

THE YOGA MAIL

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**Practicing Yoga
as Community**

**Sankalpa
(Intention):**

A New Year
Resolution from
the Mind

Community Yoga:

A Path to Stress
Management and
Enhanced
Productivity in
Corporate Settings



Message from
Master Mani:
Yoga Community



Message from Master Mani

Yoga Community

Yoga is par excellence. An art of wellbeing that has no parallel comparisons. It has withstood the test of time which is both legendary and beyond all religious beliefs at more than 10,000 years of oral history.

What is a community? It is a grouping of individuals who have some shared beliefs in a particular culture. The culture can be just as basic as being in a gated community or as complex as a religious community. However, or whatever it may so be, a community strives with faith and comradeship.

Yoga means union. Like a sincere friendship, but it is not the superficial acquaintances that take place in society that cannot stand the rigours of life. It needs to be like a marriage of two hearts that may not be part of the mainstream drama of acknowledgments and opinions of superficial society that lacks authenticity of a relationship so private that nature is the only witness.

This is love and yoga is love. In that philosophical bent of discovery embedded in the practice of yoga comes this non theoretical real-life experience.

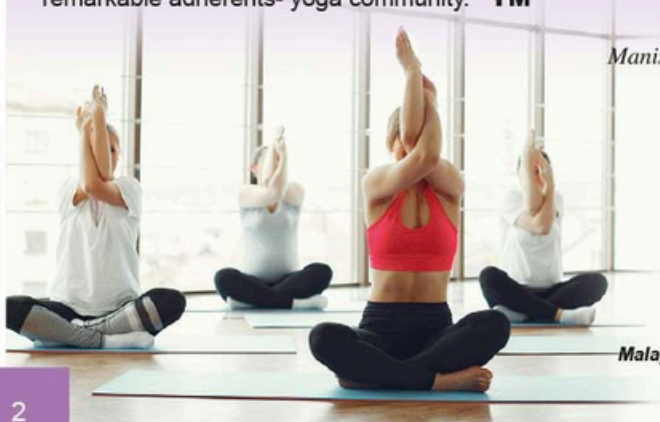
Yoga community has been through numerous ages and civilisations but it remains true to its core like a sacred friendship that unites hearts to serve humanity, pushing it to evolve further.

The strength, power and resilience of yoga communities is just like the marriage made in heaven, need not conform to society but remains true to the heart.

The yoga community is an extended version of a sacred marriage made in the heavens against the backdrop of the lovely clouds. It comes again now in this century with the revival of truth, love, and real relationship.

Let's stay put in the inner journey that has persisted since time immemorial- yoga and its remarkable adherents- yoga community. **YM**

Master
Manisekaran



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and Manisekaran Yoga**

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Practicing Yoga as Community

by Dr Chandra Nanthakumar

Being a spiritual practice that originated in ancient India more than five millennia ago, yoga was handed down from the guru (the teacher) to the disciple. Components such as pranayama (i.e. expansion of life force) were gradually embedded into this ritual, but not much was known about the practice in that long gone era. As time went by, upon realising the health benefits this ancient spiritual practice had on homo sapiens, the need to reach out to a greater population emerged. It was Sage Maharishi Patanjali, the Father of Modern Yoga, who then systematised and codified the practice through his yoga sutras. One may ask: what the yoga sutras entail? They are a collection of aphorisms encompassing the theory and practices of yoga. The sage included a framework for the eight limbs of yoga embracing yama, niyama, asana, pranayama, prathyahara, dharana, dhyana and samadhi (Mohan, AG & Mohan, I, 2004). In essence, he emphasised on the interconnection of the limbs and how they support one another.

Hence, over the years, yoga has evolved in leaps and bounds into a practice which addresses the physical, mental and emotional needs of the practitioner. In order to reach out to a larger crowd regardless of age, race or creed, numerous styles and approaches have been formulated.

Unlike in the past where the practice of yoga was a daily ritual, today people generally find it challenging to incorporate the practice as part of their daily routine due to various reasons. In fact, due to the miraculous advancement in technology, people have become – or are becoming – more withdrawn from the society. The availability of gadgets and the advent of multiple social media platforms have made it so easy to

communicate virtually. Hence, the community, from all walks of life, don't see a need to call on a friend or visit a recuperating relative physically as it has become so convenient to 'check on one another' via these platforms.

This trend has become more prevalent, and as the society appears to become more and more reclusive, this may not augur very well for their well-being. Recent findings from the National Health and Morbidity Survey reveal that the prevalence of depression in Malaysia has doubled between 2019 and 2023 (Institute for Public Health, 2024). What is even more alarming is that the highest rates of depression were amongst those aged 16 - 19, and this was followed by those aged 20 - 39. While the former represents an integral part of the future, the latter represents the current workforce serving the country.

Nevertheless, solutions based on mainstream medicine or allopathy are plenty out there. That being said, one natural way to combat this mental health scenario is to kick-start 2025 by incorporating yoga into the daily routine. Doing yoga as a community may a brilliant way to get started. This is where a group of people with the same intention show up at a common place (for example, at a park or in a hall) at a particular time. Yoga instructors, as part of a karmic act, may voluntarily gather family and friends and conduct classes in the community they reside. Others may choose to attend yoga sessions at established yoga centers in the vicinity. Organisations and educational institutions, on the other hand, can do their part by engaging yoga instructors to conduct scheduled yoga classes for the wholesome benefit of their own communities respectively.

While these suggestions may already be in the pipeline, the rest of us can get together in our own communities and follow the simple regime of fundamental asanas and pranayama which are outlined below. If you are new to yoga, you might like to know that all yogic practices are done on an empty stomach. A suggestion would be to do the practice prior to sunrise; alternatively, it may be done at sunset (before dinner) and/or before bedtime. If food has been consumed, allow a minimum of two hours for digestion before the practice.



Postures (asanas)

i. Standing Mountain Pose

In a standing position, bring the legs 3 – 4 inches apart with the feet pointing forward. Interlace the fingers, invert them and place the back of the palms approximately one inch above the head. This is the starting position. Upon inhalation, the hands are stretched vertically upwards. At the same time, if the body permits, the heels are raised off the ground/mat.

While breathing normally, hold this position for 5 seconds before exhaling to bring the heels to the ground and hands to the original position (above the head). Depending on one's capacity, this asana may be repeated up to five times. The 'holding' duration may be increased from 5 to 10 or 15 seconds.

ii. Double Angle Pose

In a standing position, bring the legs 2 – 3 feet apart. Interlace the fingers at the back of the body. In this starting position, inhale slowly and deeply. Upon exhaling, stretch and lengthen the torso forward. If the body is flexible enough, bring the torso to a horizontal position. Simultaneously, lift the hands away from the body slowly to its optimum capacity. While breathing normally, hold this position for approximately 10 seconds. On the next inhalation, bring the torso up gently to a vertical position. This asana may be repeated three times depending on one's capacity.

Also, the 'holding' duration may be increased from 10 to 15 seconds in the second and third repetitions.

iii. Half Wheel Pose

In a standing position with the legs hip-width apart, place the palms with all fingers pointing downwards at the back of the waist. This is the starting position. Upon inhalation, bend the torso backwards from the lumbar region. Once the optimum position has been reached, exhale and continue with normal breathing while holding the pose for 5 – 10 seconds. On the next inhalation, bring the torso vertically up to its originally position gently. Depending on one's capacity, this asana may be repeated three to five times. The 'holding' duration may be increased to 15 seconds.

