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A Journey with
Awareness

The
**Omnipresent
Energy**

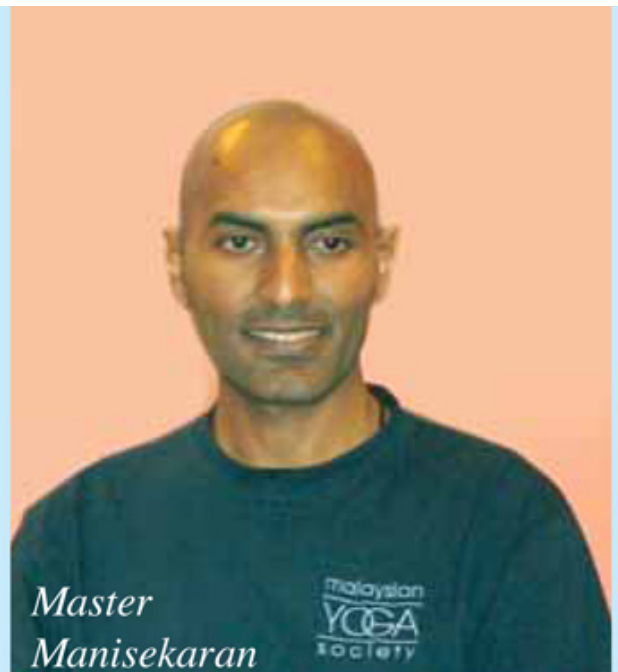


Message from Master Mani

The year begins with a loud resonance in all our hearts to change and bring forth greater success in our lives. What is the measure of true success? In this present money-oriented world, it is how much material wealth we have that seems to determine our success. However, this is definitely not the complete or even the basic criterion to measure success. The first and foremost criterion would be how well we train our minds to be generally good. The main criterion has to be a state of universal awareness, that for a person to be called successful, he or she must be a good and responsible citizen of the world.

A kitchen hand who earns a meager RM10 daily, but is cheerful and practices patience, love and understanding, and also motivates the chef and others around him to bring out the love in their hearts, is richer than a billionaire who is cruel. A rich man who gives in heartfelt philanthropy is richer than a jobless man who does an occasional con job, or is an accomplice in petty crimes which create disharmony in society.

A politician who speaks convincingly and keeps his supporters in an illusion that they'll be benefiting from his policies, while making himself enormously wealthy, is poorer than a social worker who picks up a hammer to fix the house of a downtrodden member of the society.



*Master
Manisekaran*

A man who drives a luxury car and behaves with complete civility is much wealthier than a man who drives a luxury car but behaves like a road bully.

The simplicity of these examples are in essence to stimulate our minds to start thinking vividly about what is happening around us and not to be blinded only by material wealth with the absence of good manners and amiable qualities.

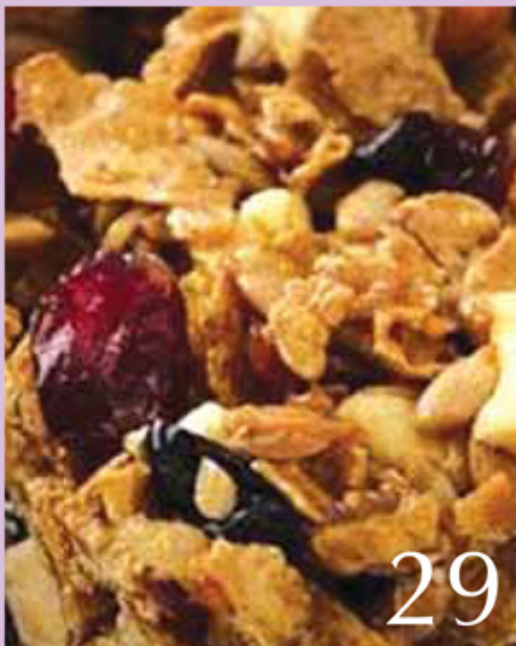
Let's be truly wealthy, especially in pursuing that one magnificent wealth which is deep inside all our hearts. **YM**

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Content

- Message from Master Mani 2
- A Journey with Awareness 5-6
- The Omnipresent Energy 7
- Events 9-11
- Asana of the Month 12
- Articles by Practitioners
 - Yoga sharing with some women prisoners 13
- Urdhva Retas: The Message from Within 14-15
- Yogic Wisdom For Daily Living 17
- At Your Fingertips: Secrets of Naarikela Taila (Virgin Coconut Oil) 18-19



- Yoga Therapy: Anxiety 20
- Eco's Echoes: Permaculture 22
- Inner Insights - Kriya: The Beginning of My Journey 23
- Inner Insights - I Love Yoga 24
- Inner Insights - New Year's Resolution 25-26
- Super Yoga Kids Corner 27-28
- Chef Yogi's Food Notes! 29
- Schedule of Courses: Feb - Apr 2013 30



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Manisekaran

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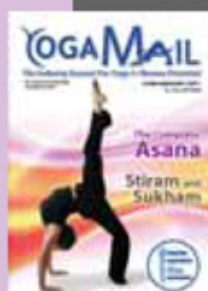
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A

Journey with Awareness

by Master Manisekaran

Ah, the New Year! What a wonderful reminder of things that were part of our resolutions in the past New Years.

Years ago, a relative resolved to abstain from taking chicken or mutton, and to this day he has persistently kept at it. A senior student confessed to me that every new year she ends up renewing the same resolution — to cut down her sleeping time in order to do yoga and kriya early in the mornings — as to date she has not been successful in carrying it out. Though often criticised, resolutions are attempts of the human mind to transcend its present circumstances. To succeed, one needs enough energy to accomplish the objectives of the resolutions or the resolutions may not be in synchronicity with his or her deepest inclinations.

In this auspicious and propitious new year, let's mull on some truths essential to our goal of learning to build on what is required for a life based on truth, love and purity. We need to understand the real workings of yoga in our lives!

Many of the precepts of yoga such as non-possessiveness, sense moderation, non-violence and cheerfulness are such wonderful attempts to change our present circumstances without any material investment. It requires dedication to the art of watching oneself and learning about oneself at the most positive level.

For example, the art of parenting. Parenting with the precept of non-violence is one of the most revolutionary methods of self-development. At every moment, when you are communicating and taking care of your children, you are challenged to remain centred and utilise your highest brain power to manage without violence. When this moment takes place, you grow. It is very unlike mindless parenting, overparenting, under parenting or professional parenting. It is not parenting in the normal sense of the word. It's the art of parenting with real self-realisation versus philosophical or 'armchair realisation' — though these two methods are definitely less harmful compared to the parenting lifestyle of abuse, like beating up the spouse and children or neglecting them due to misuse of drugs or drinking habits.



Happy
New
Year

What is non-violence in yoga? Just say someone is living in a surrounding of peace. Practicing non-violence in such an environment is not much of a challenge compared to a person who is raising a family, running a company or driving his or her car daily in an extremely hostile traffic situation. This is when you learn to practice real non-violence! Living in the world and abiding by the precepts of yoga is where the real challenge is. Someone who treats her maid or subordinate with kindness even though there is opportunity to abuse her mentally, physically or psychologically, is the true practitioner of non-violence.

Likewise, there's a world of difference between merely memorising precepts, or sitting in monasteries, and real self-realization. Training one's brain and body to withstand the temptation to act violently, to abuse sexually, to cheat, to plunder or be totally selfish, is an art of superhuman evolution.

Practicing celibacy in a jungle, surrounded by trees, animals and non-humans, is extremely easy. The test of true renunciation is to exercise ultimate sense mastery in not succumbing to the release of the sexual fluids in fantasy or in indulgence, and stay focused on one's family and career.

Let's be practical heroes who are doing their duties and yet be totally engaged in tremendous self-transformation. This has to be aided by some form of psychic practice or tangible, reliable and trustable practices like yoga and kriya, and not merely armchair rhetorics. Such rhetorics trap one in an easy illusion of memory retrievals ... of merely exercising memory and enjoying the illusions created by the mind.

Mere reading of precepts and mentally understanding them does not equal to practicing them in every moment of the day. Only practicing will ensure success because these are powerful techniques that show body chemistry changes and intense micro electrical readings in the body, signifying inner metamorphosis! This will lead to the feeling of ecstasy without external dependence on anything material. This is when one sees beauty, purpose and love in everything.

The wise ones from ancient times as well as current practitioners of such technologies cannot be wrong, my friend! These are steadfast and tangible results

recorded in posterity as well as in the current scientific journals.

Self-transformation requires commitment, discipline, strong sankalpa (resolve) to change and tremendous will to march forward with confidence and clarity.

