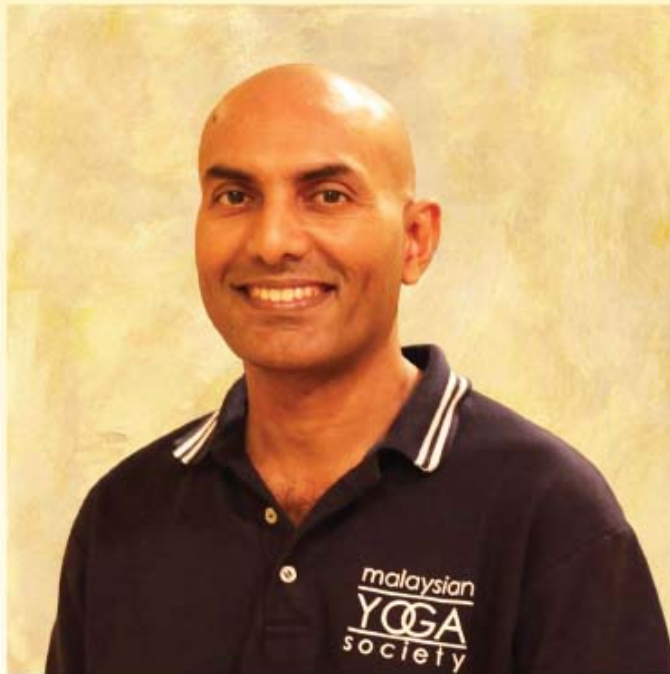


**Message from
Master Mani:
EVOLUTION**



Message from Master Mani

EVOLUTION



*Master
Manisekaran*

In my view, evolution begins when a person is able to feel a deep connection to all of humanity, with nature and the animal kingdom as well.

As this connection expands to the entire Universe, there'll come a moment when one is so evolved that he/she will sense a higher presence in the Universe — as the one father/mother of all creation.

Humility, compassion, love and gratitude permeates the evolved entity's entire being. There are no more illusions of who is higher or lower, who is bad or good, who is different or same as oneself, or caring only of one's own evolution.

The one who is truly evolving will feel at the depth and core of oneself the need to assist the evolution of the entire humanity.

Love all and serve all **YM**

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and Manisekaran Yoga**



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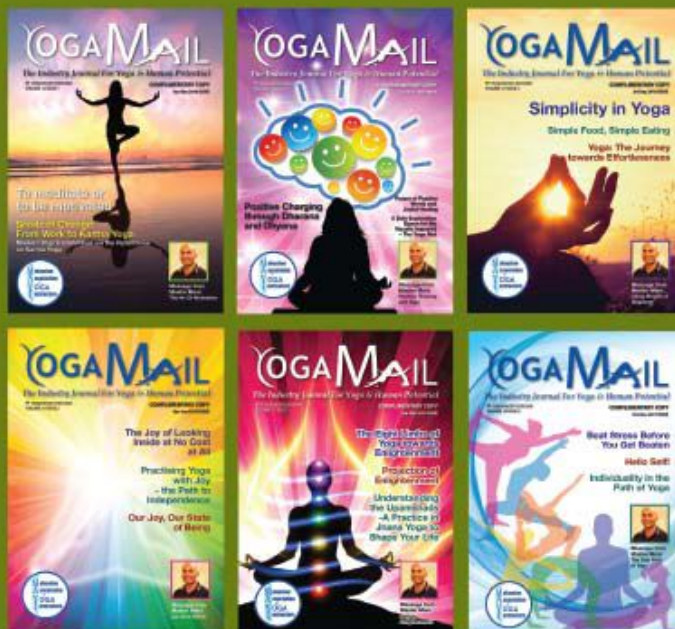
Guided by one of the world's leading yoga exponent
Manisekaran



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Evolution of Yoga:

Is it progressing towards spiritual enlightenment or retrogressing in lifestyle?

by Dr Chandra Nanthakumar

As an ancient practice which emerged in India circa 3000 B.C., yoga has evolved graciously and is still evolving. Several prominent texts on yogic literature that exist today are Hatha Yoga Pradipika, Goraksha Samhita, Gherand Samhita and Hatharatnavali. All these were written between the 6th and 15th century A.D. (Muktibodhananda, 1998).

In addition, minor references to hatha yoga can be found in the Upanishads, Puranas and Srimad Bhagavatam. Stone-carved figures depicting yoga postures still exist in the Indus Valley and South America, among other places, giving evidence of this very old science (Muktibodhananda, 1998). Having said so, yoga is not merely a science, but also a philosophy and a way of life, which has gained tremendous attention worldwide.

The word yoga is derived from the Sanskrit root, yuj, which simply means union of one's will with the will of God (Iyengar, 2011). At a profound level, it is actually the union of Prana (i.e. vital force) and mind with the Self. In order to comprehend this, let's take a look at the major Nadis (energy channels) in the body. The three major ones are Ida (Shakti; negative force — the flow of consciousness; representing the moon, or Yin, in Chinese), Pingala (Shiva; positive force — the flow of vital energy; representing the sun, or Yang, in Chinese) and Sushumna (neutral force — the flow of spiritual energy). Hence, when Sushumna unites with Ida and Pingala in the Ajna Chakra, it is called Hatha Yoga (Muktibodhananda, 1998). As this union takes place, there is an awakening in the Mooladhara Chakra (the lowest Pranic centre in the human body).

The awakening causes the Kundalini (man's spiritual energy) to ascend to higher realms of consciousness and establish itself in the Crown Chakra (Sahasrara), and when this transpires, it is called Yoga. Hence, in ancient times, for the evolution of mankind, Hatha Yoga was practiced earnestly as a preparatory step for higher states of consciousness.

In Swami Swatmarama's system of Hatha Yoga, he explicated not only on the Asanas and Pranayama, but also the Shatkarmas (Jala Neti, or nasal cleansing; Dhauti, or upper digestive track cleansing; Nauli, or abdominal massage; Basti, or intestinal cleansing; Trataka, or object gazing; and Kapalabhati, or frontal brain purification. On the other hand, Sage Patanjali, a contemporary of Buddha, collated and systematised his classical work called the Yoga Sutra (Sri Swami Satchiananda, 2012). In aphorism I.2, the sage describes yoga as:

Yogas Chitta Vritti Nirodhah

It simply denotes that Hatha Yoga is a technique by which the restless dissipated mind is calmed, and the energy is subsequently directed to higher levels for evolution. Unlike Swatmarama's yogic system, Patanjali's eight rungs of Hatha Yoga consist of Yama (universal conduct), Niyama (individual conduct), Asana (posture), Pranayama (expansion of the life force), Prathyahara (withdrawal of senses), Dharana (concentration), Dhyana (meditation) and Samadhi (liberation).

Since Hatha Yoga is also known as a science of purification, it has been a normal practice for yoga practitioners to cleanse their body internally via Shatkarmas to

eliminate various impurities, namely mucus, gas and acid. When these impurities are removed, their formation is regulated and balanced. Also blockages are released, thus easing the flow of energy through the nadis, which is of utmost importance for the purpose of meditation. It is through this age-old practice that many yogis have not only attained enlightenment, but also found remedies for many lifestyle diseases.

Fast forward, while many practitioners hold fast to the structured and traditional practices of Hatha Yoga for the purposes of evolution and enlightenment, others have chosen to go off at a tangent either due to ignorance or lifestyle preference. Today, in every nook and corner of the city, there is at least one yoga studio or yoga centre offering an array of modern-day yoga classes.

These instructional classes, in the name of yoga, vary from asana styles like suspending the body in a fabric sling from the ceiling, flying or swinging from one point to another to performing the moves in a hot room, and the list goes on. It is not uncommon to find instructors, especially at yoga studios in the gymnasiums, making students either repeat the Sun Salutation (Surya Namaskar) umpteen times and/or work tirelessly towards perfecting the asanas. What is more when the studio is intentionally heated up in preparation for yoga. The students leave the studio dripping in perspiration, feeling elated even though a few may have succumbed to injury during the rigorous practice. While perspiration is a natural way for the body to maintain homeostasis, excessive sweating, when exposed to too much heat, can bring about adverse effects.

It depletes the body of fluids and salts leaving almost nothing to sustain the evaporation process. This can lead to a condition called

Hyponatraemia (when the blood concentration of sodium ions is below 135 mmol/ L). This impinges on the chemical process in the body causing the cells to deteriorate (Lara, et al., 2015; What happens to the body..., 2013). In severe cases, it has led to multiple organ failure. Having said so, a typical remark one would hear loud and clear from these students is: "I had a good workout!"

