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Jan - Mar 2017 ISSUE

Yoga: A Power to be Reckoned With

Being a Good Yoga Instructor

Becoming a Yoga Therapist



Message from
Master Mani:
Yoga Certification



M

essage from Master Mani Yoga Certification

The world over yoga certification seems to be an issue that is both controversial as well as obscure.

Many are confused as this is the newest part of this ancient science of wellbeing. Yogis were unconcerned about recognitions and acknowledgements as their path was towards liberation.

Today, we still have that attitude and we continue to walk in those footsteps. However, there is another part of yoga which concentrates on the asanas (postures) and many individuals want to be taught properly, so it is logical to want legitimate learning, which culminates in genuine recognised certs.

The best way to do this is for the established old Hatha Yoga schools to work together with the education bodies of the countries where they are in.

This will ensure the best of the ancient and new world working together to bring the science of health and enlightenment to one and all. **YM**



*Master
Manisekaran*



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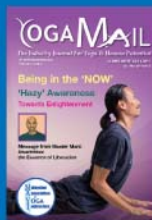
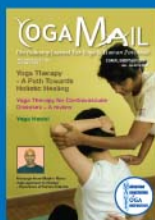
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everything in between. And it serves all of those purposes because these are universal teachings."

After all these years, one thing I know for sure; an inspiring teacher should lead the way in this beautiful practice. The beauty of Yoga is in the harmony between the student and teacher, and the intuitive passing of intrinsic yogic knowledge from one to the other. **YM**

"I started experimenting with Yoga about 13 years ago in my home country, Singapore. I call it my Yoga Fad days. Being in a creative industry, everyone I know attended some kind of Yoga class after office hours. Dressed in our Yoga bests; sports bra and tiniest of tights, we were ready to Namaste our way through the next hour. I still remember vividly that particular class was called Power Yoga. It was held at one of Singapore's most prestigious gyms at that time. Every move was choreographed and synchronised. For each asana, we were told to push ourselves harder, to be as pretzelly as we could, never mind if it hurt. What mattered most was to contort ourselves to the max. That class surely did not last long.

Few months later, I stumbled upon a more down-to-earth approach to Yoga, in the heart of Little India, Singapore. That was my turning point in Yoga. Three words to describe that experience: humble, kind, purposeful. I dwelled in that Yoga class for the next couple of years, before relocating, first to South Korea then to Norway. In these two countries, I carried on with my own Yoga practice in the comfort of my own home — the humble, kind, purposeful one.

Fast forward 7 years and 2 kids later, we relocated to Kuala Lumpur. A friend told me about MAYI. I checked out the website and really liked what I saw. I signed up for Super Yoga Kids Instructor Course (SYKIC) in the hope of implementing what I was going to learn on my two young boys. However, after completing SYKIC, I yearned for more — an in-depth understanding of Yoga in general. Then I quickly signed up for the International Yoga Instructor Course (IYIC). At first, the foundation level then immediately after that the intermediate one.

MAYI gives me a different view of what Yoga is, in its truest essence. What truly gets me is the opportunity to learn more about myself in depth, my potentials and capacity to be healthy and happy. Also, being a Yoga practitioner is not about contorting myself into unimaginable forms or about having the tiniest of waist or the 'tone'st of arms. It's simply about being inwardly happy and contented, about being free of any ailments or pains and best of all about being true to myself.

Now a Yoga Instructor, I impart valuable lessons I have collected and collated from my learning stint at MAYI. I'm very proud and extremely elated to know I have helped make a difference to some lives and helped some people amend their lifestyles.

Yoga in its basic form — simply Yoga — in the most honest sense, I am sure, will be sought after wherever I may go after Malaysia.

I will continue sharing."

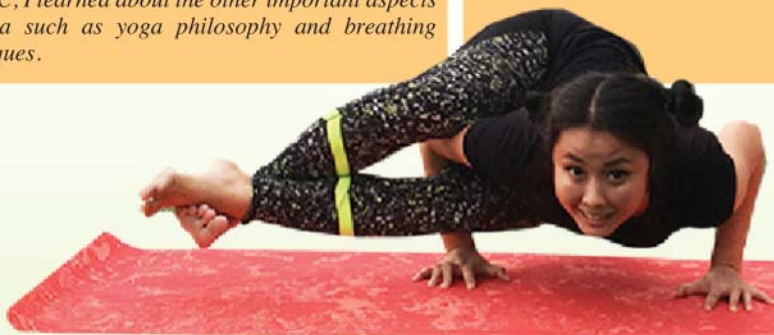
*- Zu Anjalika Kamis Gunnulfsen,
Singapore*



"There are many styles of yoga taught in Thailand – Hatha, Ashtanga, Vinyasa, Iyengar, and also Bikram. Most practitioners choose a style based on their needs. As for me, the true essence of yoga encompasses the physical, mental, and spiritual practices which form an important foundation for the understanding and awareness of the self. I started off with minimal knowledge of yoga. Like most people, I was only introduced to yoga asana. But upon attending the IYIC, I learned about the other important aspects of yoga such as yoga philosophy and breathing techniques."

I have developed a better sense of awareness, and coordination of breath and movement. IYIC has helped me to broaden my understanding of yoga and ignited my inspiration to learn and, in turn, share it with others. I'm happy that by being a certified yoga instructor, I'm able to earn a living while keeping myself healthy."

- Pawina Lee, Thailand



"IYIC is more than just learning to teach yoga. This course takes you through a deeper journey into yoga – understanding the principles of yoga, learning the right techniques to yoga poses, and experiencing its influences on the body and mind. Throughout the course, I have personally experienced and witnessed the way various yogic practices have positively influenced the holistic development of people of all ages."

IYIC helps aspiring instructors learn how to safely practise yoga despite having any health conditions. What I specifically like about IYIC is that it is a multi-level course which transitions smoothly from beginner to advanced level. The structured learning with proper syllabus and practical coaching sessions reinforces the learning process and has increased my confidence in conducting yoga sessions."