Pranayama

i. Deep breathing with hand movement

Sitting in a comfortable position either on the floor or on a chair, stretch the hands out to the front parallel to the floor. The palms are in contact with each other. This is the starting position. Upon inhalation, bring the hands away from each other and stretch them to the back without any exertion. Hold this position for 2 to 4 seconds. Upon exhalation, the palms are brought together to the starting position. This is one round of deep breathing. With breath awareness, one may do up to 10

rounds in a nice and slow manner. The eyes may be kept closed throughout to relish a greater feel of the practice.

ii. Alternate nostril breathing

In this practice, one may choose to sit on the floor or on a chair. If one is seated on the floor cross-legged, they may lean against the wall for support. On the other hand, if one is seated on the chair, the back is tucked in to ensure that the spine is erect. Feet may be placed on the floor or one may sit in a cross-legged position if the chair design allows for it. The left palm facing upward is placed on the left knee. The tip of the thumb is in contact with the same of the index finger while the remaining three fingers are stretched out. Close the right nostril with the right thumb. For convenience, the index and the middle fingers are bent towards the palm, while keeping the ring and little fingers stretched out. In this starting position, inhale deeply through the left nostril. Then block the left nostril with both the ring and index fingers. Subsequently, release the right thumb and exhale completely through the right nostril. Next, inhale deeply through the right nostril.

Upon completing the inhalation, block the right nostril with the right thumb and open the left nostril to exhale. This makes one complete cycle or one round of alternate nostril breathing. One may practice up to 10 rounds at one sitting, keeping in mind that the inhalation and the exhalation should be carried out slowly and steadily. At the same time, the breathing should be inaudible and controlled.

Let us not wait any longer and get started with the practice. Though the practices above are simple and gentle, doing it as a community has its own values. Besides enhancing communication and real-life meet-ups, it improves health physically, mentally and emotionally. The practice itself brings joy and harmony to the body and mind. **YM**

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Sankalpa (Intention)

A New Year Resolution from the Mind by Nicole Yong.Y.Y.

People often practise yoga with a desire to change or grow in some way—be it for health reasons, to transform a mental or physical state, or even to manifest something. Some students try to begin the New Year with positive resolutions; however, regular daily yoga practice often remains only a “dream”.

Why Is It Hard to Make a Change?

According to yogic philosophy, a person's experiences throughout life are “recorded” and form *samskaras* (impressions or seeds), which are held in the unconscious layers of the mind.

Whether we notice it or not, the challenge lies in the fact that the roots of these “seeds” constantly influence our behaviour and tendencies in daily life. To reach these roots, we must access the deeper layers of the mind.

New Year Resolution vs. Sankalpa

A typical resolution, such as a New Year's resolution, is usually made at the level of the conscious mind—like planting a seed on the surface of the soil.

By contrast, *sankalpa* is used when the yoga practitioner is in a receptive state, such as during Yoga Nidra (a deep relaxation technique) or other subtle yogic practices.

During deep sleep, we are unaware of the presence of theta or delta brainwaves. However, in Yoga Nidra, we remain conscious while in a receptive, sleep-like state, where there is an immense opportunity to clear impressions from the deeper mind and plant a



“positive seed”. In this way, the unconscious mind becomes ready to influence the waking state and our day-to-day experiences.

Sankalpa vs. Desire

There is a distinct difference between *sankalpa* and desire. Desire carries expectations and demands immediate fulfilment; when these expectations aren't met, one may feel angry or upset.

Sankalpa is a positive intention. This means that through the practice of Yoga Nidra, we expand our consciousness to the universe and make a heartfelt wish, allowing it to unfold whenever it has to and in its own time. When we set a clear intention and focus our attention on it, the process of manifestation begins.

Take note: the *sankalpa* of a weak mind is ineffective. We can strengthen our minds through *sadhana* (regular yoga practice and self-effort), supported by knowledge. Then, the *sankalpa* will also gain strength.

How to Set a Sankalpa?

“A resolve or *sankalpa* is made during the practice of Yoga Nidra. It should be something



of immense importance to you. In the state of Yoga Nidra passivity, this autosuggestion is very powerful.

Such resolves can change your whole life. They will certainly come true if you repeat your resolve with enough conviction."

– Swami Satyananda Saraswati

A *sankalpa* is an affirmation you make to awaken inner strength which you may feel is necessary to provide you with internal balance. It is a tool to focus our energy and prana (life force).

Thus, *sankalpa* is an important tool in yoga. It allows you to appreciate and become aware of the deeper purpose behind each practice. For example, the *sankalpa* of the Gayatri Mantra is to enlighten our intellect and guide us on the right path. The *sankalpa* of the *Mahamrityunjaya Mantra* is for health and victory over death and karma. Every *asana*, *pranayama*, and meditation practice carries a *sankalpa*.

In the initial stages, a smaller focus or *mini-sankalpa*, which feels achievable in the shorter term, can be used. Here are a few examples you might begin with:

1. I awaken my spiritual potential.
2. Compassion is my true nature.
3. I am strong in body and mind through regular yoga practice.
4. I always have harmony in my life.
5. I treat myself and others with loving-kindness.

A *sankalpa* is deeply personal. Hence, it is suggested that you take time to discover your true, heartfelt intention and shape it into a clear resolve.

Having a *sankalpa* is essential for personal growth and transformation. It can lead us not only towards short-term success in life but also help align all aspects of ourselves. Through *sankalpa*, we consciously direct the energy of our mind to bring about positive change in our lives.

Have you already set your *sankalpa* for the New Year? No worries—you're still on time.

YM

Community Yoga

A Path to Stress Management and Enhanced Productivity in Corporate Settings

by Joti Chugani

In the fast-paced, high-pressure environment of modern corporate life, stress has become an inevitable companion for many professionals. As deadlines loom, expectations rise, and demands increase, employees often find themselves on the verge of burnout. These pressures can decrease morale, disrupt productivity, and even lead to physical and mental health challenges. In response to these growing concerns, organizations are searching for effective solutions that promote wellness, reduce stress, and enhance workplace culture. One powerful tool gaining popularity is **community yoga**, which not only addresses stress but fosters a more balanced and productive work environment.

This article explores the impact of yoga on employee wellness and productivity, including practical strategies to integrate it into corporate activities. With a focus on corporate employees, HR professionals, and yoga practitioners, community yoga is a holistic solution that benefits both individuals and organizations.

The Benefits of Yoga for Stress Management

Yoga offers a blend of physical postures, breathing exercises, and mindfulness techniques that promote mental clarity, emotional resilience, and physical well-being. According to research, yoga is an effective stress-management tool, as it helps lower cortisol levels (the stress hormone), improve mood, and enhance overall well-being.

Stress Reduction

One of the primary benefits of yoga is its ability to mitigate stress by balancing the nervous system. When employees practice mindfulness and breathing exercises, they activate the parasympathetic nervous system, which reduces anxiety and promotes relaxation. Studies published in **ScienceDirect**

confirm that yoga's stress-reducing effects can also alleviate symptoms of depression and help maintain emotional stability, especially in high-pressure corporate environments.



Improved Focus and Concentration

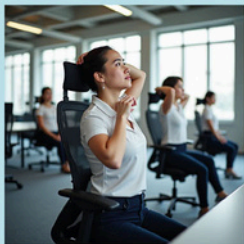


Yoga does not just help manage stress; it also boosts cognitive function. Regular yoga practice enhances memory retention, mental clarity, and concentration, which are essential in a dynamic workplace. A review in PubMed Central found that workplace yoga interventions reduced perceived stress levels among employees, leading to improved decision-making and higher productivity.

Physical Well-Being

Prolonged sitting, repetitive tasks, and hours spent hunched over a computer can wreak havoc on the body. Yoga counters these physical strains by promoting better posture, increasing flexibility, and strengthening muscles. Employees who integrate yoga into their routines experience relief from back pain

and muscle stiffness, leading to a healthier, more active lifestyle.