Fight lethargy, find no fault in the practitioners and help yourself kick away the notion that 'I can just sit, think and read my way into enlightenment'.

The journey starts with the self and ends with the self. The starting self is ego based and the final self-realized state is universal and non-ego centric. The journey requires discipline, shedding the extra fat, waking up earlier than your pleasure/lazy routine, eating non-favourite yet healthy food, working out your yoga and breathing techniques, practicing the cleansing techniques, walking, and working hard on the non-essentials to your survival mode such as the practices in the yogic system.

There must be a balance between the body and mind. There has to be discipline and awareness. There needs to be a kick in the butt to wake oneself up. To be lazy is easy but to be hardworking continuously is tough. In the yogic system, we are told to practice for a long time, not to interrupt the practice and to have reverence for the technology (yogic technology).

In the Indian culture, we are taught to respect our teachers. Once we have learnt from the teachers, we respect them for a lifetime. Having lived in Malaysia since birth, I believe this culture is embedded deep in all the cultures and it is only the confused ones who criticise and mock their mentors. Mentors and teachers will always think of their protégés and students as part of them. Can love be divided? Love is complete, full and absolute in a teacher's heart.

I end this new year sharing with a fervent prayer that all will understand that this life itself is yoga and one needs to practice and not just memorise writings. Do your practices so that when you leave this earth plane, you leave with dignity, with total awareness, peace and universal love in your hearts; and live in the same way as you would want to leave.

To all, love life, as it presents to us the ultimate self-realisation tool. Living in awareness and completeness is moksha, is liberation! **YM**

The Omnipresent Energy

The universe and the wonderment it beholds never ceased to amaze all its humbled residents. The many things that holds a universe together: matter, energy, and everything else, seems to have a mutual synergy on the way they integrate and complement each other. When one touches, there's another who is touched. When one gives, there's another who receives. And in between the two poles, lies the driving force where all the elements support and intertwine to form the universe we trustfully reside within. Just as sure as the sun will rise, we submit ourselves to the grandeur of this energy and we almost never question its existence (yet most would quietly express their gratitude).

The driving force/energy behind our existence is a state-of-the-art technology which has been built up with an intelligence of its own. This in-built self-sustainable 'technologies' of the universe is nothing short of amazing. It builds and rebuilds and never ceases to supply. The universe tirelessly gives in abundance and we are granted with its abundance if we attune ourselves to it. Its endless and magnificent supplies are available for all whom are willing to harvest and utilise it. The abundance, in the form omnipresent energy, is the one energy that we can rely on for healing. Yes, we can call it as the universe's licensed doctor. This magical doctor allows us to be a part of the healing process and to understand that each being is capable of healing itself. All we need to do is to sincerely beckon it.

For our beckoning to be heard and to experience something this wonderful, one needs to be first and foremost of an open mind – be open to the lesser known and lesser seen. Be open to all possibilities. Be open to a new experience.

Then, we need to trust. Trust that our beckoning will be heard. Trust that our bodies are in sync with the universe. Trust that we are deserving of such beautiful experiences.

And more so importantly, we need to embrace. Embrace the positive actions and reactions. Embrace the energy. Embrace the experiences.

Are we allowed to beckon, trust and embrace? The answer is, 'Yes'. And how do we beckon, trust and embrace?

Welcome to the Manipuraka practice.

The Manipuraka practice is one that needs to be experienced and felt personally. It appears as a form of healing energy that takes place within us naturally. It moves in harmony with our body system and can do only good to the practitioners. Practitioners usually experience a form of freedom followed by renewed energy from within. Most practitioners are in awe of the personal positive transformation felt while practicing Manipuraka and become more and more motivated by each and every practice session. Yet the best it has to offer is the ability and availability to share it with others. This omnipresent energy can be utilised to 'heal' others – loved ones, family members, friends, members of the society, etc. With an open heart and an open mind, it perpetually does wonders!

Remember, this beautiful and unconditional relationship with the omnipresent energy is an everlasting one that remains with us for as long as we beckon it. Let's have a wonderful relationship with the omnipresent energy through the Manipuraka practice.

Love and peace to all. **YM**



MANIPURAKA AWAKENING (Spontaneous Physical Movements) & UNIYOGA (Universal Yoga Healing)

The Manipuraka practice enables you to:

- Enhance your wellbeing and positive energy field
- Awaken healing energy within 30 minutes
- Learn to sustain energy levels by tapping into the unlimited universal source
- Experience self-healing potentials
- Learn how to heal others
- Rediscover latent intuitive powers
- Tap into inner knowledge
- Experience movements of energy with full consciousness



By just practising a few sessions (after the initial Manipuraka Workshop), Manipuraka has managed to relieve my lower backache. I continue with weekly practise and feel much more comfortable even when attempting the more challenging yoga asana poses. I definitely feel confident that more parts of my body are getting healed in a more subtle way.
-Lee G.H.

Manipuraka has transformed my life as I experience an increased in inner energy and emotional stability. It has also enhanced my other self-healing methods.
-Wong Suh Chuen

During the Manipuraka practise I felt and experienced the tingling sensation of energy. Many issues related to emotions are healed. I experienced a lot of positive and inspiring changes. I use Manipuraka to heal others and it gives me happiness and it has led me towards karma yoga.
-Puguneswari

Embracing Manipuraka has enriched my life on many levels, helping me find inner calm in a fast and stressful environment, whilst promoting total body health. I am able to shift my negative thoughts to positive and Manipuraka allows me to feel at ease and more complete with myself.
-Devi Nair

**Next Intake: Date: 31st March 2013 (Sun)
Time: 10am – 2pm Venue: Bangsar**

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EVENTS GIFT OF LOVE

- Mys 7 Days Yoga Camp For Teenagers

by Vijaya

The yoga camp was for mine and the other Malaysian Yoga Society instructors' learning as much as it was for the students who participated — and that was how we each thought and felt about the whole camping project for the teenagers.

When the 200 odd 11 to 17 year olds teenagers signed up for the Yoga Motivational Camp 2012, I could somehow imagine their experience, their awakening and after their 7-day stay-in training at the Sg Buloh Saraswathy Tamil School, their last-day enthusiasm and exuberance.

It was a wonderful 7-day ultimate yoga experience with teenagers who were mostly there without an inkling of what yoga was all about or what to expect from the camp. What a thrilling experience to take them head on into the journey, give them a firsthand experience of the art, shake up their old belief system and watch them struggle and find their peace with the wonders of yoga — working directly in their body, mind and spirit — as it sank little by little into their awareness.

"Yoga happens when the body, mind and breath are synchronized," cooed teacher Saravana, his soothing voice echoing across the blocks.

"All of yoga, leads to the straightening of the spine," guided teacher Iswari as she reminded the slouching teenagers to sit upright.

Besides the many hours of valuable yoga lessons and subtle insight into their benefits and philosophies, the days were filled with highly building, motivating and educational talks and lessons that covered a wide range of topics that would show each student the value of his body, the greatness of his mind, the social skills that would build his character and personality, and the teachings that would uplift his life as a human being full of huge potentials.

On the very second day, when Master Mani read out the notes many of them had already commented, "I love this camp" and "I love yoga". Arjuna (not his real name) came across as any other boy in the camp. When I approached him, he said he doesn't have a father and his mum was a cleaner. He showed no emotions whatsoever about whatever he'd done ...

enough to have all the other boys single him out and mount complaints against him. Like Master said, when a father is not around, it's understood why children behave in un-encouraging ways. But instead of pitying, I encouraged him to spare a thought to his hardworking mum. Hopefully, the seeds planted at the camp will flower positive petals in his life and he'll bloom into a large, life-giving tree.

Over at the mini gardening project patch, Divagar and his little assistant taught me to plant. He was very keen and enthusiastic on gardening and gave me generous tips on the right tools to use, when to plant, how to nurture the young plants, how much water is sufficient and also landscaping. As a bonus, he also showed me a little Ganesha statue he had sculpted using the soft red soil we found around the planting area. Wonder if Lord Ganesh is staying fit under a small stone shade we had hid him under — since it rained cats and dogs every evening!



Towards the end of the camping period, the hidden talents of these young adults started to come out one by one, thanks to Master's method of making each student feel truly wanted, greatly appreciated and totally welcome to express themselves freely, without any judgment on what they said, how they spoke or how they presented their views, feelings and thoughts — no matter how big or small their issues were — on some casual as well as serious subjects very close to their age and heart.

On the final day, as some parents witnessed their children on stage, they just couldn't believe their eyes.

"My son is smart, but he had never gone up a stage and spoken with such confidence and clarity!" cried Vinayagan's mum.