I am from India, the country in which yoga originated. I was surprised to find MAYI in Malaysia well connected to traditional yoga. The way yoga is taught here is the same as how it is taught back home. IYIC helps aspiring yoga instructors to imbibe the same spirit without losing the traditional values

while addressing the uniqueness and levels of individual students and groups."

IYIC has helped me build a solid foundation; it has been a good journey so far and I am certain that I can make a difference in my life as well as in others by practising yoga where ever I go."

Namaskar."

- Priti Singhavi, India



"I was born in Savannah, Georgia, USA, but I was raised in a small town south of Houston, Texas. I always feel the need to answer the 'where are you from' question in that exact manner; I suppose I've never considered myself to be a true Texan, even though I was raised with Sunday school, pickup trucks, horses, rodeo, and BBQ's.

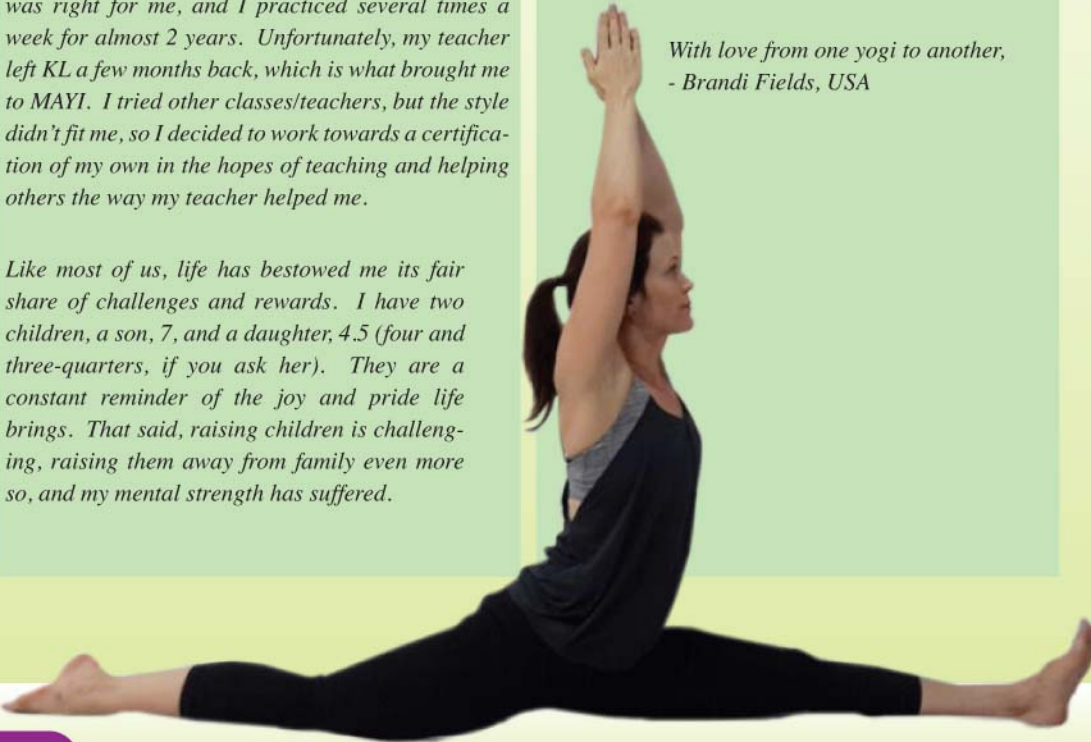
I was first introduced to yoga in my early twenties. I was going through a difficult period, and my parents thought yoga would help. Although I had been active most of my adult life (long-distance running and crew while at university), my emotional state was weak and broken. I don't remember much of my experience back then as it was almost 15 years ago, but I do remember the peacefulness in it. And the happy baby pose.

Fast-forward to today, and I've been practicing yoga for several years now. I experimented with a few teachers and practices before finding the one that was right for me, and I practiced several times a week for almost 2 years. Unfortunately, my teacher left KL a few months back, which is what brought me to MAYI. I tried other classes/teachers, but the style didn't fit me, so I decided to work towards a certification of my own in the hopes of teaching and helping others the way my teacher helped me.

Like most of us, life has bestowed me its fair share of challenges and rewards. I have two children, a son, 7, and a daughter, 4.5 (four and three-quarters, if you ask her). They are a constant reminder of the joy and pride life brings. That said, raising children is challenging, raising them away from family even more so, and my mental strength has suffered.

Prior to attending the IYIC course, I thought of yoga in terms of asanas, which I enjoy. I like feeling my body move into position, and I enjoy feeling my muscles toning and strengthening. What I did not realize, which was a shock to me, was that the asanas make up only a part of yoga, perhaps even a small part; the rest is devoted to strengthening your mind to achieve self-realization. I can honestly say that this terrifies me! Like some of you, I tend to tuck heartbreak and sadness away, never truly moving on, which is what I have done for several years now. I was very sad to lose my teacher those months ago, and I realize, only now, that my sadness was a reflection of my own reluctance to address all that holds me back from achieving my full potential. When you are a student, you can allow someone else to carry you, which is what I did. Now it's time to carry myself, and I am ready. It's uncomfortable, absolutely, and I'm only at the beginning - but I am ready. This is what the IYIC has taught me, and I couldn't be more grateful."

With love from one yogi to another,
- Brandi Fields, USA



"Yoga is commonly offered in some small centres in the city where I lived. Although I knew that yoga is good for well-being, I felt that it was too slow to perform and boring. Obviously, I didn't understand it very well until the day I started practising it. My very first contact with yoga was around 2011 or 12 after having recently moved to Malaysia. At that time, both my knees were injured and I had issues with my lower back, so yoga seemed to be the suitable practice to help manage the pain and to enhance my strength and flexibility.

That first contact turned out to be an awakening to myself, and I'll be forever grateful for that moment. Although deep down I knew that the practices of

yoga can help me to improve in a holistic way, I had to put a momentary halt to the yoga practices due to work and other issues.