Emotional Balance

Yoga not only helps balance emotions but also builds emotional resilience, empowering employees to handle workplace challenges more effectively. Regular yoga practitioners report increased positivity, better interpersonal interactions, and a stronger sense of community in the workplace. Research from Clockwise indicates that yoga reduces cortisol levels and enhances the ability to reinterpret stressful situations, leading to a more harmonious work culture.



Integrating Yoga into Corporate Activities

For yoga to become a sustainable part of workplace culture, HR professionals and leaders must actively create opportunities for participation. Here are a few strategies to seamlessly integrate yoga into corporate life:

1. Yoga Breaks

Short yoga breaks throughout the workday allow employees to recharge without compromising productivity. Designating quiet spaces where employees can engage in breathing exercises, stretches, or short meditations helps maintain a balanced atmosphere in the office.

2. Team Challenges

Yoga team challenges offer a fun way to

foster camaraderie. Encourage employees to work together to achieve specific yoga poses or sequences, building teamwork and reducing stress in the process.

3. Training Programs

Incorporating yoga into employee onboarding and training sessions ensures that employees have the tools to manage stress from the start of their careers. Offering mindfulness workshops and simple yoga practices for new hires can set a tone of well-being and balance in the workplace.

4. Virtual Classes

For remote or hybrid teams, offering virtual yoga classes enables all employees to access wellness programs regardless of their location. Recorded sessions can also provide flexibility, allowing employees to participate when it fits their schedule.

Office-Friendly Yoga Poses

To make yoga more accessible, here are some simple yet effective poses that can be easily incorporated into the workday:

1. **Seated Forward Bend:** This pose stretches the back and relieves tension in the lower spine, making it ideal for employees who spend long hours sitting at a desk.
2. **Neck Rolls:** Relieve neck and shoulder tension with gentle rolls in both directions.
3. **Wrist Stretches:** Flex the wrists to alleviate the strain from typing.
4. **Chair Pose:** A standing pose that strengthens the legs and core, promoting balance and focus.
5. **Cat-Cow Stretch:** A seated variation of the traditional yoga pose that helps improve spinal mobility.
6. **Standing Side Stretch:** Open up the ribcage and promote deep breathing by stretching the side body.
7. **Seated Spinal Twist:** Improve spinal flexibility by twisting gently to both sides.



Culmination: The Path to a Balanced Workplace

Incorporating community yoga into corporate wellness programs offers a powerful way to manage stress, promote physical health, and improve productivity. Research consistently supports the positive impact of yoga on employee well-being, leading to higher job satisfaction, lower turnover, and improved team collaboration. By prioritizing wellness initiatives, organizations can cultivate an environment where employees feel valued, supported, and empowered to bring their best selves to work.

As the future of work evolves, community yoga stands out as a simple, yet transformative practice that can help employees thrive both personally and professionally. HR professionals have the opportunity to implement yoga programs that foster balance, enhance morale, and create lasting positive change within the workplace.
YM

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Articles by Practitioner:

MYS Journey 2024: Everyone Gains in the Path of Karma Yoga

by Vijaya

Nothing can be compared with the experience of finding pure joy in doing service. The Malaysian Yoga Society (MYS) provides us with the platform to do this via its many programmes and activities throughout the year. 2024 was another awe-inspiring year filled with countless transformative activities that brought about many positive and productive changes to our lives -- us, the volunteers from MAYI, and the students, teachers, and parents that were directly and indirectly involved in all our Karma Yoga projects.

MYS is solely dedicated to promoting holistic well-being to students, parents, and members of the community. In this respect, we offered a diverse range of yoga-related activities to cater to all age groups and experience levels. Here is an overview of the activities held in 2024, with the benefits shared by all parties involved.

We had weekly yoga classes at different locations, with the help of very committed and devoted volunteers headed by Pushpa teacher, a great Karma Yogi who works closely with children. Some of these classes were held at the Sri Maha Mariamman Temple in Taman Rajawali, Sekolah Jenis Kebangsaan Tamil (SJKT) Bangsar, Ideas Academy Refugee School, Kota Damansara Buddhist Temple, Anbu Illam Boys Home, SJKT Kampung Pandan, and Sekolah Menengah Kebangsaan (SMK) Yaacob Latif.

Through these classes, children learned Hatha Yoga, Pranayama and relaxation technics. They also learned memory training,

study-related skills, and how to sharpen their intellect. Yoga benefits to children, students and young adults in colleges and universities are proven to be effective and encouraging. The children had indeed grown to become emotionally steady and strong individuals.

I asked Pushpa teacher, how did MYS make a difference in these children's lives? She said that many of those without ICs or BCs have become happy and responsible students and adults now as they have a proper identity as a Malaysian. She was instrumental in getting these documents and cards for them.

"That itself is something great that MYS has done. These children are now studying well. Some have legal jobs and are steadily working on growing their finances," she said.

"How about the children from homes that learn yoga with you? How have they benefitted from MYS, teacher?", I asked.

She cited "Devan". A young boy from the Anbu Illam Boys Home. She knew him when he was 14 years old. She had mentored him and a few other boys over the years, and now they have become young adults who have entered polytechnics, universities and colleges, and are working in esteemed positions in many fields.

Devan did not do well in one important paper in his form five exam, so she advised him to retake the paper, and later helped him enter a polytechnic to get a diploma. He obtained a

diploma in accounts and then used that to enter his dream field, the police force.

Right now, he is successfully working as a policeman. Pushpa teacher supported him in every way, even financially, to get him where he is today.

When Devan wanted to pay her back, she asked him to pay forward to other kids in need that he may meet in his life, and she also encouraged him to go back and help the kids in the home he grew up in.

One effort from MYS has started off a chain of goodwill sharing that is going to transform many a child's life in future. What a remarkable thing to be done through acts of selfless service. Amazing organisation and amazing members.

Getting back to MYS activities, in February 2024, a unique Train the Trainers programme was done along with a university youth leadership project called "Love Yourself". Via this splendid effort, many a student was trained to become a firm yet compassionate leader.

MYS, also, in collaboration with the Malaysian Association of Yoga Instructors, organised online yoga classes for teenagers from all over Malaysia. Many students from the Klang Valley took part.

Yoga is a valuable tool for students, offering benefits at many levels, within and without. Study-wise, it helps to build mental clarity and focus. Certain yoga poses like headstand, shoulder stand and mountain pose can help to improve memory and cognitive functions. Due to such asanas, they gain physically and mentally through increased energy, better sleep and improved mood.

Those who learn yoga from a young age are very fortunate indeed. They are trained to be aware of every aspect of their being through mindfulness practice. It can help them to become more aware of their thoughts, feelings and physical sensations, which lead to better self-awareness, self-regulation and emotional management. Via such intervention, we saw marked improvement in the students' behavior patterns, especially those who came from broken families and had mental or psychological issues.

On the whole, children learn how to manage daily stress, overcome challenges due to mental clarity, develop self-love and confidence, and have an uplifting, as well as a balanced view on life. That is why the positive changes in them seem very obvious. They stand wise and self-empowered.

In short, what goes to those who are being taught also goes to those who teach. It's a grand win-win situation for all. The benefits, I mean.



On June 22nd, MYS organised the International Yoga Day Celebration at Taman Botanic Kuala Lumpur in an effort to reach out to the community and create awareness about health. They learnt simple and easy asanas that hopefully they can follow back at home, as part of their daily exercise requirement. Hatha Yoga is a great solution for those who don't have the opportunity to go out for jogging or walking in the parks. All they need is a mat and some space at the comfort of their own homes.