Regrettably, these naïve students are oblivious of the undesirable effects of excessive loss of electrolytes via profuse perspiration during a workout. Secondly, this is certainly not Hatha Yoga and neither is it the aim of Hatha Yoga. It is mortifying to know that the unknowing student/practitioner is led into thinking that yoga is nothing but a workout. In the mind of a naïve student, who lacks knowledge of this ancient science and its philosophy, the commercial forms of modern-day yoga (the practices that do not conform to Patanjali's system of Hatha Yoga) are probably the offshoots of yoga due to its evolution. Hence, as far as a novice is concerned, these various movements like swinging, flying or molding the limbs into a pose in a heated room are evolutionary.

However, from the scriptural point of view, this is deceptive. One who has studied the scriptures can vouch that yoga is not all about asanas. It is not about twisting and stretching the limbs into a pretzel. It is not about standing upside down to boast a headstand, and surely it is not about being a sweaty workout. In fact, in Patanjali's Yoga Sutra, only three out of the 196 aphorisms address asanas (Sri Swami Satchidananda, 2012). This only goes to elucidate further that Hatha Yoga is way beyond an asana practice. In addition, it is clearly stated that asanas must be performed in a comfortable and pleasurable manner creating a balance of effort and relaxation in a mindful manner, as stated in aphorism II. 46-47:

Sthira Sukham Asanam

Prayatna Shaithilya-Ananta Samapattihhyam

While the common man on the street may opine that the existence of a variety of Hatha Yoga classes makes it accessible to people of various cultures, creed or belief systems, nevertheless, it is imperative that the true essence of Hatha Yoga is not distorted, but preserved for the sake of evolution of mankind. For clarification purposes, the term “evolution” here refers to advancement, or progress, in the spiritual path, as stated in Patanjali’s aphorism I.2.

To conclude, if one is to truly benefit from this ancient practice, in addition to Asanas and Pranayama, the other rungs i.e. Prathyahara, Dharana and Dhyana must be incorporated as part of regular practice. Cessation of thoughts, followed by healing, will only take place when the body is relaxed and the mind is calm and centred. So the practices of Prathyahara, Dharana and Dhyana are of paramount importance as they lull the practitioner into deep states of relaxation as the parasympathetic nervous system kicks in, normalising the blood pressure and heart beat, and subsequently freeing the mind of unnecessary chatter.

Studies have proven the efficacy of Hatha Yoga as a complementary and/or alternative therapy in the treatment of numerous diseases such as diabetes, high blood pressure, high cholesterol levels, and in alleviating chronic pains (Ross & Thomas, 2010; Sengupta, 2012; Woodyard, 2011). It is imperative that the novice practitioner is not confused between authentic Hatha Yoga and the “evolved forms” that, in their mind, bring about a “good workout”. Hatha Yoga is not a workout session. Calling a class that teaches non-yogic body movements Hatha Yoga does not augur well for a neophyte. **YM**

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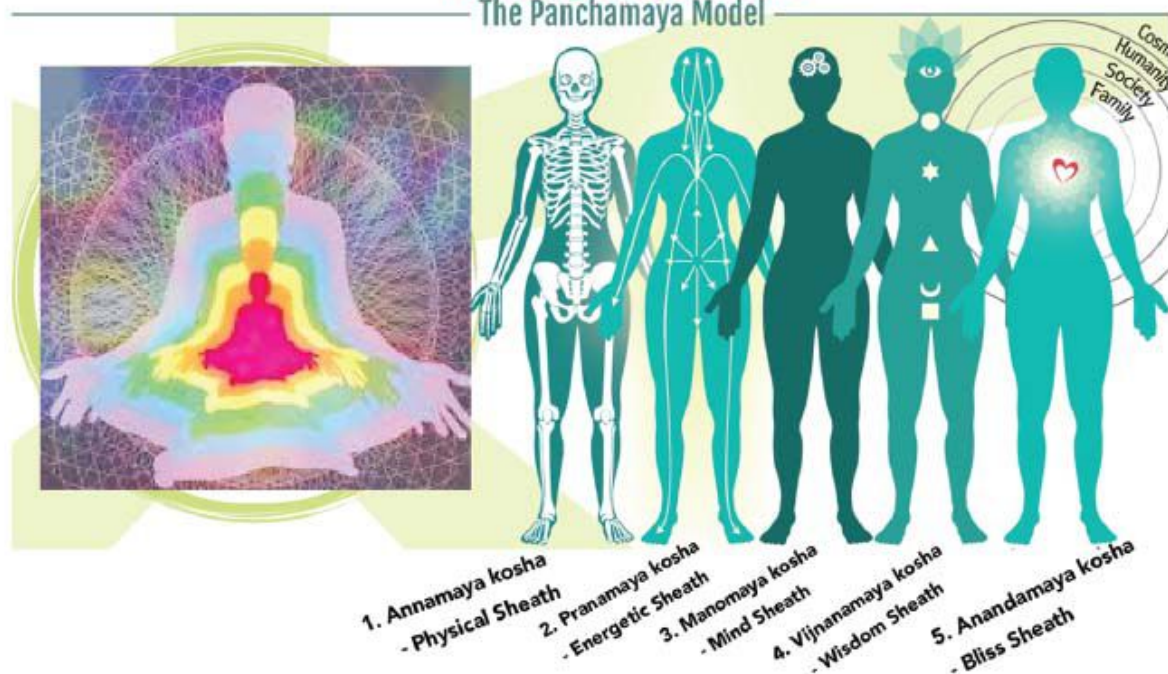
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The 5 Sheaths of Consciousness in Evolution: Who am I?

Taittiriya Upanisad
The Panchamaya Model

by Nicole Yong Y.Y.



When I was a child, my mum enrolled me in a weekly piano class. Each student at the music center would strive to perfect their practical performance in order to pass and progress to the next level. I loved those lovely experiences as the songs that I learned gradually became more challenging yet interesting.

I started out as a beginner, progressing slowly and eventually, before I knew it, I had completed the highest grade - grade 8. Each certificate became a goal to achieve and it was a validation of hard work and progress. In my mind, this was a beautiful experience and something I could share to motivate students to achieve mastery.

However, as I grew up and began my journey in working life, I began to wonder -

"From qualifications, designation, titles, assets attained, marriage, having children - are these the "real scales" for us to "level up"? Is this the evolution of our personal identity? What

defines me? I found answers when I started studying the philosophy of yoga and practicing karma yoga.

Pancha Kosha - The Five Sheaths of Our Existence, from the Taittiriya Upanishad

I have summarized some of the beautiful messages derived from the Taittiriya Upanishad that have helped me understand who I am.

For many of us, the word "evolution" brings us back to the Science class at secondary school where we learnt about change within the biological populations over millions of years for adaptation and survival.

However, after having studied the Taittiriya Upanishad, I have come to realise that the meaning of evolution is much deeper than that. Humans have the ability to evolve through choices made or intentions set.

According to the Taittiriya Upanishad, the existence of the human being is connected to the pancha koshas. Pancha refers to five, kosha

means sheaths, while maya means illusion. The five koshas are:

1. Annamaya kosha – physical sheath
2. Pranamaya kosha – physiological or energy sheath
3. Manomaya kosha – psychological or the mind sheath
4. Vijñanamaya kosha – wisdom sheath
5. Anandamaya kosha – bliss sheath

1. Annamaya Kosha

The first sheath makes up the physical body. 'Anna' refers to food that nourishes the physical body. It is the transformation of food that is consumed. What is this body? It is skin, flesh, blood, bone, muscles, tissues, and organs. Annamaya Kosha often links to the first thing we look at when we connect ourselves to the outer world.

On the other hand, maya prevents us from seeing the truth. In fact, Annamaya Kosha is the carrier for the other Koshas. The physical body undergoes change from birth - growth, decay, sickness and eventually death.

We have no control over our biological processes as it is controlled by the laws of nature. However, we can delay our ageing process and reduce the chances of getting sick. We have a choice to allow evolution to continue at the level of the senses, mind, intellect, emotion or on the level of self.

Thus, we need to take good care of this physical body. Physical health manifests in several ways:

- * free from aches and pain;
- * feeling of lightness, free from lethargy;
- * ability to withstand change;
- * feeling a sense of stability and ease.