Sivanayah (not his real name) comes from a family that needs financial help. He has four other siblings and his mum struggles to make ends meet. When he said that he had lost his jeans, he added sadly that his mother had spent RM100 to buy it and he was obviously very distressed. I stood outside the rooms as he anxiously opened the drawers and pushed the chairs, tables and cupboards to look for his precious pants. After a while, he was really glad to find it nearby his place, neatly kept in a plastic bag. If it was stolen as he said it was, and returned by some student who had abided by Master's words, then bravo to him (the fellow who had taken it), whoever he was.



The highlight of each day was Master's reading of their comments and complaints, if any, put in a box placed on the stage. Master made the event funny, exciting and enjoyable. With barriers down the students were then taught, even without their own knowledge, of what to do, what shouldn't be done, what is builds inner strength, and what is right and wrong.

Surprisingly, many of the complaints were not so much against other students but of the other world entities.

"This is very serious," retorted Master. "Do you believe in God?"

"Yes!" came the answer in one big voice.

"If you believe in God, then how can you believe in Devil as well? Who is stronger?"

Oooo! Aahh! The audience sounded like it got the matter resolved for life.

"I have never seen a man, in my entire life, as patient as this one," was one 13-year-old's comment about Master. "I really salute him!"

The camp organiser and coordinator Mogana, was filled to the brim in every student's heart. She stood by them with love and lots of disciplining and light-hearted reminding of their duties and obligations. The students found in her not only patient listening ears but also a caring guide. She and all instructors were there giving their whole heart and being to the youngsters.

Three days into the week, the minority group of chinese students were noticeably becoming more interactive. By the end of the 7 days, they became one with the others. Being there, they and the others probably learnt the most valuable lesson of all — race is only on the surface of their skins, there's no religion greater than the religion of loving and understanding every human for whatever he or she is and there's no creed as important as that which teaches him to know, love and understand his own self.

Thanks to all the wonderful instructors for their gifts of life to every child... there was music, singing, memory games for fun and academic use, sharing of inspiring life stories, knowledge of physiology and anatomy benefits with yoga, bringing imagination to life with creative writing and planting green-gram seeds in self made self watering pots made from recycled mineral water bottles !

Thanks to the school headmistress and Puan Jeya.

And mostly thanks to the canteen caretaker who gave us such delicious meals. Mmmm... very tasty!

Whatever it was the teenagers had experienced at the camp, whatever their education level or the environment they were going to return to, they sure were lucky to go home with a handful of big brothers and sisters to lean on to guide them on to a brighter 'future' path based on the pure yogic wisdom. **YM**

EVENTS

MAYI GRADUATION DAY 2012

by Surya Tay

The atmosphere in MAYI Yoga Academy, Bangsar Studio was as lively as the colourful decorative words "MAYI GRADUATION DAY 2012" which seemed to dance across the wall announcing this very special occasion on the 25th November.

At the farther end two life size cut out "Yoga Trees" decked opposing walls like sentinels, awaiting guests to wander closer to peer at the leaves growing on their branches made up of photos of MAYI students' in their favourite yoga asanas. These automatically drew eyes to continue reading the personal quotes and thoughts accompanying the photos, and the whole creation vividly expressed how the artistic IYIC graduate team, who put all this together, felt about yoga.

Naturally the onlooker's curiosity would be piqued to know why on one side the tree was upright while on the other it was upside down. As if sensing this unspoken question the emcee proceeded to explain that the Upright Tree on the left wall represents the human's very real living in a material world. Tree roots sink deeper into the earth as if like man seeking for more and more material benefits in life. While branches spread upwards as if to build desire upon desire. On the right side wall, the Upside Down Tree represents the human's spiritual seeking, perhaps like Kriya practitioners do. Branches spread downwards, burrowing towards the core for more inner joy and ultimate bliss. While the roots reach up above as if longing to return to higher origins. Yoga is a balance of the two.

Filled to the brim with MAYI graduates, students and family members from diverse ages and backgrounds, the bustle only ceased temporarily when the emcee ushered Master Manisekaran onto the stage. This was the moment for the opening speech to begin. Everyone fell respectfully silent as they listened intently to Master Mani's warm welcome and sharing about exciting latest developments at MAYI as well as insights and forecast of the ever growing global yoga scene.

The most significant moment on this day was the certificate presentation ceremony by Master Mani. Every graduate was so delighted to be called on stage to receive their certificate.

As Jane Ng put it, "I completed IYIC Level 2 then continued with IYIC Level 3 within the next few weeks. I really feel happy that I have finally become a fully certified International Yoga Instructor!"

Interspersed between certificate presentation, guests were kept entertained with live performances by MAYI students which included instrumental music, uplifting Bhajan singing, flowing and dancelike yoga asana group performances by adults and teenagers. One could well observe that the performances were as enthusiastically enjoyed by the guests as the performers themselves. And of course the free flow of scrumptious vegetarian delights satisfied everyone in true Malaysian style.





Asana Of The Month

Vajrasana (Thunderbolt Pose)

Step by Step:

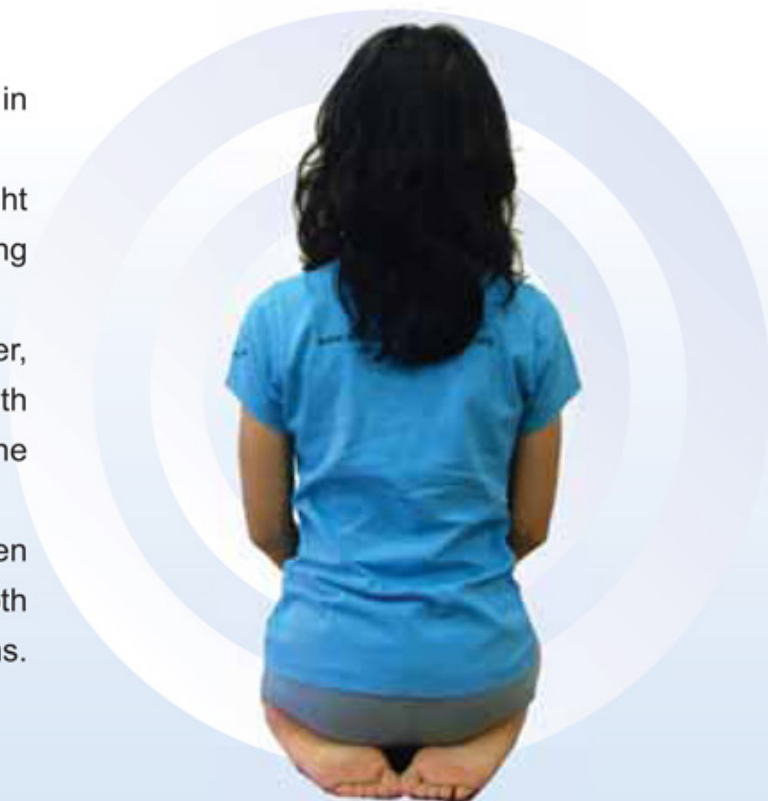
1. Sit on the floor with both legs extended in front of you.
2. Fold both knees to either the left or right side of the body and come to a kneeling position.
3. With both big toes touching each other, keep the heels apart and sit back with buttocks resting in between or on the heels.
4. Allow the entire back to straighten especially the neck and spine. Rest both hands on the knees and relax the arms. Breathe normally.

Tips:

- This is the only asana that be practiced after taking food. Do this asana for better digestion after meals, for 5 to 15 minutes.
- Initially you may be able to do this asana for 15 to 30 seconds. Subsequently try increasing the duration to 3 minutes, then 5 minutes and so on. This asana can be repeated a number of times for as long as you feel comfortable.
- To avoid strain, increase the duration of holding this asana gradually over a period of one to two months.

Benefits:

- Aids the process of digestion
- Relieves knee pain
- Prevents Varicose Veins
- Helps to overcome obesity
- Helps eliminate gas in stomach and also constipation





Articles by Practitioners

Yoga sharing with some women prisoners

by Vijaya

I got to visit Kajang prison again, on November 2nd 2012, thanks to the kindness and benevolence of a great soul called Yasotha.

Minus the VIP, VVIP arrivals and long speeches (like the previous year), we shared close to 2 and a half hours of soul-to-soul discourse with the ladies, young and old, confined to the sturdy walls and even sturdier doors and locks of the prison.

This time, I asked for 10 minutes on behalf of Malaysian Yoga Society, and was very pleased to get it. The previous year, we didn't get that opportunity.

The session started, for the first time, with a proper prayer ritual. Dr Rupa from Malaysia Hindu Sangam, who is also a lecturer, was obviously very touched. She communicated that feeling to the inmates and soon had almost everyone there crying. She asked them to put their past behind, learn to love and honour their existence as humans and as women, and also promised to provide assistance to those who may need it once they step out.