Adults tend to have posture problems and health issues. Regular practice of yoga will help to improve their posture, flexibility, mobility and overcome bodily pains and discomforts. Studies show that it is highly therapeutic as well. People can apply yoga as a treatment for certain ailments as it promotes respiratory and cardiovascular health, helps to improve digestion and other body systems and functions. It also helps one recover from treatment of addiction, stress, anxiety, and depression.

Besides, regular classes and for kids, teenagers, and students, plus programmes for adults, other MYS activities include: Yoga workshops that were held throughout the year, exploring specific themes like yoga for stress management, yoga for better sleep and so on. One such event was held on July 15th, at the UCSI University.

On July 23rd, a Yoga Therapy class was conducted at the SMK Perempuan Methodist. On November 8, yoga was done as a part of the Kem Kepimpinan Jati Diri programme held at Ladang Batu Ampat, Klang, for school students.

On October 21, yoga was taught as part of a Final Year Project at the Segi University. Along with all these, we also had Yoga Sadhana Camps at some schools and online Yogathon with members of the public.

On August 4, MYS volunteers visited the Meridian Care Living Centre in Bangsar. It was very pleasant to spend time with senior citizens at this home. We sat and talked to them, held their hands, played games, did simple massage for their hands and legs, and just listened to their stories. It was an enriching experience for all of us. Some of them joked and there was laughter as well.



We also did simple yoga movements with them. Yoga is especially good for senior citizens because it will help them sleep better, keep their minds sharp, improve their balance and focus; give them tremendous inner strength, and believe in their ability. Doing yoga in a group helps to build social relationship and provide lots of fun moments.

We treasured the experience of the day, and went back home feeling fulfilled. MYS helps bring people to us, and us to people. The interaction becomes a very valuable one as everyone stands to gain in multiple ways. There is so much of goodness to share, and thank you to Master Manisekaran for guiding us on this path of purity, and thank you to the very strong MYS team. Karma Yoga is as beautiful as it can get. We feel blessed to serve. Those who feel that something is missing in their lives, must come over and join us in this deeply satisfying journey. Happiness is what one finds (within and without) in this path of pure service. **YM**

Embracing Ayurveda

Starting the New Year with Vigour and Positivity by Understanding Our Doshas

The New Year is a time of renewal, resolutions, and opportunities to embrace healthier habits. Ayurveda, the ancient Indian system of natural healing, offers profound wisdom to help individuals harness their energy, balance their lives, and cultivate positivity (Lad, 1998). By understanding and aligning with our unique dosha—the fundamental bio-energies in Ayurveda—we can lead a healthier, more meaningful life (Svoboda, 1998). Let's explore how Ayurveda can transform our approach to well-being and empower us to start the year with vigour and optimism.



The Foundation of Ayurveda: Understanding Our Doshas

Ayurveda, which translates to "the science of life," is based on the principle that health and well-being arise from a balance between the body, mind, and environment (Lad, 1998). Central to this philosophy are the three doshas—Vata, Pitta, and Kapha—which represent the elemental forces of nature within our bodies. Each dosha embodies specific characteristics derived from the five elements:

1. **Vata** (Air and Ether): Governs movement, creativity, and communication. It is responsible for bodily functions such as breathing, circulation, and nerve impulses.
2. **Pitta** (Fire and Water): Controls transformation, digestion, and metabolism. It governs emotions like ambition and intellect.
3. **Kapha** (Earth and Water): Provides structure, stability, and lubrication to the body. It promotes calmness, endurance, and strength (Svoboda, 1998).

Every individual has a unique constitution, or *Prakriti*, which is a specific combination of these doshas. Understanding our dominant dosha helps tailor lifestyle choices to maintain balance, prevent disease, and promote well-being (Patwardhan et al., 2020).

The Importance of Dosha Balance for Health and Vitality

Imbalance in the doshas can manifest as physical ailments, mental unrest, or emotional instability. For

example, excessive Vata may lead to anxiety, dry skin, or insomnia, while aggravated Pitta can cause anger, acidity, or inflammation. An unbalanced Kapha often results in lethargy, weight gain, or depression (Lad, 1998). By identifying these imbalances and addressing their root causes, Ayurveda empowers individuals to restore harmony within themselves and their surroundings (Patwardhan et al., 2020).

Starting the Year with Ayurvedic Practices

1. Identify Our Dosha

Begin our Ayurvedic journey by determining our dosha. This can be done through self-assessment quizzes or consultation with an Ayurvedic practitioner (Svoboda, 1998). Recognising our dosha provides insights into our physical traits, emotional tendencies, and dietary needs. Hence, be sure to be truthful during the assessment in order to obtain an accurate identification.

2. Adopt a Dosha-Appropriate Diet

Ayurveda emphasises eating according to our dosha to maintain balance:

- **Vata:** Warm, grounding foods like soups, stews, and cooked grains. Avoid raw and cold foods.
- **Pitta:** Cooling, hydrating foods such as cucumbers, leafy greens, and sweet fruits. Avoid spicy, oily, and fried foods.
- **Kapha:** Light, warming foods like spices, legumes, and steamed vegetables. Limit dairy, sweets, and heavy foods (Lad, 1998).



3. Establish a Daily Routine (*Dinacharya*)

A structured routine helps align our activities with natural rhythms:

- Wake up early, preferably before sunrise.
- Practice oil pulling and tongue scraping to detoxify the mouth.
- Engage in gentle exercise or yoga suited to our dosha.
- Meditate daily to calm the mind and enhance focus (Svoboda, 1998).

4. Cleanse and Detoxify

Ayurveda encourages periodic detoxification to eliminate toxins (*ama*) and rejuvenate the body. Practices like fasting, herbal teas, and Panchakarma therapy can help reset our system (Patwardhan et al., 2020). Do consult with a practitioner to gain full understanding and suitability of the Panchakarma therapy programme before signing up for one.

5. Prioritise Proper Sleep and Relaxation

Restful sleep is vital for repairing the body and mind. Follow a consistent bedtime routine, avoid screens before bed, and create a calming environment (Lad, 1998).

6. Incorporate Herbs and Spices

Ayurvedic herbs like ashwagandha, turmeric, and triphala offer immense health benefits. These herbs support immunity, reduce inflammation, and enhance vitality (Patwardhan et al., 2020).

The Role of Mindfulness in Ayurveda

Ayurveda places significant emphasis on mental health and mindfulness. Starting our day with gratitude and incorporating mindfulness practices such as meditation and pranayama (breath control) can help us stay present and resilient (Svoboda, 1998). These practices reduce stress, enhance mental clarity, and foster a positive outlook on life.

Ayurveda and Seasonal Living

For those whom the New Year coincides with winter, a Kapha-dominant season marked by cold, heavy, and damp qualities. To balance Kapha during this time, focus on:

- Staying warm and active.
- Eating warming, spicy foods.
- Avoiding excessive lethargy and maintaining regular physical activity.

For those spending the New Year in a summer season:

- Emphasise hydration

- Consume cooling foods like melons and cucumbers, and avoid heavy, oily dishes.
- Engage in early morning activities to stay energised without overheating (Lad, 1998).

As the year progresses and seasons change, Ayurveda recommends adapting our lifestyle to align with the dominant dosha of each season (Svoboda, 1998).

Testimonials: Real-Life Transformations

Many individuals have embraced Ayurveda to transform their health and happiness. For instance, a study published in the *Journal of Ayurveda and Integrative Medicine* highlights that tailored Ayurvedic interventions significantly improved participants' quality of life by reducing stress and enhancing physical well-being (Patwardhan et al., 2020). Personal anecdotes also abound, with people reporting improved digestion, clearer skin, better sleep, and greater emotional balance after incorporating Ayurvedic principles (Lad, 1998).