The physical body can be purified through the practices of Yoga Asanas (yoga poses), Shatkarma (yogic cleansing techniques) and

Yogic diet (plant-based diet) which is sattvic in nature.

2. Pranamaya Kosha

The second sheath is Pranamaya. "Prana" refers to life force. Prana is a part of cosmic life. Prana is the energy behind the breath. It's the life force within us and everything around us. This force holds together our body and our mind.

When we raise our awareness through the practices of Yoga, we may be able to see the Pranamaya Kosha in the form of an Aura which surrounds the body. A person who is contented, energized, and in harmony with the self is likely to have high levels of prana, whereas those experiencing lethargy, low energy levels or dullness may have low prana.

The food that we eat can affect the pranayama kosha. For example, eating freshly cooked organic green vegetables will provide higher levels of prana than the ones sprayed with pesticides or overcooked. A natural view of a green garden and sunlight will provide more prana than a chaotic street.

The five vital forces in the body that make up the sheath of Pranamaya are Apana, Samana, Prana, Vyana and Udana. Besides, there are 72,000 nadis (the pathways) that move the prana in the human body. These nadis are interconnected with the chakras (the energy centers) in the human body. Each chakra has its own physiological function and affects the endocrine system. For example, the Vishuddhi chakra (throat chakra) balances the thyroid gland, and the Ajna Chakra located at the centre of the brain balances the pituitary and pineal glands. All these five vital forces affect the body's physiological functioning.

The Pranamaya Kosha is purified through the practice of Pranayama. Regular practice of yogic breathing, kapalabhati, bastrika,

sheetali, and nadi shodhana allows the prana to penetrate deeply into every cell, recharging and rejuvenating the tissues and organs.

3. Manomaya Kosha

Another more subtle energy that is within the physical body but more mental in nature is known as Manomaya Kosha. Mano refers to the mind, but it includes not only the mind, but also thoughts, emotions, the senses, and the subconscious.

Through the five senses of seeing, hearing, tasting, smelling and touching, the mind receives information and reacts accordingly based on Chitta (impressions, personal habit patterns) or Ahamkara (ego). It analyzes, records, understands, rationalizes, accepts, rejects and compares. During this time, positive and/or negative thoughts, feelings and emotion will arise.

The trained mind can influence the entire physical body system to function well and conserve energy. The trained mind increases concentration. The purified mind overcomes selfishness and ego, increases inner strength and brings inner peace.

We can purify the Manomaya kosha through meditation, karma yoga (selfless service and charity work), bhakti yoga (prayer), knowledge (studying the scriptures), and Yama and Niyamas (the yogic moral ethics towards the society and self-discipline). The state of the manomaya kosha is affected by both what we eat (annamaya kosha) and our energy level (pranamaya kosha) too.

4. Vijnanamaya Kosha

When the mind is further transcended, it reaches the wisdom sheath. Jnana refers to knowledge, awareness and inner perception.

Here the buddhi (intellect) dominates our thinking, controls the Ahamhara (ego) and makes decision.

Vijnanamaya Kosha links the conscious mind, the individual mind and the universal mind. The universal knowledge comes to the conscious mind through Vijnanamaya Kosha. In other words, the mind sees the outlook of the object, but Vijnanamaya Kosha sees the object as a part of the universe. We learn and we are able to stand back to witness our thoughts, emotions, and behaviors; then consciously make a right move. We realise our true nature. We have greater potential to transform and become more stable, intuitive, truthful, vital, loving and connected to the Universe.

When a person is deficient of the fourth sheath, he may not be in control of his life. He may constantly react without awareness.

To purify the Vijnanamaya kosha, the intellect has to be purified and ego has to be surrendered. This can be achieved through the practice of Karma Yoga, self-introspection, jnana yoga via the study of Yoga Philosophy and regular practice of meditation.

5. Anandamaya Kosha

All the step-by-step yogic practices lead us to the bliss sheath – Anandamaya Kosha. Ananda refers to bliss. Whether in good times or bad, in good health or facing death, we remain steady. This is a state of bliss beyond all kinds of attachment and cravings.

We transcend from the lower self to the highest. We are involved in all the works but unattached to any. We are just the observer. All the works presented to us are opportunities to serve with love. It becomes a source of our unconditional love, eternal happiness and harmony. When the mind is liberated, we understand what our "Real Identity" is. It is our divine being. **YM**

MAYI Yoga Academy – Chinese New Year Open Day

To many, the new year signifies the time to reboot and to start afresh. MAYI Yoga Academy took the opportunity to celebrate the Lunar New Year with everyone during the Chinese New Year across the six MAYI centres! The auspicious day was set on 23 February 2019.

All participating centres offered free classes to adults, teens and children. Some centres even organised a Healthy Cooking session featuring some mouth-watering and easy-to-cook dishes! In addition, there were wonderful on-the-spot Ayurvedic sessions. Those who managed to book a spot for themselves had a pampering and relaxing session through the gentle techniques of Ayurveda.

That was not all! Health enthusiasts also got to walk home with many valuable insights – namely, the Yoga Wellness talks addressing some important health issues, the Natural Living sessions featuring the wonders of going chemical free through some amazing personal care products by MAYI Infinity, and even a special appearance by MAYI Waters highlighting the mind-boggling atmospheric water generator machines – the machine actually makes water out of thin air and it is fit

for consumption! There was certainly something for everyone!

MAYI members and the general public were definitely in for a treat as they were delighted by the wide array of classes, workshops, and courses offered by MAYI. The selections were available to the beginners as well as to the seasoned practitioners who were looking forward to obtaining a legitimate yoga instructor certification. Well, this is simply because MAYI's International Yoga Instructor Courses (and most of its major certification courses) are registered and approved by the Ministry of Education, Malaysia.

Keeping closely to the tradition, MAYI ensured that those who visited the centre on that day were presented with not only a Lucky Ang pau, but also a string of great promotions which were only valid for that day. We are truly happy that we were able to share the amazing benefits of yoga with everyone who showed up at the event!

For those who missed our Open Day, fret not! MAYI's doors are always open. Feel free to visit us at our centres! **YM**



My Yoga Sadhana Journey at Vallalar Aranilayam Teluk Pulai

by Sivasakthi Davagandhi

The Malaysian Association of Yoga Instructors (MAYI) held a Yoga Sadhana session on Saturday, 9th March 2019. The objective of this session was to introduce and create awareness about the importance of yoga to underprivileged children who come to Vallalar Aranilayam in Teluk Pulai, Klang. Around 20 students aged 10 – 18 years old took part in this wonderful session.

The Sadhana journey started at 7.30 am with the instructors preparing for the Jala Neti session. A demo was given along with an explanation on the importance of this practice. All the children followed enthusiastically and the brightness in their eyes showed their delight in attempting this special practice!



The session continued with Hatha Yoga and breathing exercises for the children. They were very happy to learn poses to strengthen their bodies and breathing techniques to improve their energy and vitality. Not to be missed is the talk on Yama and Niyama, which explained values that would help to create harmony within and with the world outside.



The session continued with some yoga activities and games that brought lots of laughter and cheer in the group. The attentiveness and comradeship demonstrated by the youngsters were simply superb! The day's activities ended with a Surya Namaskar competition and a wonderful sharing by the students.



All participants received certificates and medals from MAYI. They were so excited and were grinning ear to ear when they received the medals.



We feel that the level of awareness on the importance of yoga has increased among the children here. We are very thankful and grateful to MAYI for allocating their time and energy to guide the children. We hope this session will continue in our centre to encourage more children to learn about yoga and its importance. **YM**

MAYI Infinity Official Launch 2019

by Harvey



July 1969 saw American astronaut Neil Armstrong become the first person to walk on the moon. As he walked, Armstrong famously said, "That's one small step for man, one giant leap for mankind".

Almost 50 years later, a similar buzz filled the atmosphere at the MAYI Infinity (MI) headquarters in Selayang. It was the official launch of Mayi Infinity on Saturday, March 2, 2019.

Like the Apollo mission, MI's vision was equally bold and ambitious.

Envisioned by its mentor, Manisekaran (affectionately known as Mani by the members), MI was set up for the sole purpose to serve humanity, nature and mother earth. Its vision is to see a world free of harmful chemicals that affect the wellbeing of all living things on this planet. To achieve this, MI's mission is to promote high-quality, 100% chemical-free, natural products through an equitable business platform that rewards sharing.