On our part, Yasotha and I did some stretching, got them to take deep breaths, taught them Shambavi mudra and Brahmari breathing, told a micro story of a beggar sitting above a treasure box that was never unlocked, did a very brief yoga nidra, complete with the sankalpa, and gave the ladies an intro into a different kind of existence that goes beyond ritualistic understanding of their bodies and mind. Master would call it seeding. I hope we had done that — all in 10 plus one minutes (smile).

Yaso, visits them weekly for religious classes and by the end of the session, the appreciative audience wanted us to get permission to increase the religious classes to 2 per week and have a weekly yoga class as well.

Let's hope that works out. Yoga has been introduced in many prisons world over and has seen phenomenal success as a rehabilitation

programme as well as providing a solid foundation for them to rely on when they get out.

When we walked into the Kajang prison, one of the first things we saw was a 2-in-1 luxurious-looking spa plus saloon. Attractive, multi-coloured cloths were hanging outside for sale and there were also art and craft items like we'd see at the Central Market.

The prison is not an ultimate place of torture, suffering and sin as some of us may think. It looked more like an ashram with lots of skill development programmes, rehab and correctional activities, vocational training as well as pre-release programmes in place to equip those incarcerated with proper living skills.

The problem is, many prefer the sturdy walls of the cells more compared to the outside world ... mostly because they have nowhere else to go, their families have disowned them or their children have grown up and have no more use for them. The foreigners especially, with nothing much in the pocket, prefer to stick to their free-of-charge training and development hub:).

Not all of them are hardcore criminals or ruthless individuals. Some are there for not having ICs, some because they've been framed by bigger criminals who happen to be their boyfriends or husbands, some for prostitution and so on.

But the fact that they've been in prison would hang on them like a curse and deprive them of a normal life. It's not easy for people to live with such a stigma, unless they have been highly trained to overcome such setbacks.

Unless and until the inner values are firmly in place, no amount of knowledge in skills and such trainings are going to benefit the wholesome growth of a person, prisoner or not.

This is where yoga comes in as the best remedy.

YM

Urdhva Retas: The Message from Within

by K. Saravana Sealan



One day I decided to clean the old store room and realized that is an energy centre actually.

Like a nuclear reactor, it seems to be the vital energy source, while its leakages cause the loss of Life gradually. And so the story began...

Life is an amazing gift when we really come down to it. We are all aware of it theoretically, while many are living it thoroughly with all their hearts. In life, we are allowed to take any role we wish to play and the limitation only seems to lie within our imagination. That's how amazing, this gift called Life is.

For some of us, we have begun to believe that we are somewhat helpless, caught in the whirlpool of uncertainties with lesser control. We have conveniently believed that there is a governing fate that is running our lives, deciding which direction and where we would eventually land.

Looking back, I realise I too was not spared of this limiting mindset, that I have naively allowed the voices of the past, to etch a stream of unproductive, self-doubting beliefs, within my mind. I grew up in a very conservative environment, where topics such as sex are not discussed openly. Sex was a taboo. Culture and an orthodox lifestyle have strengthened it further.

We have heard of how some individuals have vowed to take the path of celibacy due to some unfavourable experiences which imprinted fear and phobias into their lives. They resort to the only option they thought available – to ignore the sexual impulses and divert the mind somehow.

Least that they know, it has somewhat resulted into suppression, shame, self-denial, anxiety, fear, guilt and lack of self-confidence to explore the outside world. Its repercussion is that life has to be lived with an extra zest to 'bulldoze' through these hampering beliefs in order to stay in control. There is a price to pay too, however – as one tends to exhaust his adrenaline, in the ordeal. There is a constant fight or flight over the fear of the overwhelming belief, ready to snatch away the peace of mind, like an eagle that found its prey from a distance above.

When I was introduced to Urdhva Retas by dear Saandhi, I wondered what sexual health that a person could possibly benefit from if they have decided to remain a celibate throughout life. Dwelling deeper into the subject I was brought to attention that this practice will somehow regulate any subtle suppression that could be there.

Over confidence can be deemed fatal, if not kept under close scrutiny. And history has it, as it has exposed the sexual scandals and hidden camera activities of the past, of some revered personalities. That brought a reflection in me to go for the preview by dear Master Mani. Hearing the preview, I decided to attend the workshop.

'What seems to come to mind when the word 'sex' is uttered, besides marriages and beautiful babies?' I pondered. Slowly, a mental screen unveils the shadow of the misconception – rape, extra marital affairs, sexual harassments, masturbation, pornography, prostitution, illicit sex, and abortion due to guilt, just to name a few. This is the result of our own ignorance and lack of understanding about sex. They are the more visible evidence of the 'disconnection' from our peaceful state of mind. Venturing deeper, I realise that there seem to be some more subtle unnoticeable 'disconnections' too. And that by the time we notice their existence, they have slowly crept into the mind, crippling the brain's truest potential. Suppression seems to be one of it. Suppression seems to cause an internal conflict, as we watch the chatter of our minds. Shame, guilt, fear, anxiety, lack of self-confidence, seems to manifest from this suppression.

I realised, of all the suppressing emotions, fear and guilt has been most talked about. But I came to understand that beyond fear and guilt, shame was the one to look out for if one wishes to be liberated from suppression. I noted a quote which made a lot of sense:

Guilt says "I am sorry, I made a mistake", and that seem to have an avenue to be corrected, while Shame says "I am sorry, I AM a mistake".

Now, that is a serious trap. The bottom line is, we have to change ourselves in order for the mindset to change.

That moment, I realised that the underlying platform of all suppressions seem to be sexual suppression. Liberating it, we shall be liberated of shame, guilt, fear, anxiety and all. Why? Because, it somehow seems deep rooted, and easily ignored - as there seems to be no way out of sexual suppression until a practice or technology to sublimate it is found.

Urdhva Retas Yoga is said to be the most amazing gifts from the alchemists of South India known as "siddhas".

Urdhva Retas is a shakti path transmission initiation technique, where a Master is required to activate the nerve channel (nadi) responsible for the re-absorption of the excess reproductive fluids, (which is usually wasted, through leakages, etc.) into the body, into the blood circulation, into the cells to produce the finest cells in the body.

In the preview, we were informed that married or sexually active practitioners, who have mastered the art are known to experience full sexual life with increased pleasure, vigour, better health and a new awareness that deepens meaningful couple relationship. Along the lines of family planning, Urdhva Retas paves the way for couples to conceive and produce healthy children which culminate from its resulting conservation of "virya" (sexual potency). "Virya" contains the greatest potential energy reserve that is in every human being that can bring a new life to this world.

I also learned in the preview that women who practice often, would ultimately benefit from resolving female reproductive health issues such as menstrual irregularities, Pre Menstrual Tension (PMT), issues related to menopause, uterine fibroids, cysts and infertility.

It is said that the practice entails specific exercise for the reproductive organ which also tones the nerves that are related to the aging process. By toning these nerves that are in close proximity with the sexual organ, one directly tones the system that is responsible for anti-aging.

For me, the profound message was to be able to regulate the sexual impulses naturally, while restructuring the composition of the body, resulting to a healthier body and mind.

Being a practitioner, I have realised that the shame, anxiety, fear and lack of self-confidence are gradually withdrawing, paving the way for deeper understanding of these emotions. With a calmer mind, I am now able to intellectually analyse the anxiety or fear that surfaces, coming up with reasonable explanations. Some situation requires no justifications whatsoever, as the self-confidence has bloomed, knowing everything will fall in to place somehow. The suppression in general has begun to dissolve, resulting to innate talents to naturally surface, with confidence.

It showed when after a week of taking up singing lessons, being passionate about music, I somehow found the courage to ask the Sangeetham teacher if I could do a solo performance for the Yoga Graduation Day. Something that is completely remote to me before. I remembered, Sangeetham teacher, dear Ms Renuka remarking "I've never had a student like you before!" and I did take the stage on graduation day. And during our recent 7 days Yoga Camp for Teenagers organised by the Malaysian Yoga Society, I was requested to give a speech in front of an audience of 160 pupils. I pulled it off with less hesitation and hiccups. What a breakthrough it was for me!

I am rediscovering a New me, day by day.

It is astonishing what amazing things we are capable of doing when we understand that we can be free, completely free from the suppression, especially the sexual suppression that seems to contribute to shame, anxiety, fear, lack of self-confidence and guilt in big ways.

A joyful and blissful state seems to naturally engulf. The 'fabricated' positive mental attitude to hold fort is no longer required as life is beautiful as it is. Hence, more energy can be inducted into productive endeavours, living a fuller and much more complete life.