A Holistic Path to Positivity

The holistic nature of Ayurveda ensures that it addresses the root cause of imbalances rather than just alleviating symptoms (Patwardhan et al., 2020). By integrating Ayurveda into our life, we not only nurture our body but also cultivate a sense of purpose, connection, and inner peace. This comprehensive approach fosters a profound sense of well-being, enabling us to greet each day—and each New Year—with renewed vigour and positivity.

As we step into the New Year, let Ayurveda be our guide to a healthier, more meaningful life. By understanding our dosha, embracing Ayurvedic practices, and living in harmony with nature, we can unlock our full potential and lead a balanced, vibrant life. The wisdom of Ayurveda empowers us to nurture our body and mind, helping us create a foundation of health and happiness that lasts throughout the year.

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A Wholesome Year with Yoga for A Harmonious Family

by Dr Sumathi

Family harmony forms the cornerstone of a nurturing and supportive environment where individuals can thrive emotionally and mentally. Harmony within the family is essential for fostering love, understanding, and mutual support among its members. Within harmonious families, there is a sense of security, belonging, and mutual respect that fosters emotional resilience and well-being. Additionally, studies have shown that strong family bonds contribute to positive outcomes in children, including better academic performance, improved social skills, and enhanced emotional intelligence.

Yoga, with its holistic approach to well-being, offers invaluable tools to cultivate and preserve harmony within families. From young children to teenagers and parents, incorporating yoga practices can enhance communication, reduce stress, and deepen bonds. Let's explore the significance of family harmony and get some practical tips on integrating yoga into the lives of young children, teenagers, and parents!

Yoga as a Tool for Cultivating Family Harmony

Yoga, an ancient wellness practice, encompasses physical postures (asanas), breathing techniques (pranayama), meditation, and philosophical principles that promote holistic well-being. By integrating yoga into family life, members can cultivate mindfulness, empathy, and emotional regulation, which are essential for fostering harmony. The myriad of yoga techniques and practices available means that there's always something for everyone to practice based on their needs and preference.

For Young Children

1. **Playful Poses:** Introduce simple yoga poses such as downward dog, tree pose, and butterfly pose in a playful manner that appeals to children's curiosity and imagination. Add in a little story-telling to make the pose more relatable to little ones!
2. **Nature Yoga:** Incorporate nature-themed yoga poses like cat-cow stretch, cobra pose, or mountain pose encouraging children to mimic the movements and sounds of different



animals, as well as the grandeur of nature. These themes will also instill their gratitude to nature.

3. **Breathing Buddies:** Teach children basic breathing exercises, such as belly breathing or humming breathing, using props or diagrams to make it engaging and interactive.
4. **Family Yoga Time:** Set aside dedicated family yoga sessions where everyone participates, making it a fun and bonding experience for children and parents alike.

For Budding Teenagers

1. **Mindful Movement:** Encourage teenagers to explore different yoga styles and find practices that resonate with them, whether it's dynamic flow or gentle hatha yoga. Remember, teenagers need a well-balanced daily routine!
2. **Stress Relief Techniques:** Teach teenagers breathing exercises like alternate nostril breathing or deep yogic breathing to help alleviate stress and anxiety during challenging times.
3. **Yoga for Self-Expression:** Incorporate creative elements into yoga practice, such as journaling after meditation or expressing emotions through movement, allowing teenagers to explore and understand their inner world while being able to express them adequately.
4. **Digital Detox:** Encourage teenagers to unplug from screens and gadgets during yoga sessions, creating a sacred space for self-reflection and connection with family members.



For Nurturing Parents

1. **Lead by Example:** Demonstrate a commitment to self-care and well-being by prioritising your own yoga practice, serving as a positive role model for your children.
2. **Family Yoga Routine:** Establish regular family yoga routine, such as morning stretches or evening relaxation sessions, to cultivate a sense of togetherness and shared experiences.
3. **Communication and Connection:** Use yoga as a tool for enhancing communication and fostering deeper connections within the family, whether through partner poses or mindful listening exercises.
4. **Cultivate Gratitude:** Incorporate gratitude practices into family yoga sessions, encouraging parents and children to express appreciation for each other and the blessings in their lives. Gratitude lies in the appreciation of simple things in life!

Whilst the above may serve as a guideline, it is more important to remember that each individual progresses at their own pace and has their individual needs at different times of their lives. Whatever our role in the family unit may be, we should always exercise respect to all family members regardless of age and seniority.

Let's Do Something Together as A Family!

Fostering harmony within the family involves engaging in activities that promote bonding, communication, and mutual enjoyment. Here are several activities that families can do together to cultivate harmony:

1. **Family Game Nights:** Gather around for board games, card games, or puzzles. These activities encourage teamwork, strategic thinking, and friendly competition while providing opportunities for laughter and shared experiences.
2. **Outdoor Adventures:** Spend time in nature by going for hikes, picnics, or bike rides. Being outdoors promotes relaxation, reduces stress, and allows families to connect with each other and the natural world.
3. **Healthy Cooking:** Get creative in the kitchen by cooking meals or baking healthy treats together. Assign tasks to each family member, such as chopping vegetables or mixing ingredients, fostering collaboration and appreciation for each other's contributions. Take this time to allow everyone to get up close and personal with healthy food preparation!

4. **Arts and Crafts:** Set up an art station with supplies for drawing, painting, or crafting. Expressing creativity together encourages self-expression, boosts confidence, and provides opportunities for meaningful conversation.
5. **Volunteer Work:** Give back to the community by volunteering together at local charities, homes, or environmental cleanup events. Working towards a common goal outside the family unit promotes empathy, compassion, and a sense of purpose.
6. **Family Yoga Sessions:** Practice yoga together as a family, incorporating gentle stretches, breathing exercises, and mindfulness practices. Yoga promotes physical health, emotional well-being, and fosters a sense of connection and unity.
7. **Movie or Book Nights:** Choose a wholesome movie or book to enjoy together as a family. Discussing themes, characters, and plotlines encourages critical thinking, empathy, and strengthens familial bonds.
8. **Gardening:** Start a family garden and work together to plant, water, and tend to flowers, fruits, or vegetables. Gardening promotes responsibility, patience, and appreciation for the environment while providing a sense of accomplishment as a family.

By engaging in these activities together, families can strengthen their bonds, deepen their connections, and create a harmonious and supportive environment where every member feels valued and loved.

To sum it up, cultivating and preserving harmony within the family is a multifaceted endeavour that requires positive intention, patience, and commitment from all members. By integrating yoga practices into family life, from toddlers to teenagers and parents, families can nurture mindfulness, empathy, and mutual support, laying the foundation for a harmonious and thriving environment where each member can flourish. Through playful poses, stress-relief techniques, and mindful communication, yoga becomes not just a physical practice but a pathway to deeper connection and harmony within the family unit.

Let's lay the foundation for a harmonious nation, beginning with and within our families! **YM**

SYK's Kids Yoga, Teens Yoga and Pregnancy Yoga are available at MAYI centres. For more information, visit www.superyogakids.com or email: superyogakids@gmail.com

A Nutritious Health Drink for All Ages: The Power of Millets, Grams and Grains



In an era where health-consciousness is at an all-time high, there is a growing demand for nutrient-dense, wholesome food options that cater to the dietary needs of all age groups. This article presents a health drink that combines the power of various powdered millets, grams and grains—Finger Millet, Sago, Black Gram, Horse Gram, Green Gram, Red Rice, Emmer Wheat, Pearl Millet, Black Rice, Foxtail Millet, Little Millet, Kodo Millet, Barnyard Millet, Dried Ginger, Cardamom, Black Chickpea (Desi Chickpea), and White Chickpea (Garbanzo Beans/Kabuli Chickpea). Backed by scientific research, this drink is designed to provide a host of health benefits, making it suitable for children, adults, and the elderly alike.