Years had passed and I felt my body and mind becoming weaker. So, I determined it was the time to resume my practices and I contacted MAYI to find out more about the International Yoga Instructor Course. In the beginning, I expected only to strengthen my body and to perform the asanas correctly to avoid further injuries but yoga has proven to be more than that. Through the course, I realised that my main problem wasn't in my body and health conditions but in my mind, thoughts and actions towards myself and others. Studying yoga philosophy and putting the various practices into motion helped me to clarify and change that scenario. Meeting Master Mani and seeing the kind humble smile and his valuable sharing evoked the passion that I once had and reaffirm that I could do more for myself and for others as well. Everything was a challenge at first and it still is. But with this affirmation, every day is also a victory and I'm eternally glad for this.

I thank Master Navanesan for introducing me to MAYI, Master Mani and senior instructors for the patience and brilliant guidance, as well as to the classmates for the support all this long. Observing

their simplicity and passion towards the practice awakened that internal call and now I'm more confident to keep on studying and spreading yoga knowledge wherever I go."

- Thayza Lopes, Brazil



Being a Good Yoga Instructor

by Dr Chandra Nanthakumar

Going down memory lane, I recall attending yoga classes conducted by trained instructors at Fitness Centres. Wanting to find the best teacher, I attended an array of classes from Hatha Yoga to Vinyasa and even braved myself to the Ashtanga classes as well. With a preconceived notion that yoga instructors were gentle, kind and demure in their mannerism, I was quite taken aback to find that while some instructors were amiable and attentive, a handful were draconian in their instruction. Irrespective of the discomfort or pain the student had to endure, the asanas (posture) had to be performed to near perfection.

I can still reminisce an incident when the instructor exerted unbearable pressure on my inner thigh by placing her large foot on it as I was doing the lying-down cobbler pose. The excruciating pain made me lose interest in the isometric exercise. I soon noticed that I was not the only victim; in most classes, if not all, there would be at least one student complaining about an injury sustained due to inappropriate techniques used in class or at home.

Nonetheless, I did not want to give up so easily. Being one who is generally resilient and tenacious, I got myself thinking about the attributes of a good Yoga instructor. Suddenly, the desire to not only practice but also teach Yoga crept into my mind. Albeit not having any form of teaching certification in the yogic field, I started envisioning myself as an instructor. It was not too difficult to visualise as I was an educator by profession, but I needed paper qualification in order to teach!

In my quest for the right school of Yoga, I was faced with heaps of disappointments. There were many Yoga schools in the market, but I wanted to learn authentic Yoga — the classical style. My search eventually landed me in MAYI.



I cannot forget the very first person I dealt with there — Mrs Mona Cheong. Eloquent in her mannerism, she patiently counselled and provided me with all the information I needed to know about the practice of Classical Yoga. I am truly grateful to her for that.

Instantaneously, I signed up for the International Yoga Instructor Course (IYIC) and became an instructor myself. Feeling so elated, I embarked on the yogic teaching path with a sense of gratitude. Initially, classes went on smoothly, but as time went by, I tied myself in knots. Though I was almost always able to wear an inscrutable look on my face, I got muddled when students innocently asked questions about yogic practices that were beyond my scope.



Sometimes, I was just dumbfounded – I just did not know how to address the questions posed by them. I went back and forth consulting my seniors whenever I did not know the right answer. Unbeknownst to many, I felt a sense of inadequacy in my teaching. I began reading up, but that did not do much good. The source of information had to be credible, and I had stumbled upon lots of information about the teachings of Yoga on the website of which some were misleading. That added on to my confusion.

The IYIC in itself is a self-sufficient course enough to get one by as a Yoga instructor. However, I wanted to go far and beyond being a normal instructor. I wanted to be versatile in my teaching. The need to go deeper into the philosophy of Yoga and acquire more practical skills, in my opinion, is paramount for any budding versatile Yoga instructor. I did not only want to teach how to stretch and relax in a pose in a Hatha Yoga class, but I wanted to be able to teach “Pranayama (extension of prana, or life force)”, and “Yoga for specific purposes”; for example, Yoga for pregnant mothers or Yoga for anti-ageing, and also be able to explain in detail conditions put forward to me by students.

Putting other personal commitments on hold, I started embarking on additional courses like Yoga for Pregnancy, Yoga Therapy, Pranayama and Kriya Yoga to name a few, to enhance not only my erudition but also my teaching skills in Yoga. I found myself becoming not only more knowledgeable but also more confident. My self-esteem rose to greater heights. Because of the soft skills I had acquired in all the extra courses I had enrolled in at MAYI, I found myself becoming not only more centred but also more efficient as an educator in college.

Above all, I was able to teach not only Hatha Yoga, but a variety of courses like Yoga for Anti-Ageing, Yoga for Pregnancy and even conduct therapy sessions. With the knowledge and skills I have acquired from these courses, I am now able to mix and match the techniques, and plan my classes well for the benefit of my

students. And I am able to advise them more confidently. In addition, I am able to provide Yoga therapy for those in need. Having said all that, I haven't stopped learning; I still attend Master Manisekaran's Kriya Yoga classes regularly. Every class is a revelation for me. Every Satsang (discourse) at the end of a Kriya class reveals new insights into the philosophy of Yoga. I can only assimilate the knowledge of the Upanishads and Vedas through the guidance and grace of my Guru.



All in all, unlike other professions, the practice of Yoga is a discipline that is handed down from a guru to the student. In order to become a Yoga instructor, the IYIC would suffice. However, if one envisages becoming a dynamic, resourceful, versatile and effectual Yoga instructor, one must be willing to go beyond IYIC and be on a steep learning curve.

Learning, as I see it, is a lifelong process. It does not stop at school, neither does it end after you have obtained a degree or graduated from MAYI. It goes on until one attains liberation.

YM

Becoming a Yoga Therapist

by Dr Kuga

Dear Readers, in this article we will explore the importance of becoming a certified Yoga Therapist and the necessity of going through proper trainings prior to treating others through Yoga. Here are some answers to common doubts amongst Yoga instructors and others who are contemplating on becoming Yoga Therapists.

1) What is the difference between a Yoga Therapist and a Yoga Instructor?