The heart is naturally opening to unconditional love without the fear of being divulged into lust or other un-candid activities that I was told as bad stuff as a child. Loving another being has become natural after the sublimation of these anxieties, but never with its residue of judgement. The many Yoga teachings and practices have come to show that we have the capacity to respect and love everyone and more importantly, the capacity to love unconditionally.

We are all aware that there is more than Urdhva Retas to all of this. To many, sexual suppression is the epitome of all suppression and that when that is transcended, we could live life moment to moment with joy, bliss and contentment.

Urdhva Retas has been a catalyst in transforming my limited perspective of sex as rape, shame and lust, to a wider spectrum called courtship, procreation, love making, to a heightening of human evolution, when these vital reproductive fluids could be conserved, contributing to a illumined mind.

One day, I decided to clean the old store room and realised that is an energy centre actually. Like a nuclear reactor, it seems to be the vital energy source, while its leakages cause the loss of Life gradually. And that was the story...

While I am witnessing all these changes, I am aware that it's all the gift from Nature and the higher Order when we are open, willing and honest in embracing change to evolve.

I thank everyone who has crossed my life, my family, all the teachers, guides, friends, loved ones, and dear Saandhi for the introduction. And a special thanks to dear Master for the initiation and teachings.

I hope everyone would benefit from Urdhva Retas and embrace a fuller happier Life.

Life is naturally Awesome, As It Is, when we are Free....

YM

URDHVA RETAS YOGA

(Enhancing Sexual Health & Anti Aging)

Benefits of the Urdhva Retas practice :

- Youthfulness & radiant countenance
- Increased energy & vitality
- Tones & strengthens the male/female reproductive system to reduce the risk of problems related to prostate, menses, menopause, sexual dysfunction/ phobias & weakness of the bowel system
- Cures premature ejaculation
- Gaining mastery over the sexual impulse
- More joyful physical relationships
- Improved fertility for conception & a natural way of contraception
- Sense of inner peace & balance
- Heightened mental capacity & memory
- Weight loss

My spouse and I are both practitioner of Urdhva Retas and we both found it to be one of the best techniques we have ever learnt. The most uncanny thing is that after a full night of intimacy, we are both still radiant with energy, not drained or pale and can have a productive day full of activity. Our relationship has deepened and become stronger since Urdhva Retas. There is no longer any feelings of craving or insecurity between us as a couple. At times we can even go for months without any physical intimacy and yet there is still closeness, sensitivity and love between us.

-Anonymous

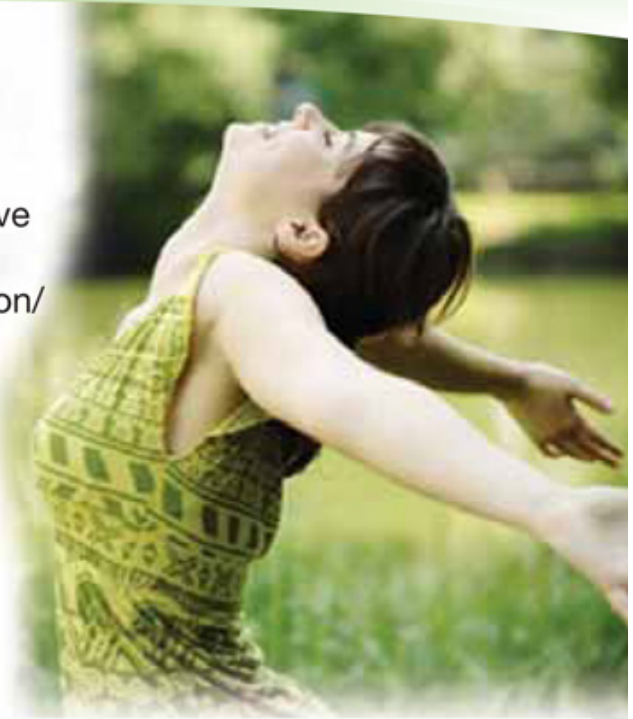
Before learning Urdhva Retas Yoga, I was suffering from chronic constipation for nearly 20 years. A week after learning and practicing the techniques, my problem completely disappeared and my bowel system is now in its natural rhythm! All this was so natural without any diet or herbs. I have full confidence in my wellbeing now even though my paternal family has a history of colon cancer.

-Nisha Chang

Years ago, I had a 5cm ovarian cyst removed in an operation.

Unfortunately 6 months later, another cyst of 3cm and some fibroids were detected again in my uterus causing me pain and I had to go on medication. After attending Urdhva Retas Yoga workshop, I consistently practiced the easy to follow techniques which took no more than 6 minutes. Soon the pain gradually lessened. I was cured of chronic constipation and my menses became regular. Recently, an internal ultra-sound scan results confirmed that the ovarian cyst and fibroids had disappeared! I am so amazed by the wonderful benefits of Urdhva Retas Yoga.

-Yuki Ng



Next Intake: Date: 31st March 2013 (Sun)

Time: 4pm – 6.30pm Venue: Bangsar

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Yogic Wisdom For Daily Living

Yoga Sutras of Patanjali

by Jamie Spatafore

II.13 *sati mule tadvipakah jati ayuh bhogah*

As long as the root of actions exists, it will give rise to birth, life span and experiences.

This sutra seems self-explanatory save for the phrase, root of actions. What does Patanjali mean by this? What is the root of action?

There are bodily actions taking place all of the time. A lot of the time we aren't even aware. These are involuntary actions such as breathing, heartbeat, eye blinking, etc. These are probably not the actions referred to by Patanjali above. How could they be? If they are involuntary then I have no control. If I have no control, then how is there ever a chance for me to be free from birth, experience, and death? If there is no chance, then why would I even read the Yoga Sutras to begin with?

No. There has to be another action of which Patanjali refers. Let us sit still in a comfortable position for a minute. Now if we can relax enough, we might be able to get to a point of being so comfortable that we don't feel like moving ever again. We could just sit here for eternity.

Now imagine we hear our child cry in the other room. Immediately that comfortable feeling has changed. We spring to our feet and go investigate.

Stop. Let's reverse ourselves a bit. If we are aware, we can pinpoint the exact moment that action started. Let's go through it step by step. Apologies if this sounds a bit clinical but it may just help us with some much needed clarity.

Our child made a sound using his/her vocal chords. Those soundwaves travelled into our ear and proceeded to create a signal that was relayed to our brain. Our mind interpreted that signal as crying. There are memories stored in our mind of the last time we heard crying. It wasn't good. That means something bad must be happening again.

Then comes the thought "I must go and see what the matter is". Our brain then relays a signal to the correct appendages to get up and go see what is happening.

Did you catch it? If the action in this sequence was getting up to go see what was happening, then what was the root of that action? Was it when we said to ourselves "I must go"? It was only after that thought that the body got up and went.

Interesting... a million and one things were happening in all of the different sensory centres in the body but until the "I must go" thought was created, we were still.

Perhaps that is the root of all actions? The "I" thought. I need to go to the store. I need to make some money. I need to eat. I need to sleep. I, I, I.

Now here is where we have to be careful and if you know me, you know I will not share something without absolute clarification. No verse in the Yoga Sutras says that action is bad. Action is action. It only says that the root of action needs to be uprooted. The root of action is the "I". In other words, the identification with this body and mind which are the agents of action is the problem.

So what do we do now? We have to stop this constant identification with the body and mind. Let them be. Don't take them seriously. You can polish them and make them shine through any of hundreds of practices but they will still be irregular at best. That is their nature. Instead, we have to see that as the basis of all mental and bodily activity there is a deeper "I". There is an "I" that is immortal. This "I" is the same in all. This "I" is the unknowable, unlimited soul.

If we can start action from that point of reference and not the small and limited "I", then we can do anything in the Universe. Peace. **YM**

A

t Your Fingertips: Secrets of Naarikela Taila (Virgin Coconut Oil) *by Lee Yan*



It is also one of the commonly used oil for Ayurveda massage especially for the head. When specially prepared herbs infused coconut oil is used to

Tips on DIY hair care: Purchase high quality virgin coconut oil and a small glass bottle. Pour over 4 tablespoons of oil into the empty bottle and warm it up by placing it in a cup of warm water. Clean your hand and nails. Proceed to use your finger tips to gently massage the warm oil to the base of the hair/scalp making sure all areas are covered. Leave for about 20 to 30 minutes for the oil to penetrate into the scalp and shaft of the hair. Wash off with natural hair cleanser such as Anasha hair cleanser from NSR centre to avoid harsh chemical shampoo from damaging the hair treatment.