The launch kicked off with a warm welcome speech by the chief executive officer Meiwan, followed by a brief presentation of the company's pre-launch progress milestones. One pre-launch notable activity was MI's inaugural corporate social responsibility initiative titled "Program CERIA Infinity". Led by Mentor Mani, several members and MI team visited the children's cancer ward at Pusat Perubatan Universiti Kebangsaan Malaysia (formerly known as HUKM) on January 17, 2019. It was an incredible experience that not only moved the team, but strengthened their resolve to pursue the company's vision as well.

Speaking to an audience of 150, Mentor Mani introduced the team behind the company followed by a rousing speech outlining the company's philosophy, direction, code of conduct and product benefits. In particular, MI, he said is here to serve its members (distributors) who in turn will serve the people and the world at large. He paid tribute to the hardworking members who shared and whole heartedly supported the company's vision by bringing such wonderful products to the world.

The following is a gist of his speech:

Chemicals and health: Mentor Manisekaran spoke passionately about the devastating effects of harmful chemicals on the skin and our overall wellbeing. He explained that the absorption of such chemicals by our skin is higher than the chemicals that are ingested through food. With the improvement in technology, it is only a matter of time before the world will know the harm. For example, the recent case of a famous talcum powder that was found to contain asbestos.

Chemicals and the future of the world: Not only humans but nature and mother earth too will suffer when these unsafe chemicals are disposed of into our lands and waters. The message was that we must all work to stop the excessive use of these unsafe chemicals. It must end before it's too late.

MI's Solution: Firstly, awareness is the key. The company advocates learning and sharing of such knowledge to the world to make it a better place.



Secondly, MI provides a safe and healthy alternative with its 100% all-natural product with no preservatives or harmful chemicals. The commercial use of the terms "natural" or "organic"

by many manufacturers may be misleading as most do carry preservatives and unwanted chemicals. At MI, the products are made under safe environment using only the highest-quality ingredients. Up to 25 different herbs, fruits, nuts and roots are used for each product. It is the recipe and the right blending of these herbs that gives its potency.

MI as an income opportunity: Mentor Mani explained MI's business model is to reward its members who use and promote the product to others. It is a simple concept of "the more a member uses or promotes, the more they earn". It is left to the members to earn lucrative incomes depending on their drive and ambition. For instance, a serious entrepreneur who is keen to build a network may earn up to RM2,000 per day (subject to the terms and conditions). All that the member has to do is purchase a product package, get trained and start earning by promoting the values and benefits of the products to others who are keen. No high capital injection or investment is required unlike the traditional business model.

For those who are already working full time, MI provides the members the flexibility to earn a passive income to supplement their main income. Such income opportunity will be valuable to families during the current economic climate. **Knowledge is Key:** Mentor Mani strongly stressed the importance of learning and sharing the knowledge of wellness to others. He implored members to take advantage of the many trainings conducted by MI or its partner, Mind Body Technologies (MBT), to learn more about their health, the products they use and the potency of the ingredients and many other skills for their self-improvement.

Not only is there the benefit benefit of good health, there is also an opportunity of wealth and wisdom.

As Mentor Mani's riveting speech came to an end, all eyes were on the mystery box that revealed a new product - a 100% natural, chemical-free floor



wash. In less than a year, MI has expanded its product range to 8 products and Mentor Mani promised more to come.

The Infinity Pledge: At the end of his speech, Mentor Mani pledged to stop the use of harmful chemicals by signing the Infinity Pledge. He then invited all those who were present to follow suit and to start spreading the word to the world.

Finally, no launch is complete without the celebratory cutting of the cake and dinner. The vegetarian dishes were lovely. It was time for sharing of ideas, mingling, selfies and wefies.

With such promising future at hand, the members went home "awakened" and thrilled. Like the space shuttle launch 50 years ago, the MI launch was a momentous start of a beautiful journey. One small step towards helping mankind, one giant leap towards saving the Planet. **YM**



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- Enhance your well-being and positive energy fields.
- Learn to sustain energy levels by tapping into the unlimited universal energy.
- Experience free flow of energy and movement of body with full consciousness.

Urdhva Retas e Anti-Ageing (Reproductive Health)

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Benefits of Corporate Yoga

by Adelena Gustafsson

#mayiyogaacademycorporate #corporateyoga
#bringyogatowork #yogaatwork

Most of us know that yoga has many health benefits and the more you learn about it, the deeper the understanding of its many amazing benefits. Most of us do our best to find time to exercise, keep fit, build strength, socialise or just release stress.

However, when work gets in the way, exercising would be the last thing on one's mind especially if one has to beat the traffic to get to a fitness centre or yoga studio. This can be quite demotivating and that is why more and more companies around the world are adopting the idea of bringing yoga to the workplace. Commonly termed as Corporate Yoga, it certainly has its own benefits. Employees learn how to manage stress and anxiety, and corporate yoga can also bring teammates together which is great for the morale in the workplace.

Focus and mindfulness are of utmost importance at the workplace. Without them one will lose productivity and motivation. Through guided visualisation in a yoga session, one can learn how to not only concentrate but also relax. With regular practice of yoga, a person can develop a more positive attitude and

communicate better, and with better communication skills a person will have more confidence in oneself.

Besides improving flexibility and strength, yoga is known to help manage not only stress but also depression. Since the corporate world can be quite competitive, the stress level in its employees can be exceedingly high and if it is not managed well, it can lead to mental health issues. Many companies are suffering from recurring absenteeism of staff due to work-related illnesses. In fact, studies have shown that stress affects performance at the workplace. The findings of a study conducted by Cooper and Dewe (2008) revealed that 46 per cent of absenteeism from work is due to mental health issues such as stress, depression and anxiety. If the wellbeing of the employee is taken care of, the employee will feel more motivated and positive towards work. This in turn can boost productivity of the company.

In another study conducted by Hartfield et al. (2012), participants who did 50 minutes of yoga on a weekly basis for eight weeks showed tremendous improvement in terms of confidence level and general wellbeing. In addition, there was a significant decrease in stress levels and sadness. The control group, on the other hand, showed no such improvement. The results can be seen in Figure 1.

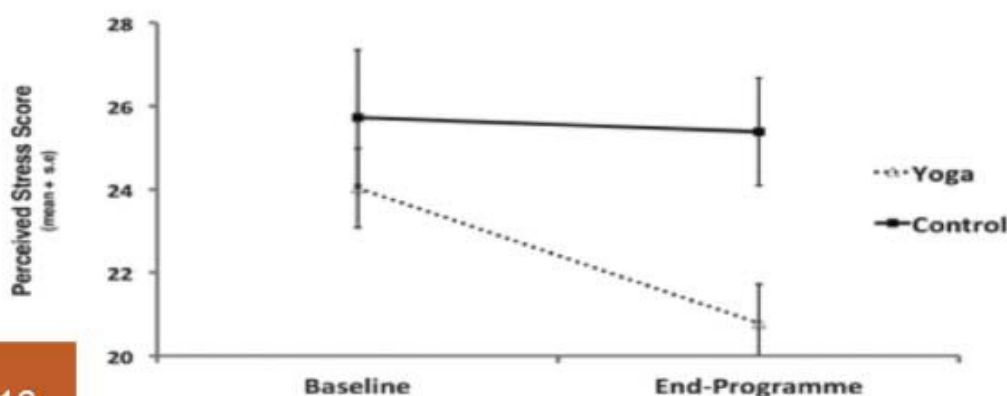


Figure 1: Perceived Stress Score for the Yoga and Control Groups (Hartfield et al., 2012)

The physical benefits of yoga are bountiful; the whole body becomes stronger, healthier and more flexible due to the asanas (postures) performed. It has been proven that by just practicing yoga 50-60 minutes a week can already show a decrease in back pain. Back pain is common in the corporate world as most employees generally spend most of their time sitting at their desks. That alone doesn't cause back issues but also contributes to wrist joint problems especially if they are on the computer for prolonged hours, shoulder pain and even eye issues. The beauty about yoga is that it does not just focus on the big body parts but also on the eyes. There are special eyes exercises done in a routine yoga session at MAYI.

Another benefit to having yoga as a form of exercise in the workplace is that it does not require any equipment. All that is needed is a clean space to hold the class, some rubber mats, and a good instructor to give you the right guidance. In the long run, the cost of having a weekly yoga session would be so much lower as you may be preventing many illnesses, burnouts, hostility between colleagues, depression and many other work-related health issues. Rather than forking out for exorbitant medical bills, or finding someone to replace or take on the work load of the staff on sick leave, wouldn't it be better to have one or two hours of

yoga a week at the work place? Happy and healthy employees make a better work environment.