The requirements are different. Being a certified Yoga Instructor is a pre-requisite to become a Yoga Therapist.

To become a Yoga Therapist, one has to first become a certified Yoga Instructor. By becoming a Yoga Instructor, one becomes well trained in Yogic philosophy and its link to health; Yoga poses and benefits; different breathing techniques; relaxation methods; cleansing techniques; and meditation techniques. During this period of training, a sufficient amount of time is invested in becoming an experienced self-practitioner who is well-versed with all the acquired yogic techniques and their benefits. Teaching skills, communication skills, voice modulations and many other fine skills are mastered as the Yoga Instructor starts conducting group classes. Only then a certified Yoga Instructor is ready to become a Yoga Therapist. To become a Yoga Therapist, the Yoga Instructor must first undergo a training programme. At MAYI Yoga Academy, we offer the Yoga Therapist Certification Course (YTCC).

2) What are the trainings involved in YTCC?

In the journey of becoming a certified Yoga Therapist, trainees are specifically trained in anatomy, physiology and pathophysiology of common diseases encountered in conventional medicine. Trainees are exposed to common



medical terms, medical diagnosis, causative factors of different diseases and an overview of conventional treatment modalities available for these diseases. Trainees are also exposed to yogic physiology, yogic diagnosis and yogic treatment modalities with appropriate modifications (asanas/poses), contraindications for different diseases (asana/poses), yogic counselling techniques and yogic lifestyle alterations for different diseases.

Further in-depth training is given on how to use the medical diagnosis and/or medical investigation results as a leading cue to elicit more information from clients to identify the root cause of their disease in order to establish a diagnosis. Once yogic diagnosis is made, training is given on planning a customised Yoga therapy regimen catered specifically for each health issue. Though these yogic treatment regimens may have a common ground for each disease, the exact therapy plan differs from one client to another. Therefore, the trainee becomes exposed to different types of clients and diseases throughout the training period.

Trainees master the skills of understanding the nature of a disease, identifying the root cause of a disease, linking and making a correct yogic diagnosis, and planning a safe, efficient and restorative Yoga Therapy regimen. This opportunity is created for the trainees through role play, case study, presentations, tagging with senior Yoga Therapists and assisting actual clients, visiting restorative health institutes, visiting and providing free Yoga therapy for underprivileged citizens with health restorative needs, and other health workshops conducted throughout the training programme. Upon completing the training, the trainee is now a recognised and certified Yoga Therapist.

3) What is the aim of Yoga Therapy regimens?

Basing its treatment principles on ancient yogic philosophy of health, which states that “A disease is a manifestation of a body system imbalance triggered by a root cause”, Yoga Therapy regimens are aimed at identifying the root cause of a disease and eliminating it from the body system. Once the root cause is eliminated, the body is restructured by inducing balance at the body, mind and emotional domains, thus returning to optimum health.

4) How can Yoga Therapy be utilised?

Yoga Therapy can be utilised as a preventive measure or a curative measure.

5) Can Yoga Therapy be used as a stand-alone treatment modality?

This depends on the type of treatment (preventive or curative). Commonly in therapeutic medicine, Yoga Therapy functions best as a supportive and complementary treatment whereas in preventive medicine it can be used as a stand-alone treatment. Another way is to identify the disease onset and its severity. For instance, in acute/severe stage of a disease Yoga Therapy acts as supportive and complementary therapy whereas in chronic/mild stage of disease Yoga Therapy can be a stand-alone treatment modality.

6) Can I practise Yoga Therapy without certification?

The purpose of certification programmes is to create safe and effective practices. The awareness of possible harms imposed by different yogic techniques to different diseases is vital in providing a successful treatment regardless of the years of experience as a Yoga Instructor. It is best to be certified to safeguard yourself and your clients.

7) Why must I become a Yoga Therapist?

‘Heal yourself before you heal others’— As a Yoga Therapist, the learning curve stretches to infinity. Through planning treatment regimens for clients, a Yoga therapist experiences healing and transformation within at multiple layers. It serves as an opportunity to understand oneself deeper as the clients act as our teachers. When the transformation within the Yoga therapist reaches a threshold, the ability of the Yoga therapist to use intuitive skills in planning a therapy markedly improves, thus opening the doorways to help and heal more people who are suffering. Eventually, the Yoga therapist obtains optimum health due to inner healing, greater clarity in thought processes, awareness on importance of health, self confidence in handling more complex diseases, ability to conduct life in a holistic manner and above all the priceless satisfaction of helping others experience the healing process that took place within them.

8) Can I make a satisfying income by becoming a Yoga Therapist?

Increasing public awareness on importance of investing in health in the most natural way has certainly created a large role for Yoga Therapy. It has a promising future and financial security will be sure to follow. **YM**

EVENTS **Life-changing Yoga Camp Experience**

by Vijaya

Who'd think that a 7-day camp would add such deep, profound, life-transforming momentum into the lives of almost 250 blessed boys and girls who took part in Malaysian Yoga Society's (MYS) National Yoga Camp 2016 (NYC 2016)?

The camp was from December 4 to 10 for boys and December 11 to 17 for girls at the Saraswathy Tamil School in Sungai Buloh. Last year, a whopping 131 boys and 80 girls took part in the 7-day programme for each. This included 35 students who participated in the "Learn to Teach, Teach to Learn" programme.

Ravin, who coordinated, managed and ran the entire camp with the help of other volunteers, says he's touched by the fact that he's still getting calls, messages and emails from not only the students but also the parents telling him of the amazing and unbelievable transformation unfolding in the participants.

Just imagine how parents feel when just in 7 days their children come back as positively different, responsible, committed, caring individuals who want to take charge of their lives? One single mum, Ravin says, is so awestruck with the changes she sees in her daughter that she has come forward to pay RM100 every month from this month onwards to ensure 12 other kids will benefit in the same way as her child did in NYC 2017 at the end of this year.

Such is the overwhelming response for our very successfully concluded NYC 2016. Let's see what the students are saying:

Kavilan from Johor

I took take part in NYC 2016 for boys. The camp was awesome. From the first day until the last, the things I learnt there were priceless and I felt so gifted.