In recent years, many researches had been carried out on the benefits of coconut oil. This oil has become more popular and many are paying more attention to this miracle oil. What has been a secret traditional practice in the East has quickly been adopted by millions in the Western countries. The benefits of coconut oil range from weight loss, skin care, lowering of cholesterol and so on. It is used in cooking, applied on skin for soft and beautiful skin and applied on hair for healthy and black hair.

Wonderful hair care oil

Coconut oil is used since thousands of years ago and many have also made their own coconut oil at home. One of my students used to tell me "Oh, my grandma used to do that at home and she will have the whole group of ladies in the kitchen to help her and I will sit and watch. When she does it, she will add in many ingredients such as herbs and so on." She also goes on to describe about her grandma's hair; the long, black and lustrous hair she has all her life. Many know coconut oil is famous for hair care as it helps to promote healthy, black and lustrous hair.



Protector of our skin

The skin is our body's largest organ and also an important beauty defining element. By protecting our skin naturally without using chemicals is vital for our beauty. By improving the quality of our skin, we often look more youthful and vibrant.

Coconut oil when used as skin lotion or as massage oil has a profound effect on all the tissues of the body. It helps the skin tissue fibre to hold everything together. When the connective tissues are healthy, it provides skin with strength and elasticity while reducing wrinkles, pigmentation and ageing of skin. We can achieve a fair skin tone when the skin is tight in proportion.

The other benefit of this oil is that it helps to prevent free-radical formations. This can help prevent the skin from aging and developing wrinkles. Free-radical reactions happen in the body constantly and they are unavoidable results of living and breathing. However, some will have more free radical damages than others. Coconut oil has high contents of anti-oxidants and helps to protect the skin from damage and promotes healing. It gives skin the youthful, healthy and radiant look.



The nutrients of the oil are also beneficial for those who have skin complaints and accelerating wound healing by applying a thin layer on cuts and wound areas.

In Ayurveda, this process of restoring the complexion and glow of the skin is known as Varnya.

For more information on tips and direction on usage, please contact us at NSR Centre 03-77241072 or visit nsrcentre.com.

2D/1N Transformational Slimming Retreat

2nd & 3rd March 2013

Experience the path to your fitter body
Guided by Lee Yan, NSR Centre's Natural Slimming Coach

Escape the busy city life and unleash a powerful transformational force within you.

Join this retreat and absorb the wonders of nature while kick-starting your journey of natural slimming



For more information, please visit our website at www.nsrcentre.com or contact us at 03-7724-1072



Yoga Therapy: Anxiety

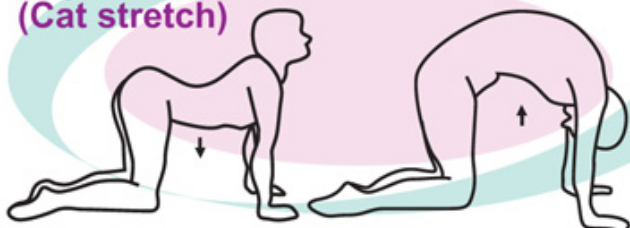
by Surya Tay

Anxiety is a natural and useful response that mobilises one to anticipate and meet danger, distress, or future problems. But too much anxiety becomes a hindrance, while chronic anxiety spreads tension and apprehension to all aspects of life. In this state, the mind becomes overactive, making one restless and unable to concentrate. When the autonomic nervous system becomes over stimulated, anxiety leads to symptoms such as sweating, trembling, dry mouth and many others. It can create excessive energy which manifests to talking too much or crying for no reason.

Daily yoga sessions will help to overcome excessive anxiety and continued long term practice prevents relapse.

If there is restlessness before a session, spend the excess energy by performing Surya Namaskar sequence and other dynamic asanas:

**Majariasana
(Cat stretch)**



**Forward
-backward
bending**



Side stretching



**Kati Chakrasana
(Waist rotation)**

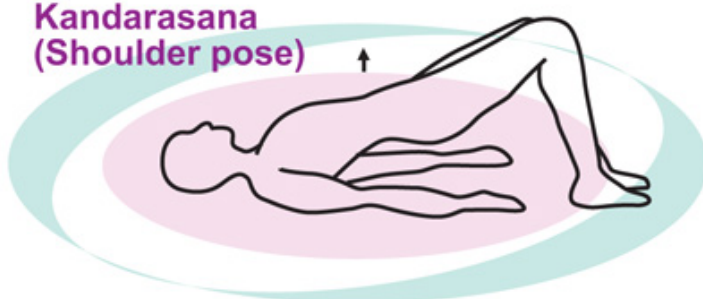


Static asanas can be performed once the excessive nervous energy has subsided:

**Shalabasana
(Locust)**



**Kandarasana
(Shoulder pose)**



**Restorative version of
Supta Vajrasana
(Thunderbolt pose)**



After asanas conclude with a deep relaxation, Yoga Nidra.

Breathing techniques that soothes and balance the mind include Nadi Shodhana (alternate nostril breathing) and Seetkari (cooling breath).

Ayurveda

Massage Therapist Course



In Ayurveda, health is a state of spiritual and physical attainment. It is a medical metaphysical healing life-science – the mother of all healing arts. The practice of Ayurveda is designed to promote human happiness, health and creative growth. It is the science of daily living and this system of knowledge evolved from the sage's illumination which was rooted in their understanding of the creation. Ayurveda helps the healthy person to maintain health and the diseased person to regain health.

In the Ayurveda Massage Therapist Course, you will learn:

- Abhyanga (Full Body Youthful Ayurvedic Massage)
- Padhabhyanga (Ayurvedic Foot Massage)
- Shirodhara (Ayurvedic Head Oil Dripping Therapy)
- Ellakizhi (Ayurvedic Bolus Rejuvenation)
- Udvartanam (Ayurvedic – Slimming)
- Vasti (Ayurvedic Massage & Treatment for Knee, Neck & Lower Back)
- Ayurvedic Beauty (Ayurvedic Facial Beauty & Rejuvenation Massage)

Commencement date: 5th April 2013
Time: 7pm - 9.30pm Venue: Bangsar

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Eco's Echoes: Permaculture

by Eats, Shoots & Roots

Permaculture is a holistic design science rooted in observing the way nature works and applying the same patterns and principles in designing sustainable, resilient, human habitats.

An art of working with nature rather than against it, permaculture provides a framework for cultivating land, plants, people, animals & places by fostering mutually beneficial relationships that last for future generations.

One of the 12 permaculture principles is to "Produce No Waste", and Garbage Enzymes are a great way to turn unwanted fruit and vegetable peelings from the kitchen into a useful liquid that can be used for cleaning around the house, natural pesticide, as well as a form of organic fertilizer.



ingredients

BLACK / BROWN SUGAR
FRUIT PEELINGS (CHOPPED)
VEGETABLE PEELINGS (CHOPPED)
AIR-TIGHT PLASTIC JAR
WATER

USES

- Household cleaning: Removes odours, grime in kitchen + toilet
- Organic fertilizer
- Natural pesticide

MIX	
ENZYMES + WATER	
1td	200ml
1td	1000ml
1td	100ml

EATS, SHOOTS & ROOTS

Get going and get growing! Find out more about our 14-day Permaculture Design Course, happening from March - May 2013.
www.eatshootsandroots.org

method

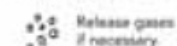


3 MONTH #1



Once a day, release gases formed. Close back tightly.

4 MONTH #2 + MONTH #3



Release gases if necessary.



A white layer might form. No worries, it's just part of the process.



If maggots appear, add a handful of sugar, mix and close tightly. They will automatically disappear overnight.

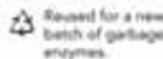
FINISHING

After Month #3, filter the residue with sieve.

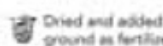


Ta-da! Garbage enzymes.

Residue then can be:



Reused for a new batch of garbage enzymes.



Dried and added to ground as fertilizer.

Inner Insights:

Kriya: The Beginning of My Journey

by Kaladevi Ramasamy

I arrived at KLIA after a 3-week business trip, and was pleased to be greeted by my hubby with a bouquet of roses and chocolates. Just as I finished thanking him and revelled in the moment, I heard him say, "I have got good news for you, guess what?" and he continued without waiting for my response, "It's ok, I will just tell you, I have enrolled you for a Kriya Yoga course and it starts this weekend."

All said in a single breath and he walked away with my luggage. Hmm! Wonder if the chocolates and flowers were to welcome me or to sweeten the news that he had enrolled me for yoga.

On a serious note, I had actually been thinking about work-life balance throughout my 3 weeks away from home but didn't get to make any definitive plans. I had been reluctant to join yoga classes in the past due to work commitments. Little did I realise that the Kriya Yoga course I was about to attend would be one of the milestones in my life.