Key points to why you should consider having yoga at your workplace

- Eliminates stress and anxiety
- Develops a more serene working environment
- Develops flexible joints and muscles
- Keeps diseases at bay
- Reduces absenteeism
- Improves the camaraderie amongst colleagues
- Eliminates travel time to and fro the yoga studio
- Improves concentration

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1. Cooper, C. & Dewe, P. (2008). *Well-being—absenteeism, presenteeism, costs and challenges. Occupational Medicine*, 58(8), 522–524. Retrieved from <https://academic.oup.com/occmed/article/58/8/522/1466121>
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Evolution of Ayurveda –The Knowledge of Life

by Jessica.S



Ayurveda is the oldest system of life sciences. The word Ayurveda literally means knowledge of life. Having originated in India thousands of years ago, it is the oldest known healthcare system to mankind. Today, this 5000-year-old ancient Indian system of natural and holistic medicine is increasingly becoming mainstream and is recognised by the World Health Organisation.

The system evolved from the quest to have a happy life through a deep understanding of creation and its maintenance, as perceived and conceived by the rishis or seers of ancient India. They revealed the deepest truths related to human anatomy, physiology, psychology, health, diseases and their management. The wish to have a healthy and happy life grew into the higher faculty of the consciousness of those who propounded Ayurveda.

From the third century onwards, Ayurveda enjoyed a big revolution and it had always been

a primary healthcare system for more than eighty percent of the population, practiced traditionally in families in India. In the later days of British rule, Ayurveda had drawn the attention of the scholars in the country as well as abroad. Indologists of the west became interested in Ayurveda together with other sciences and philosophies documented in the Sanskrit language. The fundamental of the Ayurvedic system remains solid and does not change from age to age. It acts as a preventive and curative measure.

This system is approached in a particular way to prevent diseases and promote a healthy lifestyle by following certain methods and therapies in day-to-day activities, even for people in the fast-moving 21st Century. Medicinal plants and herbs such as Neem, Tulasi, Haridra, Brahmi, Amalaki and Triphala are significant components of modern complementary medicine, and play an increasingly crucial role in modern cultures. This understanding of medical processes has been

passed down from generation to generation and has been modified along the way with the emergence of scientific research.

Since Ayurveda is deeply rooted in spirituality and prescribes a holistically healthy lifestyle, an increasing number of people are practising it around the world. Ayurveda-based massages are offered in spas and many people benefit from such services. In Ayurveda, the application of oils and massage is of great importance. According to the pressures applied, the techniques adopted, the materials used, etc, the treatments can be categorised into: Abhyanga Snanam, Shirodhara, Shiroabhyanga, Pada Abhyanga, Soundaryam Vardhini, Vasti, Navara Kizhi, Podi Kizhi, Udwarthanam and Swedana. These treatments are applied according to the needs of the situation.

Ayurveda is also effective in preventing the causes of diseases as well as enhancing the

quality of life. It improves lifestyle and teaches people to adjust to life situations by opening up the path of achieving self-refinement and wellbeing.

Ayurveda addresses all aspects of life, the body and mind – within and without. It recognises that each of us is unique, each responds differently to the many aspects of life, and each possesses different strengths and weaknesses. Through insight, understanding and experience, Ayurveda presents a vast wealth of information on the relationship between cause and effect, both immediate and subtle, for each unique individual!

MAYI Yoga Academy appreciates the science of Ayurveda in all its aspects. Those who want to know more about this ancient wonder are invited to join the 100-hour Ayurveda Massage Therapist Course. **YM**

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MAYI
AYURYOGA

The Yogic Journey Towards Betterment

SuperYogaKids corner

by Zu Anjalika Kamis Gunnulfsen

Evolution – it's such a simple word, yet it has been discussed and debated over and over. Hence, what is evolution?

Scientifically, evolution refers to the gradual development of humanity. Human beings are believed to be the direct descendants of the ape, given fact that they have similar traits as the latter.

The yogic world, however, begs to differ. Evolution in the yogic context is the journey towards betterment - never perfection and definitely non-ending. Evolution is the process of constantly moving from diversity to unity. It has been said that instead of understanding the meaning of the word 'evolution', it may be better to focus on the concept instead.

Let us try and understand the concept of evolution from the yogic point of view. In the ancient yogic text, evolution consists of three components, satyam, shivam and sundaram. Directly translated, satyam means truth while shivam is auspiciousness and sundaram refers to beauty. With these three intact, we are thought to be ready to complete our journey. Only then, will we attain nirvana or completeness in life.

Attaining satyam, shivam and sundaram requires lots of conscious effort; it is the one that transforms a person out of their nature. It is not something that is embraced or attained overnight. One has to be continuously conscious and be in the NOW, the very present moment consistently. In fact, the entire process



of yoga revolves around the principles of consciousness.

How does a person raise their level of awareness? You may ask. Try seeing yourself from a different level; once you do this, your perspective changes and at the same time, your perception, awareness and consciousness take a shift as well. This shift is also what we call the maturity of the mind; the process of moving from the present environment to a place where one can observe diversity and from there, they begin to experience unity.

The yogic mantra speaks of two concepts; the masculine and feminine. The masculine talks about auspiciousness, while the feminine is all about energy. These two factors are the motivational pull that governs the entire life of an individual - the inspirational guide, if you will. While the yogic concept has been around for thousands of years, science is a growing and developing subject. Now, let us talk a little about the science of evolution. First and foremost, we all know that science has two components; the major one is based on rational findings, and there is also a part which is intuitive. As of now, many of the findings on evolution has been mostly rational, for example, the study of hormones, DNA, and measurement of brainwaves.

While yoga is seen as the father figure who has seen it all, science is the young adult, growing and experimenting. They are in actual fact,

complimentary to each other and this is truly a blessing. Only when there is complimentary effort, will there be a full understanding how the individual and universe integrate.

As we go forward in our journey of evolution, we will come to four areas of attainment in life. The first is the attainment of security - whether personal, social or financial. The second is attainment of desires; it is the effort put in to obtain material/objects that we long for. Next, comes the attainment of the quality of consciousness where we become responsible for ourselves. Finally, we move towards the attainment of that inner freedom.

There are four stages in life. The first is studentship – this is when we develop our skills, enhance our understanding of the subject matter and work towards our aspirations for the future. Next, comes a new pattern of family and social life, where we become responsible for other people around us who are part of our family. After which, we enter the third stage, which is retirement. Finally, in the fourth stage of life, we dedicate the virtuous qualities towards the growth of humankind and inspire others to attain inner freedom and greater wisdom. The fourth stage, however, is not the end of evolution. It is on-going and developing all the time until the cessation of our existence. It takes lots of dedication and discipline - after all we are inspiring others towards attaining peace of mind and growth of humankind.

Dedication of growth can take place in many forms; an example will be better awareness and deeper understanding of yoga. The yoga instructor is the conveyor, passing on his knowledge to the students. Subsequently, the students will carry on the yoga legacy to family and friends. Similarly, this can also be observed in a family unit. While the parents' role is to

nurture and bring out the best in their offspring, the children, on the other hand, emulate positive behaviour of parents and of course, of those in the society. In such an environment, the future generation can only flourish.

These four stages have been defined as ideal life. It is up to us as to how much we wish to attain in this lifetime. Many reach the second or the third attainment and they remain there believing that it is not possible to go further. Each one of these stages is made for us and we have to strive to get as far as can. Only then will we make a difference in our life and in the lives of others.

Here are some lifestyle tweaks that can be incorporated to attain a higher quality of life. Harmonise your body by keeping it strong and healthy. This can be achieved by practising yoga and eating a healthy diet. Harmonise your mind by practising conscious breathing, meditating and thinking good thoughts. Experiencing good health, peace and evolution requires effort. It is not easy but living with awareness and being mindful of your daily actions will take you there. **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.

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Inner Insight

Painting My Butterfly

by "Ms. Butterfly"



Warm greetings to all readers! In this write up, I want to share my journey in "painting the butterfly wings". Yes, you heard that right! The butterfly here refers to my thyroid gland. I am 57 years old and was diagnosed with hypothyroidism 5 years ago. And that was the beginning of many labels I received from the physicians.