People think yoga is just about stretching and a form of exercise, but it is more than that. It can guide and shape us up to be extraordinary persons in life.

As an example, Yama (constraints) and Niyama (observances) are the basic principles of life that



teach us to live properly. Something as simple as greeting people and telling "namaskar", is a show of love and respect.

At the camp, with every lesson properly shared and taught by the yogis, we had a quick role play where we had to engage ourselves in a team and act or do some presentation to strengthen our understanding.

From the other dimension, the Ayurvedic food became a platform for us to train ourselves to appreciate food, be vigilant of what we eat and live a healthy lifestyle. It was fully vegetarian and no preservatives or flavouring were used in the preparation but it was very tasty and appetising.

Coming to the main point, the facilitators and teachers were very patient and explained everything in a creative way. They were very friendly and taught us to be polite to others.

The camp also gave us a chance to meet and mingle with boys from other states and work together as a team.

I hope there will be more camps like this to be a platform for boys like me to learn more about life.

Thank you and Namaskar.

Janicce Divya from Johor

Last month, I attended NYC 2016 for the girls. As I've attended two yoga camps previously in Johor Baru, I wasn't really keen in the beginning, but as nature has a way of bringing us to where we belong, I had a calling to join this Yoga Camp.

Without much hesitation I took it up as a challenge as well as a getaway from the hectic lifestyle I was stuck in.

The 7-day camp was truly life changing. On the very first day, during registration, as we handed in all our electronic devices and valuable items (hand phones, cameras, iPad and tabs), I was feeling a little sad and lost. We started talking to one another and made a few friends. Right after the opening ceremony, we were given a briefing on what the Yoga Camp was all about, covering the 8 limbs of yoga (by sage Patanjali), which are: Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana, Dhyan and Samadhi.

At first, we didn't quite understand all the Sanskrit terms the instructors used, but by the 6th day of the camp, with the guidance from the instructors, we were all very comfortable with the terms and yoga lifestyle that we were exposed to.

In this camp, we successfully covered six types of yoga in detail, namely Hatha Yoga, Karma Yoga, Bakti Yoga, Nyana Yoga, Raja Yoga and Patanjali Yoga. The knowledge of Yoga was imparted to us through various presentation and interesting activities by experienced Yoga instructors. After each session, we were given group tasks to be carried out. Through those activities each and every one of us were able to come out of our comfort zone and contribute to the team's presentation.

The creativity in each participant was truly incredible. We combined and coordinated all the ideas and concepts fairly well and came up with masterpieces – each one better than the previous one. We had a session of creative Yoga where each individual had to come up with a Yoga asana of her own making. With determination, diligence and discipline all the girls presented interesting, thoughtful and useful Asanas with fun names and functions to match. This was definitely worthwhile because it was rather spontaneous and we managed to pull it off smoothly. Through this exciting event, we realised our individual potential and managed to bring out the best in each other.

In one way or the other, we felt empowered. We are the architects of our lives and this camp had really molded us to become independent and smart women of this generation.

We also realised the importance of feminism and



how the lack of it is the cause to our own failures. Self-realisation and character building were undeniably rooted into each and every participant's conscience. The awareness that was gifted to us throughout the camp in the most subtle way had definitely gotten its way through the vegetarian food that was provided for us. Being a vegetarian for two years now, I truly enjoyed the food. I was in fact more than delighted with the vast variety of vegetables, beans and lentils used in the preparation of the food.

We had a balanced meal of carbohydrate, protein, vegetable, fruits and fibre in the right proportion for all the five meals that were served daily. Our complementary drinks, such as barley, soya milk, fenugreek mixture, honey-ginger drink and so on were very healthy and nutritious. These food and drinks, though seemingly simple, filled us not only up to the stomach but also to the core of our souls.

From the preparation methods to the items used and even the amount of each ingredient, the food and drinks were all preplanned since a few months ago. Freshly cooked and served with so much of love and awareness, the delight we received from eating the food was immeasurable.

Has this camp changed me? Definitely. Right from the fifth day, I realised that I am now a more calm and collected person. I am able to think calmly and make wise decisions before I react to any situation. Before, I used to overthink. Overthinking in the wrong direction only leads to worries and anxiety. After learning about the 8 limbs of yoga, I can now relate my life to Yama and Niyama. Each and every situation in our life can be rectified with the teaching of Yama and Niyama. In the beginning it seemed a bit troublesome, but as I practice, it is becoming a habit. I am now able to solve simple everyday life problems effortlessly. When I feel uneasy or stressed, I do Pranayama, Asanas or Dhyan (meditation).

Every morning, I do the shatkarmas (cleansing techniques) taught in the yoga camp. Jala Neti, Kunjal and Kapalabathi had cleared my breathing pathway and now I can breathe deeply and feel more relieved. This too in a way contributes to my calm behaviour lately. Not to forget, I practice tratak (light gazing) whenever possible and find myself able to concentrate better and be focused in my daily activities.

I am so glad I was able to join this Yoga Camp because the lessons I've learnt here have truly changed me as a person from the way I think, speak and act. I have grown stronger mentally,

emotionally, spiritually and definitely physically. The transformation I've went through is truly remarkable and cannot be described by the words that are limited in the depth of its meaning.

All in all, I would like to say that this camp has taught me that with effort and awareness we are capable of changing our lives for the betterment of ourselves as well as others. Yoga is a tool; a technology that we need to apply in our daily life to obtain peace, happiness and joy. When one is ready to learn the art of yoga, the universe will send you a guru. Till then, by practicing what we've learnt, we are able to see our lives improving tremendously. **YM**

EVENTS MAYI Graduation 2016

The Bangsar studio was once again filled with congratulatory wishes during the MAYI Yoga Academy (MYA) Graduation Ceremony themed 'Let Your Journey Begin!'

The event was officiated by Master Mani's opening speech congratulating the graduates and providing words of encouragement to aspiring yoga instructors and practitioners alike.