Kriya Yoga, which forms the basis of Self Mastery, is a unique yoga devised by yogis thousands of years ago to bring in total and complete harmonisation of physical, mental and higher energies in us. We talk about centeredness, we contemplate self-realisation and we write about enlightenment, but it can't solely come from theory. It has to come from real change, through real, tangible processes and experiences."
Master Manisekaran

I attended the Kriya Yoga course taught by Master Manisekaran. The first couple of weeks was mentally challenging as I literally dragged myself to class. The idea of hanging out with friends or shopping or wanting to stay home to finish up work was overwhelming versus spending 2.5-hours every Saturday afternoon attending classes. But I am truly glad that I had attended every single Kriya Yoga class for 20 weeks (with a little nudge from my hubby).

The benefits of Kriya Yoga were apparent within just a couple of weeks of attending the classes. Thereafter, I was just eager to attend the classes week after week with the passion of wanting to learn a whole lot more, as Master Mani led us closer towards the light at the end of the tunnel.

The past 5 months were an awe-inspiring journey.



Kaladevi with her husband

I kept a journal and it truly helped to reflect on where I was before embarking on this amazing journey, mentally, physically and emotionally, to where this whole inspiring process had taken me and will continue to take me.

I was aware of continuous positive changes within me; from my thought processes, to how I react to situations, managing challenges with ease, my improved tolerance and patience, being able to manage a better work-life balance and lots more. It was a continuous enriching experience, a journey of discovering my true-self, and in the process, enjoying the beauty of life.

With this practice I had also learned to appreciate the fact that I have no control of the actions, decisions or thoughts of others around me. But most importantly I have complete control of my thoughts, my actions and how I react to situations. This awareness alone brought immense peace within me.

As part of the course, we were also taught hatha yoga, relaxation techniques, breathing techniques and lots more. After completing the course, I decided to continue attending the weekly classes conducted by Master Mani as there was always something new to learn each week. In addition to the weekly classes, I have started to practise Kriya Yoga daily at home.

If there is one gift you would like to give yourself, that would be rewarding yourself by learning Kriya Yoga. It's an absolutely amazing life-changing experience that will allow you to continue to evolve towards the higher goodness.

My journey to live life has just begun and I am planning to enjoy every moment of it. **YM**

Inner Insights:

I Love Yoga *by Gayathiri Jhagarajan*

I started learning yoga at Malaysian Yoga Society (MYS) when I was 9 years old. That was a good 10 years ago – I am 19 now. Through the years of yoga lessons, I've developed the habit of practicing yoga regularly, which has helped me in tremendous ways. Generally speaking, it has helped to improve my physical, mental and emotional health. I've also learnt and developed the love to eat healthy foods and make healthy lifestyle choices. I also noticed some weight loss and the maintenance of my weight at a healthy level.

It's really enjoyable practicing yoga and I love the benefits I reaped along the way. My body became more flexible yet stable and strong, and my mind is more centred. As a result of these qualities, I have become more disciplined in my studies and other duties. The Yama and Niyama lessons which were taught to us in the yoga classes have helped me in my social development. I've grown to become a more cooperative and responsible individual with good leadership qualities. Whenever I am given a task, I am able to complete it correctly and within the given time frame.

Practicing yoga regularly keeps my mind alert and focused, particularly in my studies in school. Pranayama (breathing techniques) is especially helpful in this aspect. The level of concentration that is obtained is beyond words. I am always motivated to do my level best in major examinations. After successfully sitting for SPM, I joined the Health Care Course at YWCA Vocational Training Opportunity Centre (VTOC). The subjects were much more difficult than those in secondary school, but I could manage due to my ability to pay attention effortlessly during classes. I am proud to announce that the outcome of my performance was good and I am one of the top students in class.

Yoga has also helped me to manage my emotions. At times when I feel irritated, stressed or angry, I am able to stop myself from being carried away by the negative emotions by taking deep breaths in and out. I discovered that there is, after all, a calmer and kinder personality within me. Through this I am able to solve many problems smoothly. During practical training sessions at nursing homes, I found this to be particularly helpful when dealing with patients who display different characteristics and behaviours.



Gayathiri (2nd from left) with her yoga teacher, Surya (far left) and fellow yoga mates.

Through the understanding of Ahimsa (non-violence) taught in the Yamas of yoga, I have developed a character that is soft, kind and calm, yet at the same time, firm.

After becoming a certified International Yoga Instructor under the MYS scholarship programme 4 years ago, I began contributing back to society through community service by conducting yoga lessons for a group of primary school children at B2 Youth Group Learning Centre in Desa Mentari. Last year, I spent time to train and motivate these children to participate in the Malaysian International Yoga Competition. This experience has built my confidence. During my year of training at VTOC, I also conducted weekly yoga sessions voluntarily for my classmates. I feel gratitude towards the various MYS yoga teachers who have guided me and I will continue my yoga journey for the rest of my life. **YM**

Inner Insights: New Year's Resolution

by NSR newbie

The clock on my living room wall shows 8pm. It's Friday night and the only companion I have is my faithful TV. I'm at home as usual, watching dramas, snacking on chips and cookies while thinking about the fun my colleagues would be having at our company's annual dinner. Deep down I want to be a part of the fun too, but I feel alienated from outings and functions because I'm conscious of being different from the others. I've learnt to accept and live with the fact that I'm bigger than most girls, so slowly I shy away from socialising and find comfort in food. I can hardly remember the last time I went out for dates, dinner with friends, outings, events or parties. Either I can't find anything to wear or end up being worried about coping with the activities or attracting unwanted attention.

These anxieties always pull me back from doing the things I want to do.

Year after year I vow to lose weight. I remember the countless attempts of trying to get rid of the excessive weight off my body. I've tried running for what seems like a million miles on the treadmill, cycling my legs off at the gym and also going for hard-core aerobics. But when the needles on the scales don't budge even a bit, it just totally destroys my willpower to continue with the torturing exercises. I have also tried going on various types of diets like cutting out on carbs to all-fruits and vegetable diets. But when I feel my legs turning to jelly, I'm almost at the verge of blacking out. At the end of the day, the urge to indulge in my favourite food just gets greater. And in no time, I'm back into my comfort eating habits. Every time I try to diet, the urge just gets stronger. I think to myself, "I've tried, but it's just not possible".

Every year, the resolution remains a resolution. It's almost end of the year again, so what will my 2013 resolution be?

I awake to loud screams of children playing at the playground opposite my apartment. I didn't realise I had fallen asleep while feeling miserable. The sun is shining into my room. It's almost 11 o'clock. Even without doing anything, I feel so lethargic. If it is not for my grandma who needs help with grocery shopping, I'd rather stay at home and be a weekend couch potato. Reluctantly, I change into my baggy shorts and t-shirt and drag myself out of the door.

The weather outside doesn't match my gloomy mood. I try to ignore all the merriness and joyfulness of the festive season which is approaching. All I want is to quickly get the chores done, go back to the apartment and stay there. As I make my way to the store, something suddenly catches my eye – the picture of a vibrant looking lady on a pink poster that says 'A unique slimming programme designed just for ladies'. There is something different about this poster and about the slimming programme. I continue to scan the details on the poster and notice that it mentions natural, non-invasive yet simple and easy techniques to achieve a slim body. Simple and easy? How is that possible? I quickly jot down the address at the bottom of the poster and continue with my chores, while making a mental reminder to get back to it later.

Later in the evening, I find myself making my way to the address on the poster. I stand at the bottom of the flight of stairs, hesitating. Hundreds of questions go through my mind.

Is it just another torturous slimming programme? Will I be the odd one out? How is this different from other slimming centres? Will I be persuaded to sign up packages that cost a bomb? Will I be able to afford it? What is if it is just another unsuccessful attempt? Then I think to myself, "Maybe I'll just take a peak. No harm in doing that." So I slowly climb up the stairs with great anticipation. At the other side of the glass door is a nice and tidy space somewhat different from the other centres I've been to. Before I could change my mind about entering the centre, I'm greeted by a petite lady with a warm, welcoming smile. She introduces herself as Lee Yan, while ushering me to take a seat. As I step into the centre, I'm encompassed by a soothing and peaceful feeling. I start to relax a little and slowly warm up to this friendly lady. I tell her about my concerns and the experiences, or should I say failures, which I have gone through, and she seems to fully understand my predicament. I'm given a very detailed explanation of what the centre does and the types of programmes that are suitable for me. To my surprise, there is no mention about strenuous exercises, strict diets or taking of pills at all. Everything is natural! And not only do the programmes enable me to lose weight, they can also help me to overcome my comfort eating problems.