My family somehow inherited the genes and I was not spared in this genetic descend. I was clinically obese and was left in despair to manage this condition. The hypothyroidism diagnosis did not do justice to me with regards to this matter. As a result, I acquired a slew of other conditions. My already slow metabolism became ever so sluggish, skin rashes broke out, water retention gave me puffy feet, swinging sugar levels triggered symptoms of hypoglycaemia such as giddiness and the muscles at certain parts of the body started to weaken rapidly.

I was soon diagnosed with Cervical Spondylosis and Carpal Tunnel Syndrome as well (the urghhh moment!!). I used to have pain on and off at the left side of my neck and forearm. As many working adults, I faced the laptop for long hours, seated in situ at a given position, sat through heavy traffics and slept off while watching my Ipad.

What seemed to be an occasional neck pain many years back lingered at the background to cause constant discomfort, which soon disrupted my sleep, limited my range of motion at the neck and debilitated my performance at work. I had nerve compression symptoms such as tingling and numbness, painful muscle pulls, sensitive trigger points and occasional swelling on the upper back and left arm areas. Usually, I had pains throughout the day, and dealing with daily life needs, including dressing up to typing my reports, became a constant struggle. The physician said that the "background hypothyroidism" contributed to all this!

I was put on medications such as Thyroxin, pain killers and muscle relaxants, which to my dismay did not do much justice to alleviate the discomforts. From then on, I became an avid reader of many health articles on how to manage my symptoms while still continuing treatments at the hospital.

That's when I decided to explore my options with alternative treatments. I took up packages of Ayurveda massages, heat therapy, hot water medicated treatments and acupuncture, among others. Yes, they did help to relieve the symptoms, but if I failed to follow through with these methods then the symptoms returned quickly to disrupt my life.

In September 2018, my hope was reignited when I heard an interview on Yoga Therapy by Dr Kuga in the local radio channel – THR Raaga. I contacted her and had a long conversation about my problems. She suggested that we meet up for a consultation and requested me to bring along all my medical reports and other relevant information. I was convinced about the reasons behind my pains and the link between my conditions. Dr Kuga was a medical doctor who specialised in Yoga Therapy at the MAYI Yoga Academy. I knew I was engaging with the right person. I am a firm believer of going natural ways to cure instead of relying on painkillers and other drugs. So the deal was sealed!! I started on the Personal Wellness Programme two weeks later.

Dr Kuga, my personal wellness coach, drafted a regimen for me to follow. The idea was to first tackle the neck and arm pains and then to address the thyroid gland. She suggested that once the glands are regulated, the weight issue could be easily tackled. I learnt yoga many years ago, but I couldn't recall much. I was becoming a little anxious if this was possible for my age. In fact, I thought I couldn't do it! Somehow, with Dr Kuga's gentle coaching style, continuous reassurance that age and built are not deterrents to yoga practice inspired me to diligently follow my practice regimen. She encouraged me to be positive, build a positive outlook on what I desired for, let go of expectations and most importantly, appreciate and love myself.

My very first false believe about myself broke as she told me to sit on the floor on our very first session! What I thought was impossible was easily established. I noticed how my tight muscles loosened up. I could bend down to touch the toes

after a few sessions and I could also do Surya Namaskar!! Never had I imagined that I could do all these. Weeks passed and I started noticing the benefits of my perseverance in the wellness programme. I noticed that my neck pain was slowly decreasing; muscles became relaxed and loosened up, and my neck range of motion improved. I could rotate the neck far behind and reach out for items on the back seat of my car. I could hook up the inner garments with ease, and I could put on fitting ones without pain. I could sense a degree of freedom from pain that I almost forgot that I had cervical issues. About 90 per cent of my pain had just disappeared, my sleep quality improved, I knew how to tackle my triggering point, I could feel a "current" flowing down my arm and it felt alive, I became aware of my posture, my neck lengthened, my hypoglycaemic symptoms were nowhere to be found and to my amazement I even lost weight!!!

But here comes the best part! I ran out of medications in the last few weeks of my wellness programme and my appointment with the doctor was due only at a later date. Upon completing my final session, my coach urged me to repeat the thyroid test to test the effect of the programme she drafted for me. We both marvelled to find that my thyroid level touched normalcy. This was a miracle!! Being on medication for five years, my thyroid reading had never touched normalcy before. Wow! How did that happen? I was so happy to see the results. My personal physician suggested that I continue both the medication and the wellness programme before we could possibly taper the medications down. Currently, I am on my second cycle and now working on increasing metabolism and weight loss! Looking forward to more amazing results! **YM**

Collected : 03/05/2018				
TEST	RESULT	FLAG	UNIT	REFERENCE RANGE
ENDOCRINE				
Thyroid Stimulating Hormone	0.36		mIU/L	(0.35– 4.55)

Before

Collected : 28/12/2018				
TEST	RESULT	FLAG	UNIT	REFERENCE RANGE
ENDOCRINE				
Thyroid Stimulating Hormone	0.64		mIU/L	(0.35– 4.55)

After

Wellness Yoga

Stretch your Stress away!!!

by Dr. Kuga

Stress is probably one of the commonest vocabularies found in our dictionary. We encounter it day in and day out, and some of us may have even given away tips on handling it to our peers, family and students. Nevertheless, have we ever wondered what exactly stress is.

Stress is defined as the state of mental or emotional strain resulting from demanding circumstances. It occurs when one is put into a situation where he or she feels overwhelmed and is unable to live up to the demand - a relative feeling of 'drowning'.



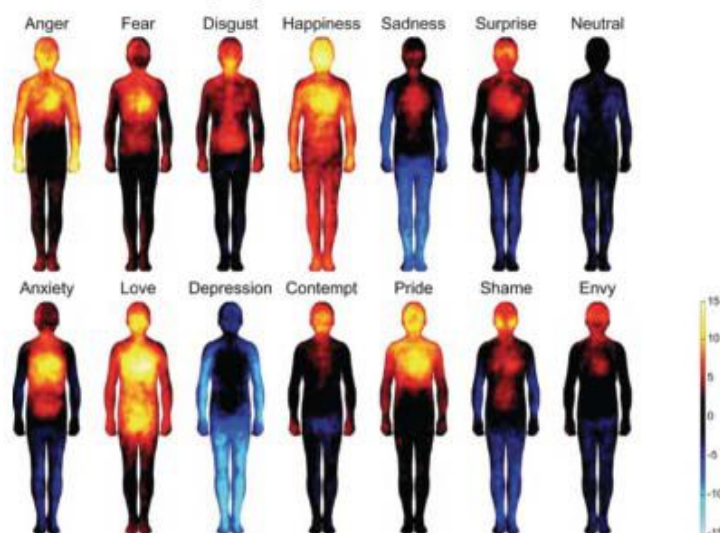
Physically, it is coupled with the release of 'stress' hormones such as cortisol, adrenaline and noradrenalin leading to a sympathetic system overdrive. Unfortunately, we respond to overwhelming situations with unpleasant emotions such as fear, anger, disgust, or sadness which often do not get the chance to complete its natural response cycle. These emotions are often suppressed and pent up within the body and are predominantly stored in large sheets of the muscles. Have we ever wondered where these emotions are stored.

Western-trained doctors and neuroscientists often report that the amygdala or limbic system in the brain stores human emotions and memory. However, the body holds onto the past, too. According to the late neuro-pharmacologist, Candace Pert, the "body is our subconscious mind. Our physical body can be changed by the emotions we experience."

Her research reveals the integrated physiology behind emotion-body connection:

"A feeling sparked in our mind-or body translates as a peptide being released somewhere. Organs, tissues, skin, muscles and endocrine glands all have peptide receptors on them and can access and store emotional information. This means the emotional memory is stored in many places in the body, not just or even primarily, in the brain. You can access emotional memory anywhere in the peptide/receptor network, in any number of ways. The real true emotions that need to be expressed are in the body, trying to move up and be expressed and thereby integrated, made whole, and healed."