MYA certificates were presented to participants who had successfully completed the International Yoga Instructor Course, Pranayama (Breathing Techniques) Instructor/Practitioner Course, Dhyana (Meditation) Instructor/ Practitioner Course, Super Yoga Kids Instructor Course and Pregnancy Yoga Instructor Course.

Certificates were also presented to those who completed the Yoga Therapist Certification Course, Ayurveda Massage Therapist Course, Ashtanga Yoga Course, and of the Kundalini Kriya Yoga Course, Prana Vidya, Advanced Dharana Course, Manipuraka, and Urdhva Retas.

Graduates enjoyed the yoga performance by some of the International Yoga Instructor Course Level 3 graduates, and a Buggeng Manipulation performance by another graduate. Apart from the performances, some of the graduates also took the opportunity to share their heartfelt insights of their achievements and to express their gratitude to the trainers whom have guided them unconditionally. Graduates were also shown a presentation on Malaysian Yoga Society's projects.

The well-regarded MAYI Apprenticeship Certificate was presented to Nicole Yong, Nemala Nalathambhy and Priti Sanghavi for their apprenticeship in MAYI.

A big congratulation to all graduates! **YM**





Articles by Practitioners

by Nalini Singam

What It Takes to Teach Yoga in Australia

Teaching yoga has taken me to a place I feel is my destiny or dharma (essential quality/duty). It was never my intention to teach yoga as a “job”, but after taking up Yoga teacher training courses, I was inspired to teach.

As Yoga teachers, we have the ability to help others feel better — both physically and mentally — whilst reaching and connecting deeper within ourselves. I want to share what I’m passionate about.

I was fortunate to have had the foresight to equip myself with MAYI Yoga Academy’s International Yoga Instructor Course certification in 2008 before making my big move to Australia, leaving behind the comfort zone of my 19-year corporate career. I returned to MAYI to complete the Yoga Therapist Certification course in 2014.

I’m now happily teaching and practising Yoga in Melbourne. I have been teaching here for the past 8 years now. What I have gathered from my own experience is that in order to be a good teacher, firstly you need a good teacher; secondly, you must have a sound personal practice schedule; and thirdly, you have to genuinely care about people and have respect for every individual. I got training on all three at MAYI.

Being a Yoga teacher has given me a network of students who have become my friends. They have given me support and a community of like-minded people to guide me on the mat as well as off the mat in my new country. As I walk around, I am no longer anonymous as I was when I first arrived in Melbourne, instead I’m greeted always by the friendly faces of my students in the community.

One of my biggest fears of teaching yoga was my ability to stand in front of a class and speak without jumbling my words and instructions. Public speaking used to cause me sleepless

nights: “Would I have to write down every name and pose and spend hours memorising the script before each class?” But training and practice gave me the skill and confidence that I needed. Now, I can confidently teach a class of 40 students. In fact, my students often tell me how they love the flow of the class as well as the calm and soothing quality of my voice. For that, I am truly grateful to my teachers at MAYI. It’s very encouraging when students ask about my teaching style and where I was trained, and they are pleasantly surprised to know that I was trained in Malaysia and not in India.

Yoga is very popular and common in Australia with many different teaching styles — from classes in neighbourhood community centres to upmarket studios in the city — there are options for everyone.

The authentic Yoga training at MAYI is based on the teachings and practices in the Bhagavad Gita, The Yoga Sutras, Hatha Yoga Pradipika and other such texts that most Yoga students are not exposed to. The 8-limb path of Yoga, as outlined by sage Patanjali, helps deepen the understanding of meditation, Yoga Sadhana and the connection with the Higher Self. This knowledge and awareness allows me to guide students with a more comprehensive and authentic yogic training — beyond the physical one, which is more widely taught in the west.

Australia is very stringent about local qualifications and certifications. Yoga teachers are required to have Public Liability Insurance as well as First Aid and Cardiopulmonary Resuscitation (CPR) certifications, which have to be regularly updated. I am currently attached to Yoga Australia as a Registered Level 2 Teacher. Yoga Australia offers its members access to valuable services and resources that have been created to assist in supporting their

path as yoga teachers and continuing professional development (CPD). The benefits include free online profile to promote Yoga classes, events and workshops; discounted CPD, First Aid and CPR courses throughout the year; and also eligibility for the students or members to claim health fund rebates as well as national and international recognition as a registered Yoga teacher.

The criteria for membership are as follows:-

- Provisional Members have to complete a minimum 200 hours of Yoga teacher training, but less than 350 hours.
- Level 1 members have to complete a minimum 350 hours of Yoga teacher training.
- Level 2 members have to complete a minimum of 500 hours of Yoga teacher training and have 5 years teaching experience.
- Level 3/senior members have to complete a minimum of 1,000 hours of Yoga teacher training and have 10 years' teaching experience. Only senior members can register for teacher training courses with Yoga Australia.

Although I was not trained in Australia, MAYI was able to provide all the necessary paperwork to satisfactorily meet Yoga Australia's stringent criteria for membership.

I teach at more than 8 different community centres, a physiotherapy clinic, secondary schools, the Taekwondo squad for Victoria, private classes at Isika Spa at Crown Metropole Hotel, Lululemon Stores and workplace yoga at various corporations, including the Institute of Neuroscience at Melbourne University as well as my own private and group classes. I volunteer at the University of the 3rd Age (U3A) to teach Yoga to senior members, with my oldest student being 85. I also organise yearly "community yoga activity" for charity with my Young Yogis class leading in the sun salutation sessions to raise much needed funds for underprivileged children. I receive overwhelming support from the local community and other fellow yogis.

I am eternally grounded with gratitude for all the training I have received from Master Manisekaran and the amazing teachers at MAYI. Every time I return to Malaysia, I look forward to attending as many classes as I can with Master Mani — for inspiration and guidance to evolve my teaching skills. The greatest gift I have received is the understanding that Yoga is a universal concept that is beyond the barriers of language, cultural practices and religion. **YM**



Yoga Therapy: Love Your Gut

by Dr. Kuga

**Burp!!!
Pooffh!!!
Glurg glurg glurg!!!**

Recognise these embarrassing sounds? Yup you have guessed it right.