Let's explore the power of each ingredient!

Finger Millet (Ragi)

Finger millet, commonly known as ragi, is a nutritional powerhouse, especially renowned for its high calcium content. Calcium is essential for bone development in children and helps prevent osteoporosis in the elderly. A study published in the *Journal of Food Science and Technology* highlights that ragi's calcium content is higher than that of most other cereals, making it particularly beneficial for bone health (Devi et al., 2014). Moreover, ragi's low glycaemic index helps in managing blood sugar levels, a key factor for adults and elderly individuals with diabetes.

Sago

Sago, a starch extracted from tropical palm stems, is known for its high carbohydrate content, which provides a quick source of energy. Sago is easily digestible, making it an ideal ingredient for children and elderly

individuals with delicate digestive systems. According to research published in *Food Chemistry*, sago's simplicity in terms of digestibility makes it a suitable component in diets for those recovering from illness or for people who require easy-to-digest foods (Wang et al., 2013).

Black Gram (Urad Dal)

Black gram is rich in protein and dietary fibre, which are essential for muscle development, particularly in growing children, and for maintaining muscle mass in adults and the elderly. A study in the *Journal of Agricultural and Food Chemistry* confirms that black gram contains essential amino acids, making it a vital protein source in vegetarian diets (Gopalan et al., 2010). Additionally, its high iron content is crucial in preventing anaemia, a common issue among older adults.

Horse Gram

Horse gram is often celebrated for its high protein content and its role in managing weight and diabetes. According to the *International Journal of Food Sciences and Nutrition*, horse gram has antihyperglycemic properties, making it beneficial for people with diabetes or those at risk of developing the condition (Muthaiya et al., 2012). Its high fibre content also supports digestive health, making it suitable for all age groups, particularly the elderly.

Green Gram (Mung Bean)

Green gram, or mung bean, is rich in essential vitamins, minerals, and antioxidants. It supports immune function, making it an ideal ingredient for children, who need robust immune defenses as they grow. A study in the *Journal of Clinical and Diagnostic Research* highlights mung bean's antioxidant properties, which help in reducing oxidative stress and inflammation, crucial for adults and the elderly in managing chronic conditions (Tang et al., 2014).



Red Rice

Red rice is a variety of rice rich in anthocyanins, powerful antioxidants that help combat oxidative stress. According to a study published in the *American Journal of Clinical Nutrition*, red rice is effective in lowering cholesterol levels, thereby promoting cardiovascular health (Shin et al., 2007). This makes it particularly beneficial for adults and the elderly, who are at higher risk of heart-related issues.

Emmer Wheat

Emmer wheat, an ancient grain, is packed with fibre, protein, and essential minerals like magnesium and iron. These nutrients are critical for maintaining overall health across all age groups. Research published in *Nutrients* indicates that emmer wheat helps in reducing the risk of metabolic syndrome, which includes conditions like obesity, high blood pressure, and high blood sugar (Dinu et al., 2017).

Pearl Millet (Bajra)

Pearl millet is gluten-free and rich in magnesium, which is essential for heart health. A study in the *Journal of Nutrition* highlights pearl millet's ability to lower blood glucose levels and improve insulin sensitivity, making it ideal for diabetic adults and elderly individuals (Nambiar et al., 2011). Its high fibre content also supports digestive health and weight management, which are crucial for maintaining overall wellness.

Black Rice

Black rice is known for its high antioxidant content, particularly anthocyanins, which support brain health and protect against age-related cognitive decline. According to research published in *Food Research International*, black rice's antioxidants help in reducing inflammation and protecting against chronic diseases, making it beneficial for all age groups, particularly the elderly (Zhang et al., 2010).

Foxtail Millet

Foxtail millet is a good source of dietary fibre, iron, and calcium. It supports cardiovascular health and helps in maintaining stable blood sugar levels. Research published in the *Journal of Food Science and Technology* emphasizes foxtail millet's role in preventing and managing lifestyle-related diseases such as diabetes and hypertension (Saleh et al., 2013). This makes it a valuable addition to the diets of adults and the elderly.

Little Millet

Little millet is rich in dietary fibre and antioxidants, which are essential for maintaining digestive health and preventing chronic diseases. The *International Journal of Food Science and Nutrition* reports that little millet has a low glycemic index, making it



suitable for diabetic individuals and those looking to manage their weight (Nazni et al., 2010). Its nutrient profile also supports overall health in children, adults, and the elderly.

Kodo Millet

Kodo millet is known for its high content of polyphenols, antioxidants that support overall health and immunity. A study in the *Journal of Functional Foods* highlights kodo millet's potential in managing blood sugar levels and promoting heart health (Hegde et al., 2005). Its high fibre content makes it beneficial for digestive health, particularly in the elderly.

Barnyard Millet

Barnyard millet is gluten-free and offers high levels of dietary fibre, which is essential for maintaining digestive health. According to research published in *Food Chemistry*, barnyard millet is effective in reducing cholesterol levels and supporting heart health, making it particularly beneficial for adults and the elderly (Sharma & Niranjana, 2018).

Dried Ginger

Dried ginger is a powerful anti-inflammatory agent that also supports digestion. It is known for its ability to alleviate gastrointestinal discomfort, making it suitable for individuals across all age groups, especially the elderly. A study in the *Journal of Ethnopharmacology* underscores ginger's role in improving digestive health and reducing inflammation (Butt & Sultan, 2011).

Cardamom

Cardamom is a spice that offers various health benefits, including improved digestion and detoxification. Research published in the *Indian Journal of Biochemistry and Biophysics*

highlights cardamom's potential in lowering blood pressure and improving metabolic health, making it particularly beneficial for adults and the elderly (Verma et al., 2009).

Black Chickpea (Desi Chickpea)

Black chickpeas are rich in protein, fibre, and essential vitamins and minerals. They support muscle health, digestion, and overall energy levels. A study in the *Journal of Food Science* indicates that black chickpeas help in reducing the risk of chronic diseases, making them suitable for all age groups (Jukanti et al., 2012).

White Chickpea (Garbanzo Beans/Kabuli Chickpea)

White chickpeas, also known as garbanzo beans, are an excellent source of protein and fibre. They support digestive health and aid in weight management, making them particularly beneficial for adults and the elderly. The *American Journal of Clinical Nutrition* highlights garbanzo beans' role in promoting heart health and reducing the risk of cardiovascular diseases (Bazzano et al., 2009).



As a summary, this health drink, composed of a carefully selected blend of grains, millets and legumes, offers a wealth of health benefits for children, adults, and the elderly. Each ingredient has been chosen for its unique nutritional properties, ensuring that this drink provides comprehensive support for overall health and well-being. Backed by scientific research, this drink can be a valuable addition to the daily diet of individuals across all age groups, promoting longevity, vitality, and disease prevention. Let's all strive to lead a healthier lifestyle by adopting a wholesome diet! **YM**



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MAYI Holistic Wellness:

A Natural Path to Robust Health

In today's fast-paced world, where stress, pollution, and unhealthy lifestyles have become the norm, holistic wellness has emerged as a beacon of hope for those seeking balance and vitality. MAYI Holistic Wellness, a pioneering wellness programme, is dedicated to promoting a natural, integrative approach to health that nurtures the body, mind, and breath. Rooted in ancient wisdom and modern science, MAYI Holistic Wellness provides a comprehensive array of natural methodologies and lifestyle practices that empower individuals to achieve optimal well-being.