After about an hour's chat with Lee Yan, I leave the centre with a light heart. My mood changes to be cheerful and bright like the sun that shines on my face. I already feel lighter knowing that there is still hope for me to do something about my weight. Lee Yan has enlightened me with a very different approach to lose weight, without any aggression or consistent persuasion to sign up for any of the programmes that were offered.

I'm definitely going back to take on my new challenge for the coming year.

One morning a few days later, I go back to NSR. It takes me a while to make my way there. There's still a little voice in my head that keeps repeating, "You won't be able to do it. You're going to make a fool out of yourself again". With great determination, I shut that voice out and make my way out of the door.

There are a few other ladies in the room, getting ready for the first session. They are very friendly and I get to know that every person there has different body and health issues. But one thing for sure, we are all there for the same purpose – to achieve a healthy body weight. I feel totally at ease being in the class and don't feel conscious that the others would be judging me. Throughout the session, I manage with most of the movements as they are relatively simple, and the instructions are easy to understand. I become more and more confident of myself as I start to cope with the class. That's the best decision I have ever made.

I can now confidently tell others about my New Year's resolution to lose weight. I'm sure 2013 will be a year towards a brand new me, with the help of the NSR centre, and I'm looking forward to continuing my transformation journey at NSR. I have a very good hunch that my New Year's resolution will finally materialise. **YM**



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The New Year is here! To many this is the time to reboot the system, recharge the battery and strive ahead into another brand new year. A brand new year means brand new resolutions and goals. People who succeed are the people with goals. And this applies to kids as well regardless of their age. Kids and teens who have goals will always do better than those with no plans at all. Teaching kids and teens goal setting is important. It gives them the sense of direction and serves as a validation of their abilities.

Kid's goals are obviously different from an adult's. Their goals may change as they are exposed to more enriching experiences and as they discover more of their innate abilities.

For younger children, setting short term goals where immediate results can be seen are more important than setting long term goals that take years to achieve. Positive reinforcements from those guiding them play a huge role in motivating young children to strive ahead and to set more goals for themselves. Goal setting can help kids in skills development. As they plan and execute their plans, it gives them opportunities to use their pre-acquired skills to support their plans. The processes of goal setting also serve as a tool for them to match their 'dreams' with reality. We can encourage goal setting for kids by:

Taking interest in their daily activities

Take interest in their school assignments, activities, and have discussions with them about what they did and learned in school. Kids feel happy when we show genuine interest in their work without being judgemental.

Communicate and help them set a goal

A child's goal, however small it may sound to us, is never too small for the child. Lending an ear is always appreciated when a child has a plan to share. Take time to find out what they would like to achieve and understand why the goal is important to them. Praise them for taking initiatives in setting a goal!

Brainstorm about the activities

The brainstorming session is essential as it acts as a way for us to ensure that the child is on the right path. Additionally it also serves as a bonding session between parents and their children. Take caution not to impose or force your ideas on your child as this may create an adverse effect! The child may end up feeling that they are being controlled.

Follow up

Monitor your child's action and progress from time to time. Your child may forget about the goal setting activities. Follow up regularly to instil an understanding in them that they need to take action in order to achieve their goals (yet being careful not to be a nag!). If the child encounters obstacles, brainstorm for ways to overcome these obstacles.

Praise

Praise your child for all effort and initiatives. Give your child positive feedback as an encouragement to continue working on goal setting.



Virabhadrasana (Warrior Pose):

Method:

1. Stand with feet about 3 feet apart. Raise your arms to shoulder level, and stretch them out parallel to the floor. Palms facing down.
2. With your head facing towards the right, rotate the right foot so its toes are pointed to the right.
3. Exhale and bend the right knee so that it is aligned over the right ankle. Keep the left leg straight with the left heel pressing firmly into the floor. Keep the body upright. Breathe regularly while holding this position for 5 counts
4. Inhale to come up and repeat on the other side.

Benefits:

- Increases stamina
- Strengthens and stretches the legs and ankles
- Builds concentration



Akarna Dhanurasana (Bow and Arrow Pose)

Method:

1. Stand with feet about 3 feet apart.
 2. With face turned to the right side, rotate the right foot out so its toes are pointed to the right.
 3. Clench the right fist and raise the arm in front of the body so that it is over the right foot. Clench the left fist and bring it slightly behind the right fist.
 4. Inhale and slowly pull the left fist back to the left ear, tensing both arms as if drawing the bow. Feel a stretch across your chest and in your armpit.
 5. Gaze at the tip of the right thumb (or beyond at an imaginary target).
 6. Exhale and release the imaginary arrow and bring the left fist forward to the right fist.
 7. Repeat on the other side.
- Optional: Create a target board with your child's goal written on it. Aim and 'release' the arrow at the goal target.

Benefits:

- Develops the quality of courage in the face of challenge
- Strengthens and balances the nervous system
- Builds steadiness and improves concentration and mental focus
- Good for toning leg muscles and strengthening the shoulders
- Helpful for people with bad posture, cervical spondylitis, writer's cramp and shoulder or arm stiffness



SYK classes include: Yoga Kids Class, Teens Yoga Class, Family Yoga Class and Pregnancy Yoga Class. For more information about Super Yoga Kids, log on to www.superyogakids.com or find us at Facebook (SYK Superyogakids)

Chef Yogi's Food Notes!

Healthy Honey Grains Bar



Ingredients A:

- 4 tablespoon honey
- 4 tablespoon molasses
- 1 teaspoon cinnamon powder (optional)
- 300 gm butter

Ingredients B:

- 100 gm chopped dried apricot
- 100 gm chopped raisins
- 50 gm sunflower seeds
- 50 gm chopped almond
- 150 gm cornflakes
- 100 gm oats

Methods:

1. Melt ingredients A in a sauce pan and stir in ingredients B. Mix well.
2. Pour mixture into a lightly greased and lined square baking tray. Flatten the mixture firmly.
3. Preheat oven. Bake at 160°C for 45 minutes or until golden brown. Remove from oven and let cool for 20 minutes before cutting into bars.
4. Let cool completely before keeping in airtight container.

Benefits of raisins:

- When ingested, raisins swell as the fiber present in them in dried form absorbs water. This helps giving relief in constipation.
- Raisins are cholesterol free and are known to have anti-cholesterol compounds that help combat the bad cholesterol in the body.
- Raisins contain high amounts of boron that is an essential mineral for a well-functioning brain. Boron improves concentration, hand-eye co-ordination and enhances memory.
- Raisins contain a significant amount of calcium, and may help keep the bones strong and deflect bone disease and osteoporosis.

SCHEDULE OF COURSES: FEB – APR 2013

FEBRUARY

02/02/2013	BFS	Precision & Alignment: Level 1 Practitioner Workshop 1
09/02/2013	BFS	Precision & Alignment: Level 1 Practitioner Workshop 2
16/02/2013	BFS	Precision & Alignment: Level 1 Practitioner Workshop 3
23/02/2013	BSR	Chinese New Year Fun!
23/02/2013	BFS	Precision & Alignment: Level 1 Practitioner Workshop 4

MARCH

03/03/2013	BSR	International Yoga Instructor Foundation Course
03/03/2013	BSR	International Yoga Instructor Course - Advance
03/03/2013	BSR	MAYI Yoga Academy Open Day
04/03/2013	BSR	International Yoga Instructor Foundation Course
10/03/2013	Kuala Selangor	Fun Day Out - Firefly Watch
17/03/2013	DU	MAYI Yoga Academy Open Day
24/03/2013	BSR	Introduction to Chakras: The Wheels of Life
25/03/2013	DU	International Yoga Instructor Foundation Course
31/03/2013	BSR	Manipuraka Workshop
31/03/2013	BSR	Urdhva Retas Workshop

APRIL

01/04/2013	DU	International Yoga Instructor Foundation Course
05/04/2013	BSR	Ayurveda Massage Therapist Course
06/04/2013	BSR	Manipuraka Practice Session
07/04/2013	BSR	Partner Yoga Instructor Course
07/04/2013	BSR	Super Yoga Kids Instructor Course
07/04/2013	DU	International Yoga Instructor Foundation Course
14/04/2013	BSR	Partner with Precision: Movements with Awareness
15/04/2013	DU	International Yoga Instructor Course - Intermediate
19/04/2013	DU	International Yoga Instructor Foundation Course
28/04/2013	BSR	Help Others! Manage the Emotion of Anger



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Throughout attending the IYIC, my perception of yoga changes by the day. For me now, yoga is a body-mind science. It has helped me manage my emotions, deepened my self-understanding, enhanced my leadership skills, and guided me to a more disciplined lifestyle!

-Neha Koh

Next intakes:	Bangsar	D'sara Uptown
Weekend classes	3rd March 2013	7th April 2013
Weekday classes	4th March 2013	1st April 2013

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