INDIGESTION

It is really unpleasant to experience any kind of indigestion, which results in excessive flatulence, burping, constipation, heavy breathing, irregular stomach churning, frequent heart burn and bloated sensations. Those who have never experienced these symptoms may wonder why would anyone make a big deal out of it? Hold that thought!

Indigestion can significantly influence health and daily life functioning. It can act as a trigger of internal stress, creating imbalance in the body system and lead to a state of *tamas* (body inertia/lethargy). A prolonged non-intervention to this disturbance and imbalance can lead to diseases like gastritis, gastric ulcer, inflammatory bowel diseases, bowel cancer and many more!

Dear readers, don't panic! You can now put a stop to these gassy sounds with a simple yet effective yogic management.

Follow these 3 steps for one month.

Step 1

Kunjal Kriya (Gastric wash)

Prepare warm saline water by mixing one teaspoon of salt with 1 litre of lukewarm water.

Drink 6 glasses of the prepared water rapidly without swallowing much air.

Induce vomiting by softly touching and gently massaging the back of the tongue with your index and middle finger.

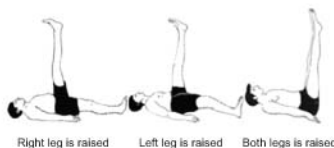
Vomit all the water out and look at the content of your vomitus.

Weeks	Frequency
1	Everyday
2	2 Days Once
3	3 Days Once
4	Once A Week

Step 2

Abdominal and Digestive Postures

Uttanpadasana (Raised Leg pose)



Technique
Inhale – raise right leg up
Hold breath & pose – 5 counts
Exhale – lower right leg down
Relax in Shavasana
Repeat on left
Relax in Shavasana
Repeat with both legs

Frequency
Right -3x
Left -3x
Both-3x

Pada Sanchalanasana (Cycling pose)



Technique
Exhale – bring right leg close to chest
Inhale – cycle outwards
Relax in Shavasana
Repeat on left
Relax in Shavasana
Repeat with both legs

Frequency
Right -3x
Left -3x
Both-3x

Supta Pawanmuktasana (Leg lock pose)

Technique
Inhale – bend right leg and interlock hands around it
Exhale – approximate forehead and knee in the centre
Hold breath & pose – 5 counts
Relax in Shavasana
Repeat on left leg
Relax in Shavasana
Repeat with both legs

Frequency
Right -3x
Left -3x
Both-3x

Naukasana (Boat pose)



Technique
Inhale – raise the legs and stretch the hands
Hold breath & position – 5 counts
Exhale – lower legs and hands
Relax in Shavasana

Frequency
3x

Step 3

Food Diary

Cultivate the habit of charting your food intake into your food diary.

Observe and look out for symptoms of indigestion next morning.

If you notice worsening of symptom, refer to your food diary and eliminate food items you are sensitive to.

Continue steps 1, 2 and 3 for one month and notice the improvement in your digestive system.

Tell us your story of improvement and write us a feedback!

Spread your love to your gut through Yoga Therapy

YM

These three aspects of Yoga are internal, compared with the previous five.

In a previous sutra (III.4) it was stated: "These three together – Dharana (concentration), Dhyana (meditation) and Samadhi (highest state of consciousness) – constitute integration". So we must infer that the three aspects of Yoga that are internal are Dharana, Dhyana and Samadhi. Therefore, the previous five (which are external) are:

1. Yama (restraints)
2. Niyama (observances)
3. Asana (posture)
4. Pranayama (extension of prana, or life force) and
5. Pratyahara (withdrawal of senses).

This is an important sutra. Everything done up to this point is external. We can see the physical effects of cleanliness, truthfulness, firmness of posture, etc. Most probably other people can too.

Now we've come to the part where it gets a bit more difficult. Concentration, meditation and absorption are all internal. Who is to know? How can they know? We can say that someone has a concentrated look, but that does not make it true? I can make myself look like I'm concentrating, but my mind can be jumping all over the place. I can sit down with my eyes closed and "look" like I'm meditating, but really I can be thinking about how good a "roti susu" will taste.

The reason it gets tricky at this juncture is that there is a great opportunity to deceive ourselves. Because these aspects are internal, we need a lot of honesty and sincerity of purpose. If not, we can easily put on a front for the world to see, though internally nothing much happens. We must remember what has been said about the path of Yoga in the Bhagavad

Gita. Of 1,000 people, perhaps 10 will follow the path of Yoga. Out of this, perhaps only one will tread the path successfully.

It is not easy. How can it be when we've been creatures of habit since our birth? We have a lot to overcome, but it can be done. It has to be done eventually. That is the only reason we are here. Elsewhere in the Yoga Sutras, Patanjali states "Nature and intelligence exist solely to serve the seer's true purpose – emancipation." That is good news isn't it? This world exists only to assist me in liberation.

There is another trick the mind likes to play. We expect to see changes similar to the previously mentioned external aspects of Yoga. By the very nature of these 3 internal aspects, we really can't. If we are not careful, we can easily get down on ourselves and feel like everything we've done so far is a real waste of time and energy, and perhaps is leading us to quit our Sadhana (practice). It isn't. Although these aspects may be subtle, they will have an effect. We have to have faith. There are many stories of sincere aspirants jumping from one practice to another. If we look closely, we can see that the point where they changed practice was at this stage – the internal.

Once we start to move internally, it really becomes an issue of how dedicated we are. We have to be our own guide. No one will be able to give us internal instructions. It is uncharted territory. By all means, we should lean upon our teachers and guides and use their examples, but the journey has to be taken on our own. This is why there is so much time spent on the external aspects. Firstly, they are much easier. Secondly, they have to be just right before the inward journey can even progress. The sages say that if the foundation is firm and steady, the building of the house takes no time at all.