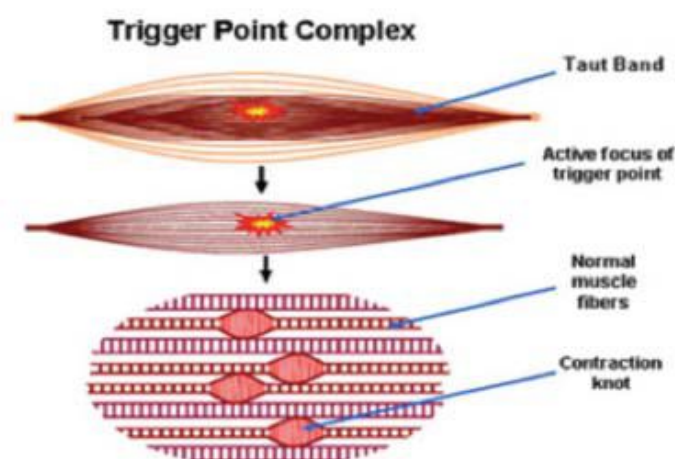
Modern scientific research is still trying to figure out the impact of emotions on the body. One interesting 2013 study tried to portray how we experience emotions in the body. Participants were instructed to colour where they actively experienced the emotion in their body. Both European and Asian participants created similar bodily sensation maps for basic and complex emotions, ranging from love to shame.



Participants were asked to colour areas of the body that were activated by the emotion (yellow/red) and also areas that were deactivated by the body (blue). Source: PNAS/Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari Hietanen

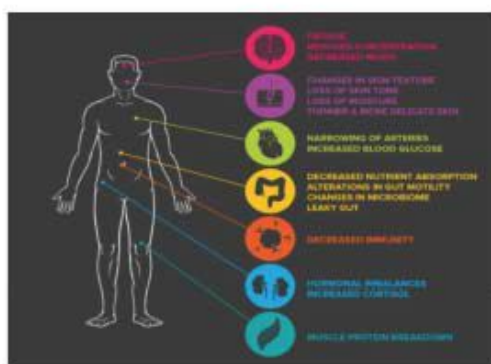
The research confirms that bodily experience of emotion is nearly instantaneous within the first few seconds of experiencing a negative emotion. People automatically tense the muscles in their jaws and around the eyes and mouth. Neurophysiologists explain that with repeated stress, people over time have shorter neck and shoulder muscles, tightened and shortened psoas muscles, irritated gluteus, tightened anus muscles, tighter eyebrows and high tension muscles in cervical regions.

Muscle tension can lead to chronic pain, knots, and spasms. One theory is that muscle tension decreases blood flow, leading to lower oxygen delivery, lactic acid build-up, and the accumulation of toxic metabolites. Shortening of the muscle fibres can also activate pain receptors. Lack of movement can further reduce blood flow and oxygenation.



Hence, what does this mean?

Classically this phenomenon is described as lack of pranic flow to the affected parts of the body according to the Yogic Philosophy - the very reason for isolated and accelerated aging and degeneration at a specific part of the body. Common problems such as neck pain, lower back pain, slipped disc, degenerated disc disease, cervical spondylosis, sciatica and many other chronic musculoskeletal diseases mushroom out easily as a sequel. If left un-intervened, this stressful emotional cascade can affect other parts of the body as well.



How can yoga help with stress management?

Many yoga poses can help us release stress, anxiety, and fear stored within the muscles and will certainly improve our overall health and well-being. Some poses to stretch the key areas which store emotions are given below:

1. Forehead and eyebrows



Open and close eyes tightly



Eye brow raise

2. Jaw



Roaring lion pose



Jaw push

3. Neck



Neck stretch 1



Neck stretch 2

4. Shoulder blade



Cow's face pose



Eagle pose

5. Hips and Psoas muscle



Warrior 1 pose



Shoulder pose

Other lifestyle changes include:

- Third eye oil pouring
- Head, neck and shoulder massage
- Satvic diet
- Regular detoxification with Kunjal and Laghoo / Shankaprakshalana
- Foot massage
- Yoga nidra
- Pranayama practices

Most of us give little to almost no importance when it concerns our health or wellbeing and we live a frantic lifestyle. We are highly influenced by the digital media world, making all kinds of purchases only because they were launched by famous brands, celebrities or influencers. Guilty? We all have been there. But do we exactly know how safe are the products? Did the labels state 100% chemical free ingredients? Most likely not and if they do, only less than 5% of products in the market are actually chemical-free. In this article, we will discover how chemicals do more harm to us than we may know.

What are the signs and symptoms of chemical poisoning and how dangerous can it be to us and our health? Mainly, it affects 3 main areas of our faculty that includes our mental, emotional and physical state. Most of us think chemicals in our products do not have dangerous side effects, but they can cause harm to our mental and physical abilities.

Let's look at some of the signs and symptoms. Starting with our mental faculty it can cause irritability, which affects the quality or state of our mind. For instance, it can make a person easily annoyed or angered, and create anxiety disorders, which involve worry or fear because it can lead to chronic stress and more. Another symptom would be identity disturbance whereby one develops a negative self-image over time.

However, according to statistics an estimated 121 million people around the world currently suffer from some form of depression (source: Worldwide Facts). Today, it is not surprising that a great number of people suffer various forms of

depression, as they link directly to the emotional faculty. For example, depression can cause emotional depletion or exhaustion, and in some cases it can lead to the feeling of aloneness, when one feels a lack of connection or communication with others.

How can chemicals affect us? The physical body can be easily triggered, making us deprived of sleep, which can cause insomnia. Almost 5% of the population is unable to get rid of this problem.

Accumulated toxins in our body can lead to an eating disorder. Another unusual sign is that people experience tremors, which is an involuntary, rhythmic muscle contraction leading to shaking movements in one or more parts of the body. Also similar to numbness caused by damage, irritation or compression of the nerves or a branch of it.

The conditions listed above are caused by harmful chemicals in the body from all the products we use in our daily lives and throughout the years. We fail to understand that chemicals and toxins stay in our body, and translate to ill-health.

Most products we use in our everyday life contain a series of different chemicals put together in one product. Study shows that the average woman uses 12 personal-care products a day, containing 168 different chemicals. Most men use fewer, but they are still exposed to about 85 chemicals daily. Hence, we are poisoning our bodies with harmful toxins due to the lack of awareness.

What happens when we start to go completely chemical free? And here are 7 reasons why you should.

1) Take control of your life. All of us are given one body and one life, what choices do we make for our wellbeing regardless of our age? The moment we decide to be conscious of what we apply and what goes into our body, changing our lifestyle for the better comes naturally.

Nevertheless, the moment we raise our awareness we instantly make better choices.

2) Notice the incredible changes inside out. In other words, we start to look and feel better. The prolonged fatigue, sleep deprivation, stress, depression or anxiety slowly start to disappear mainly because we no longer poison our bodies with harmful toxins.

3) Say goodbye to overspending. Any of us can start looking into natural alternative. For example, instead of applying deodorant spray filled with chemicals, we can use tea tree oil or lemon that naturally acts better than a spray. Going natural is a fun process. It also allows us to save better as there is no need to spend on chemical products that can potentially lead to cancer. The choice is ours to make.

4) Feel more energetic and productive. When the chemicals affect any of our emotional, mental or physical health it automatically disrupts our daily performance and productivity level. Also we won't be able to focus on tasks or feel as great because our energy level will deplete. In fact, going chemical-free allows us to live a better lifestyle by eliminating the blockages that are derived from accumulated toxins in the body.

Ever notice how our state of mind and body impact the people around us?

5) Creates better connection and relationship. No one likes to deal with constant tiredness, mood swings, low-level energy or any negativity. It will affect the interactions and how we deal with situations. Unfortunately, toxins

negatively affect every part of the body. As a result, when we choose a chemical-free life, there is harmony between the mind and body, and we are able to nurture good relationships with loved ones and people in general.

Additionally, most known and popular brands in the market constantly release brand new products and create a hype with their marketing strategies or promotions.

6) Create greater awareness. You will no longer feel the urge to get the latest collection of body care or latest products. This gives you a new-found freedom because you do not need to own it. After all, these brands do not care if your health gets affected. Their main goal is to increase profits and sell more.

7) Inspire others and the next generation. In all honesty, there is no greater feeling than knowing we inspired another human being and created an impact in their lives. To know that we can make a positive change even in the smallest way goes a long way. Centuries ago, food and products did not have any chemicals. As we develop and advance, industries and businesses today monetise everything. Thus, creating chemical formulas and ingredients that are unnatural, in order to create the change, we have to be the change we wish to see.

By setting a strong example to others and going all natural, we will inspire others to do the same. At the same time, we can help our loved ones to protect themselves against detrimental and life-threatening health issues caused by chemicals. Lastly, if we can back track time, we will realise that our ancestors created natural remedies and used only natural resources from plants, trees and fruits. The secret to their longevity can be understood by their natural chemical-free lifestyle. What choices are we willing to make today?