The Philosophy of MAYI Holistic Wellness

MAYI Holistic Wellness is founded on the principle that true health is not merely the absence of disease but a harmonious balance of all aspects of life. The centre advocates for a holistic approach that integrates physical, mental, and emotional health through natural means. By emphasising prevention rather than cure, MAYI helps individuals cultivate habits that enhance longevity and quality of life.

Core Offerings at MAYI Holistic Wellness

MAYI Holistic Wellness offers a wide range of services designed to support holistic health, including Ayurveda, yoga, naturopathy, and personalised wellness programmes. These modalities are tailored to suit the unique needs of each individual, fostering a deeper connection to natural healing processes.

1. Ayurveda: The Science of Life

Ayurveda, an ancient system of medicine, is one of the cornerstones of MAYI's approach to wellness. This 5,000-year-old practice focuses on balancing the three doshas—Vata, Pitta, and Kapha—to maintain health and prevent illness. MAYI offers Ayurvedic consultations, dietary guidance, detox programmes, and herbal recommendations to help individuals restore their innate equilibrium.

2. Yoga and Mindfulness: Aligning Mind and Body

Yoga is more than just physical postures; it is a transformative practice that unites body, mind, and



breath. MAYI provides specialised yoga programmes that cater to various needs, from stress relief to enhanced flexibility and strength. Mindfulness sessions are also available to cultivate centredness, inner peace, and emotional resilience.

3. Naturopathy: Harnessing the Healing Power of Nature

Naturopathy is a natural healing system that relies on the body's ability to heal itself. MAYI integrates naturopathic methods such as herbal remedies to support detoxification, boost immunity, and improve overall well-being.

The Role of Nutrition in Holistic Health

A major pillar of MAYI Holistic Wellness is its emphasis on proper nutrition. Recognising that food is medicine, MAYI offers nutritional counselling based on Ayurvedic and naturopathic principles. Participants learn to adopt whole, plant-based, and organic diets that nourish the body and mind. Recommended herbal intake and detoxification programmes ensure that individuals can sustain their health naturally and effectively.

Detoxification and Rejuvenation Programmes

Toxins accumulated from processed foods, environmental pollutants, and stress can compromise overall health. MAYI provides a variety of Ayurvedic and Yogic detox programmes to help cleanse the body and revitalise health. These programmes not only eliminate toxins but also rejuvenate the body's systems, leaving individuals feeling lighter, more energetic, and mentally clear.



Stress Management and Emotional Well-being

Modern lifestyles are often characterised by high stress levels, which can lead to various health issues, including anxiety, depression, and chronic illnesses. MAYI's stress management programmes incorporate breathwork, mindfulness, and lifestyle modifications to help individuals find balance, reduce stress, and cultivate emotional resilience.

The Importance of Personal and Communal Holistic Wellness

Personal wellness is the foundation of a thriving community. When individuals prioritise holistic well-being, they experience greater physical health, mental clarity, and emotional resilience. This, in turn, creates a ripple effect, strengthening families, workplaces, and society as a whole. Communal holistic wellness fosters a culture of mindfulness, sustainability, and social harmony, ultimately leading to a more balanced and productive nation. By embracing natural living and integrative health practices, we contribute not only to our personal vitality but also to the collective well-being of our communities and future generations.

Our Purpose

We pledge our life-long commitment towards preserving the environment, Mother Nature, and the well-being of all. We aim to promote holistic well-being by creating a world that practises a natural lifestyle and educates humanity to reach its full potential through the best yoga and holistic practices. Our mission extends beyond individual health, encompassing the herbal products business, which ensures internal and sustainable financial growth and prosperity for all involved.

The Benefits of a Holistic Approach

MAYI Holistic Wellness stands out for its comprehensive and personalised approach to health. Some of the key benefits of adopting a holistic wellness lifestyle include:

- **Improved Physical Health:** Natural healing methods strengthen immunity, enhance digestion, and improve energy levels.
- **Mental Clarity and Emotional Balance:** Practices like yoga and meditation promote focus, emotional stability, and overall mental well-being.
- **Sustainable Wellness:** Unlike temporary solutions, holistic wellness fosters long-term health and vitality.

- **Detoxification and Rejuvenation:** Cleansing therapies help rid the body of toxins, promoting longevity and vitality.
- **Stress Reduction:** Meditation and relaxation therapies help manage stress effectively.

Transform Your Health with MAYI Holistic Wellness

MAYI Holistic Wellness is more than just a wellness hub—it is a sanctuary for self-discovery, healing, and transformation. Whether you are looking to overcome health challenges, enhance your well-being, or embark on a journey of self-care, MAYI provides the guidance and tools needed to achieve optimal health naturally.

By integrating ancient wisdom with modern science, MAYI empowers individuals to take charge of their health in a holistic, sustainable manner. Through Ayurveda, yoga, naturopathy, and mindful nutrition, the centre paves the way for a life of balance, vitality, and inner harmony.

Partner with MAYI: A Unique Licensing Opportunity

MAYI Holistic Wellness is not just a wellness concept—it is a movement towards healthier living. By investing in a MAYI Holistic Wellness centre, you are investing in a business that is both financially rewarding and socially impactful.

A MAYI Holistic Wellness licencing opportunity provides entrepreneurs with an opportunity to establish a trusted wellness brand in their community, offering natural and holistic health solutions. This business model integrates wellness with economic growth, creating a thriving network of health-conscious individuals and service providers. With comprehensive training, marketing support, and an established framework, franchisees can confidently operate a centre that transforms lives.

Join the growing movement of holistic wellness and be a catalyst for positive change. Taking up the MAYI Holistic Wellness Centre licensing and bringing it to your city creates a legacy of well-being while building a sustainable and lucrative enterprise. **YM**

Inner Insights

Life Changing with Ayurveda Treatment

by Dr. Rethi Shamundeeswary Suppiah

I had an interest in Ayurvedic massage and was searching and asking around everywhere about it. My mum was the only person who always encouraged me to take up an Ayurveda course. So, I started searching on Google to find the best centre where I could learn Ayurvedic massage. I found that MAYI Yoga Academy was at the top of the list, and I decided to enrol there.

On my first day of class, I began learning massage techniques through hands-on practice. I was astonished right from day one, and as the days passed, I learnt a lot about herbs, oils, and their benefits. I also learnt about the doshas and how to maintain a well-balanced lifestyle to support overall well-being.

For example, I am a gastric and asthma patient. I practised balancing the Vata, Pitta, and Kapha doshas, and I noticed significant improvements in my health. I felt much healthier and avoided stressing myself, making sure to have a more wholesome and nutritious diet. At times, I also opted for steamed or baked food. As a result, my gastric pain and heartburn have reduced significantly.

The Ayurveda course is well-structured and designed with plenty of hands-on practice and workshops, making it easy to follow. I have performed many types of massage on people who have requested them as well as on my family members, particularly those suffering from joint pain and body aches. It has already been two years since I began practising massage therapy, and I continue to do so. Among the treatments I love are *Shiro Abhyanga*, *Soundarya Vardhini*, *Abhyanga Snanam*, the three types of *Vasti*, and *Podi Kizhi*. Feedback from the people whom I performed the Ayurveda massages on have



been very positive—they have experienced significant relief from their pain compared to before.

Although I am a medical doctor, I have also managed to incorporate massage therapy into my practice by visiting patients at their homes. They have provided positive reviews in return. I always advise my patients and clients to practise balancing the doshas once they understand their individual body types and conditions.

I am very happy and grateful that I took up the Ayurveda Massage Therapist Course at MAYI. I'm especially thankful that MAYI Yoga Academy has a mentor like Mrs Kasturi, who guided me and explained Ayurvedic massage to me in great detail. Since graduating from MAYI Academy as an Ayurveda Massage Therapist, I have continued to keep in touch with Mrs Kasturi. She always answers my calls whenever I need clarification and never hesitates to help me. She ensures that I understand everything clearly and helps me retain the knowledge. I'm happy that MAYI has provided such amazing support to my endeavour.

My heartfelt thanks go to MAYI Yoga Academy and to Mrs Kasturi for giving me this wonderful experience of learning Ayurvedic massage techniques. I'm proud to say that I am a well-trained Ayurvedic Massage Therapist, having graduated from MAYI Academy. **YM**

AYURVEDA & YOGA

Explore the Sister Sciences for True Wellbeing!

AYURVEDIC BODYWORKS CERTIFICATION COURSE



Understand the principles of Ayurveda, Ayurvedic lifestyle and the tri-Dosha theory.

Learn authentic techniques involved in Ayurveda massage therapy. Sessions are highly interactive and include intensive coaching, practicals, assignments, and relevant workshop.

YOGA THERAPIST CERTIFICATION COURSE



Learn effective yoga applications with comprehensive illustrations, how to identify the root cause, and stepwise management in using yoga techniques to manage common ailments.

This course provides a thorough theoretical and practical sessions with interesting role plays and creative modifications.

Both courses are registered with the Ministry of Education of Malaysia.
Contact MAYI to enroll in the upcoming intakes!

Featured Asana

Samakonasana (Right Angle Pose)

STEP by STEP

1. Stand with the feet together and the arms by the sides.
2. Inhale as you raise the arms straight up above the head. Bend the wrists so that the fingers are pointing forward. Allow the hands to hang limp.
3. Arch the back slightly, pushing the buttocks out a little.
4. Exhale as you slowly bend forward at the hips, keeping the legs straight, until the back is horizontal and forms a right angle with the legs. Keep the head, neck and spine in a straight line.
5. Hold the final position for up to 5 seconds.
6. Inhale as you slowly return to the upright position, with the arms, head and back in a straight line. Exhale as you lower the arms.
7. This is one round.



BENEFITS

1. Works specifically on the shoulders and the back directly behind the chest. It rectifies tension and poor posture.

CONTRA-INDICATIONS

1. Should not be practiced by those suffering from acute sciatica.
2. To avoid strain, those with backache should take care to bend from the hips and not from the waist.



Vegan Multigrain Energy Cookies

(no butter, no egg, no sugar recipe) 

by Nicole Yong

Ingredients (yield: 16 pcs cookies):

- 1 cup rolled whole grains
- ½ cup mashed ripe banana (2 – 3 bananas)
- 4 tablespoon shredded almond
- 4 tablespoon pumpkin seeds
- 4 tablespoon unsweetened dried cranberries
- 4 tablespoon rice flour
- 2 tablespoon MAYI Cereal Drink with Grams and Millet powder
- 4 tablespoon organic virgin coconut oil
- ½ teaspoon cinnamon powder
- ¼ teaspoon sea salt

Directions:

1. Preheat oven to 180°C. Line a dark metal baking sheet with parchment paper.
2. Mash the bananas with a potato masher or fork.
3. Combine all ingredients thoroughly in a medium-sized mixing bowl.
4. Using a spoon to drop scoops of dough onto the prepared baking sheet. You will end up with 16 scoops. Flatten them slightly into a cookie shape with wet hands.
5. Bake for 20 minutes until the cookies are firm enough to hold together. Let the cookies cool before eating to allow them more time to firm up.



MYA Calendar: May - Sep 2025

MAY

10/05/2025	Pranayama (Breathing Technique) Instructor/Practitioner Course
12/05/2025	International Yoga Instructor Course - Foundation
18/05/2025	Wellness Yoga Workshop for Precision and Alignment & Posture Management
25/05/2025	Wellness Yoga Workshop for Back Management

JUNE

01/06/2025	International Yoga Instructor Course - Foundation
01/06/2025	International Yoga Instructor Course - Intermediate
09/06/2025	Ayurvedic Bodyworks Therapist Course (Male Intake)
14/06/2025	Manipuraka Awakening & Universal Healing Energy Workshop
14/06/2025	Urdhva Retas & Anti-Ageing Workshop
14/06/2025	Kundalini Kriya Yoga Course
21/06/2025	International Day of Yoga 2025
22/06/2025	Yoga Therapist Certification Course
22/06/2025	International Yoga Instructor Course - Foundation
23/06/2025	Super Yoga Kids Instructor Course

JULY

06/07/2025	Wellness Yoga Workshop for PCOS Management
11/07/2025	Pregnancy Yoga Instructor Course
13/07/2025	YogaAsana - Back Bend Series Workshop
13/07/2025	Ayurvedic Bodyworks Therapist Course (Female Intake)
26/07/2025	Prana Vidya Course

AUGUST

02/08/2025	International Yoga Instructor Course - Advance
02/08/2025	Asthanga Yoga Course - Intermediate
17/08/2025	International Yoga Instructor Course - Foundation
24/08/2025	Introduction to Chakras - the Wheels of Life Workshop

SEPTEMBER

05/09/2025	Full Intestinal Cleansing Practical Session & Jala Neti
05/09/2025	Pregnancy Yoga Instructor Course
08/09/2025	International Yoga Instructor Course - Foundation
07/09/2025	Super Yoga Kids Instructor Course
14/09/2025	Pranayama (Breathing Technique) Instructor/Practitioner Course

MAYI

CEREAL DRINK
WITH GRAMS AND MILLET

MINUMAN BIJIRIN DENGAN
KEKACANG DAN SEKOI



FINGER MILLET
SEKOI JEJARI



FOXTAIL MILLET
SEKOI EKOR MUSANG



SAGO
BIJI SAGU



BLACK GRAM
KACANG HTAM



LITTLE MILLET
SEKOI KECIL



KODO MILLET
SEKOI KODO



HORSE GRAM
GRAM KUDA



BARNYARD MILLET
SEKOI KANDANG



GREEN GRAM
KACANG HIJAU



DRIED GINGER
HALIA KERING



RED RICE
BERAS MERAH



CARDAMOM
BUAH PELAGA



EMMER WHEAT
GANDUM EMMER



BLACK CHICKPEA
KACANG KUDA HITAM



PEARL MILLET
SEKOI MUTIARA



WHITE CHICKPEA
KACANG KUDA PUTIH



BLACK RICE
BERAS KELADI



SUITABLE FOR VEGETARIANS
SESUAI UNTUK VEGETARIAN



MAYI

YOGA ACADEMY

KUNDALINI KRIYA YOGA COURSE

The practice of Kundalini Kriya Yoga guides one to know thyself, discover the brilliant creative genius within, and guides one to project oneself in a holistic manner.

PRANA VIDYA COURSE

Prana Vidya allows one to harness boundless life force which lies within. Learn to generate unlimited inner power, and awaken higher consciousness and personal magnetism.

MANIPURAKA AWAKENING & UNIVERSAL HEALING ENERGY WORKSHOP

The manipura chakra radiates and channels pranic energy. This practice increases intuitive knowledge, allows you to tap into your inner power, and enhances your well-being and positive energy fields.

URDHA RETAS & ANTI-AGEING WORKSHOP

This is a unique workshop that teaches you how to use your body's own energy to withstand the ageing process and supercharge your health. The practice increases energy and vitality, youthfulness and radiant countenance.



CONTACT MAYI TODAY TO STEP INTO
YOUR HIGHEST POTENTIAL AND EMPOWER YOURSELF FROM WITHIN.

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