We don't go "natural" we RETURN.
"Natural" is where it BEGAN. **YM**

Featured Asana

Vayu Nishkasana (*Wind Releasing Pose*)



Step by Step:

1. Squat with the feet about hip-width apart.
2. Grasp the insteps of the feet, placing the fingers under the soles with the thumbs above.
3. The upper arms should be pressing against the inside of the knees with the elbows slightly bent.
4. The eyes should be open throughout the practice.
5. Breathe in while moving the head back. Direct the gaze upward. This is the starting position.
6. As you breathe out, straighten the knees, raise the buttocks and bring the head forward towards the knees. Hold this position for 3 seconds.
7. Breathe in, return to the starting position.

Benefits:

- Provides a positive effect on the nerves and muscles of the thighs, knees, shoulders, arms and neck.
- The pelvic organs and muscles are massaged.
- Provides equal stretch to the whole spine and both the arm and leg muscles.
- All the vertebrae and joints are pulled away from each other so that the pressure between them is balanced.
- All the spinal nerves are stretched and toned.
- Useful for relieving flatulence.

Contra-indications:

- People with knee problems or sciatica should practice with care.
- People with very high blood pressure arteriosclerosis should practice under guidance.

Chef Yogi's Food Notes!

Hash Brown with Herbs

by Nicole Yong

Ingredients:

- 3 medium potatoes-grated
- 1/3 cup fresh rosemary leaves
- 1/2 carrot – grated
- 1 1/2 tablespoon cornflour
- Salt, black pepper and turmeric to taste

Directions:

1. Put the grated potatoes, grated carrots, rosemary leaves, salt and pepper in a bowl and mix it well.
2. Squeeze the veggie mixture to remove all the moisture.
3. Add turmeric and corn flour, and form the mixture into patties.
4. Heat oil in a pan for shallow frying.
5. Place the patties into the hot pan gently. Let them brown on medium-high heat for few minutes from both the sides then lower the heat to medium.
6. Remove the cooked patties from the pan and serve with Sweet and Sour German Red Cabbage or green salad.



SCHEDULE OF COURSES: APR - JUL 2019

APR

14/04/19	DU	International Yoga Instructor Course - Foundation
14/04/19	USJ	International Yoga Instructor Course - Intermediate
15-19/04/2019	BSR	International Yoga Instructor Course - Foundation
15/04/19	BFS	Yoga Therapist Certification Course
21/04/19	SLG	International Yoga Instructor Course - Foundation
21/04/19	DU	International Yoga Instructor Course - Intermediate
21/04/19	BSR	Pregnancy Yoga Instructor Course
27/04/19	DU	Mini Detox Workshop
28/04/19	KLG	Wellness Yoga Workshop for Scoliosis

MAY

01/05/19	BFS & SLG	Full Intestinal Cleansing Practical Session
04/05/19	BSR	Dhyana (Meditation) Instructor/Practitioner Course
04/05/19	DU	Jala Neti Workshop
05/05/19	PCH	International Yoga Instructor Course - Foundation
05/05/19	DU	Pranayama (Breathing Technique) Instructor/Practitioner Course
05/05/19	KLG	Ayurveda Massage Therapist Course
05/05/19	PCH	Super Yoga Kids Instructor Course
05/05/19	KLG	Dance Yoga Instructor Course
05/05/19	BSR	Partner with Precision - Movements with Awareness Workshop
6-10/5/2019	USJ	International Yoga Instructor Course - Foundation
6-10/5/2019	DU	International Yoga Instructor Course - Intermediate
12/05/19	PCH	YogaAsana - the Handstand & Core Activation Series Workshop
13-17/05/2019	DU	International Yoga Instructor Course - Foundation
13-17/05/2019	BSR	International Yoga Instructor Course - Intermediate
26/05/19	BSR	Jala Neti Workshop

JUN

01/06/19	DU	Senior Citizen Wellness Workshop
02/06/19	BSR	International Yoga Instructor Course - Foundation
08/06/19	KLG	Wellness Yoga Workshop for Blood Sugar Regulation
09/06/19	BSR	Dance Yoga Instructor Course
09/06/19	DU	Herbs that Heal - Natural Remedies at Your Fingertips Workshop
09/06/19	SLG	Wellness Yoga Workshop for Blood Pressure Regulation
16/06/19	DU	Super Yoga Kids Instructor Course
16/06/19	BSR	Wellness Yoga Workshop for Vertigo Management
16/06/19	KLG	Manipuraka Awakening & Universal Healing Energy Workshop
16/06/19	KLG	Urdhva Retas & Anti-Ageing Workshop
23/06/19	DU	International Yoga Instructor Course - Foundation
23/06/19	BSR	International Yoga Instructor Course - Intermediate
23/06/19	DU	Yoga Practitioner Short Course
23/06/19	KL Forest Eco Park	International Day of Yoga
30/06/19	BSR	Pre-Natal Yoga Workshop
30/06/19	USJ	Wellness Yoga Workshop for Heart Health Rejuvenation

JUL

07/07/19	USJ	International Yoga Instructor Course - Foundation
07/07/19	PCH	Yoga Therapist Certification Course
07/07/19	KLG	Ayurveda Massage Therapist Course
12-14/7/2019	BSR	Pregnancy Yoga Instructor Course
14/07/19	BSR	YogaAsana - the Handstand & Core Activation Series Workshop
21/07/19	SLG	Manipuraka Awakening & Universal Healing Energy Workshop
21/07/19	SLG	Urdhva Retas & Anti-Ageing Workshop
22- 26 /7/2019	BSR	International Yoga Instructor Course - Foundation
22/07/19	DU	Yoga Therapist Certification Course
27/07/19	BSR	Ayurveda Massage Therapist Course
27/07/19	BSR	Anti-Ageing - the Bodyworks of Inner Rejuvenation Workshop
28/07/19	DU	Manipuraka Awakening & Universal Healing Energy Workshop
28/07/19	DU	Urdhva Retas & Anti-Ageing Workshop
28/07/19	DU	Deep Relaxation & Stress Relief Workshop

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.

Jala Neti (Nasal Cleansing)



Remove dirt and bacteria-filled mucus from within the nasal passages and sinuses, and help to reprogramme the body's natural mechanisms against respiratory complaints.

04 MAY 2019 - DAMANSARA
26 MAY 2019 - BANGSAR

Full Intestinal Cleansing Practical Session



Rejuvenate the body and restore your health, and watch it change by the practice of full shankaprakshalana - the full intestinal cleansing practical session.

01 MAY 2019
BRICKFIELDS & SELAYANG

Detox Series

MAYI
YOGA ACADEMY

WORKSHOPS
www.mayiyogaacademy.com

Wellness Series



WELLNESS YOGA WORKSHOP
FOR SCOLIOSIS MANAGEMENT

28 APRIL 2019
- KLANG



WELLNESS YOGA WORKSHOP
FOR BLOOD SUGAR REGULATION

08 JUNE 2019
- KLANG



WELLNESS YOGA WORKSHOP
FOR BLOOD PRESSURE REGULATION

09 JUNE 2019
- SELAYANG



WELLNESS YOGA WORKSHOP
FOR VERTIGO MANAGEMENT

16 JUNE 2019
- BANGSAR



WELLNESS YOGA WORKSHOP
FOR HEART HEALTH REJUVENATION

30 JUNE 2019
- SUBANG

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.

Let's add some zest into your yoga class!

5TH MAY 2019 AT KLANG
9TH JUNE 2019 AT BANGSAR

Brickfields	3, Jalan Ang Seng 3, Brickfields, KL.	+603 2260 5322
Bangsar	81A (1st Flr), Jalan Bangsar, KL.	+603 2282 4980
Damansara Utama	89A&B (1st & 2nd Flr), Jalan SS21/37, D'sara Utama, PJ.	+603 7726 6682
Selayang	8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, Bt. Caves.	+603 6127 5693
Puchong	11B, Jalan Kenari 22, Bandar Puchong Jaya, Puchong, Selangor.	+603 8080 4742
Subang	11(2nd Flr), Jalan USJ10/1A, Subang Jaya, Selangor.	+603 8021 7980
Klang	18A, Jalan Sanggul 1, Bandar Puteri, Klang, Selangor.	+603 5161 9110
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