So, it is good if first we have a good foundation and second we have a real thirst for freedom. Peace. **YM**

Eco's Echoes:

Animals – Set Them Free! (Part 3 of 3)

by Ravin.S

Most of us have grown up eating meat, wearing leather accessories, and going to circuses and zoos. Many of us have purchased our beloved 'pets' at pet shops, and keep fish in aquariums and birds in cages. With every pair of leather shoes that we buy, we would have sentenced an animal to a lifetime of suffering. In my opinion, it is alright to keep up with fashion and trends but it should not be at the expense of another life.

Just like human beings, animals have rights too. However, some may beg to differ citing that these creatures cannot talk, neither can they reason. On the contrary, many fail to realize that animals, like human beings, are not only subjected to pain and pleasure, but also to fear and suffering. Hence,

they are similar to human beings in many ways, but it appears that for selfish reasons, the human race have deprived the animal kingdom of their rights.

Let's consider two animals- a dog and a cow. While it is true that dog-owners/lovers would not consume dog-meat, However, this same group of people may not hesitate to sit down and relish a delicious casserole of beef stew. Shouldn't the animals' feelings

be considered instead of mercilessly butchering it for the meat? After all, both the mammals have similar capacity to feel pain.

It appears that mankind is biased towards certain animals. This thought pattern must change. Every creature, with a will to live, has a right to live free from pain and suffering. Animal rights should not just be a philosophy. We should take cognizance of the fact that when it comes to pain, love, joy, loneliness or fear, be it a rat, dog or boy, each one values its life and fights the knife!

Current statistics show that since 1950, the fishing and animal slaughter industries have increased from 47% to 78% a year. Fishing alone has increased fivefold from 18 to 100 million metric

tons a year. In fact, some large fish species have been fished out of existence! If no action is taken, other species may also face extinction.

Who are we to blame for this upheaval act?

Millions of people talk about love, care and compassion towards animals and nature. Love and compassion are feelings beyond words. If our hearts are truly connected to the vibrations of the universe, we will not only be able to live with but also literally 'talk' to animals. Amongst many scientists who worked with the animal kingdom, Drunvalo Melchizedek, is one of them who has shared his experience talking to animals. Using an ancient language, he found that the heart makes



images. During this time, the animals make connections with those forms or patterns, and amazingly, they do not see mankind as a separate entity, but one with them! This is the power of love – true love from the heart.

Now, take a deep breath and reflect upon this. It appears that we have segregated the connection from the spirit, and hence destroyed the link. We have to restore that link if we want to move forward. That seems to me as the most fundamental task at hand.

We could pray for all the animals, which have been butchered for human consumption, to rest in peace. Above all and more importantly
- SET THEM FREE! **YM**

Ayur Yoga:

Ayurveda Therapist Course

The practice of using touch as a healing method derives from customs and techniques rooted in ancient history. Civilizations in the East and West found that natural healing and massage could heal injuries, relieve pain, and prevent and cure illnesses. What's more, it helped reduce stress and produce deep relaxation.

Massage therapy began as a sacred system of natural healing. However, cultural shifts rendered it a disreputable form of indulgence for extensive periods of history. Enduring these turns, massage has experienced resurgence in modern times. Today, massage therapy stands as a highly respected holistic healing method practiced across the world.

Believed to be of divine origin and passed down orally through generations, Ayurveda is the traditional holistic medical system in India. Ancient seers and natural scientists developed this system based on centuries of studies, experiments and meditations.

Ayurveda views that individuals incur illnesses and diseases when they live out of harmony with their environment. To treat their conditions, individuals must restore their natural mental and physical balance by re-establishing harmony between themselves and the world around them. At that point, they can begin to heal naturally.

Ayurvedic massage is a key part of Ayurvedic therapy. Just as a machine needs to be oiled, the body loves to have its largest organ, the skin, soothed, which is why oils are commonly used in Ayurvedic massage.

Whether the Ayurvedic massage forms of a more comprehensive Ayurveda

programme is merely undertaken for the sheer pleasure of a deeply relaxing, indulgent body massage; Ayurvedic massage is one of Ancient India's best-kept secrets.

Over 5,000 years of empirical research has refined Ayurvedic massage into a sublime art, and yet it is still unheard of by many. However, combining skilled knowledge of oils and bodywork techniques has resulted in a profound art for balancing the body and mind through the medium of oil massage.

Oil massage is consistently used throughout Ayurvedic massage treatments. In an ideal world, Ayurvedic massage should be carried out daily to promote positive health, overcome fatigue, strengthen the nervous system, nourish the bodily tissues, as well as to maintain good health in general. **YM**



Recently, I took the International Yoga Instructor Course with MAYI Yoga Academy. After some time, I felt I should supplement my knowledge with the Ayurveda Therapist Course. I believe everything comes to you in time of need and I took the opportunity to join the course in the very next intake.

The intensive 5-day course exceeded my expectations. The intimate group size, the affordable fees and the attention to details, combined with the warmth of delivery, was superb. It felt more like a spa experience as my course mates and I practised the massage techniques on each other — sometimes going into deep relaxation when we were supposed to pay close attention to the massage strokes!

Our instructor, Saandhi, created a welcoming atmosphere and made everyone feel comfortable. Her explanations, insights and demonstrations were clearly conveyed and everyone had enough time to practise. She was encouraging and helped everyone get the most out of the day. Not only that, I loved the relaxed atmosphere and the mostly hands-on approach to teaching. It quickly became apparent that not only was Saandhi an amazing therapist, she was also a natural teacher who allowed us to quickly gain confidence in what we were doing.

The combination of demonstration, detailed handouts and frequent massage revision sessions worked brilliantly. We were taught 10 massage techniques. It was not as overwhelming as I had previously thought because only a handful of therapies had specific massage strokes. The other techniques were easy to understand and remember. Apart from that, one of the reasons that led to my decision to take up the course was my enthusiasm to probe deeper into traditional Ayurvedic medicine. Since then, I began attending regular Yoga classes, I was introduced to 100% plant-based herbs that were used in ancient times for common ailments and diseases. After several months of consumption, I noticed a gradual

change in my immune system. I was falling sick less often. Slowly, I stopped purchasing expensive supplements and vitamins and have even recommended friends and family members the benefits of herbs. I feel so much joy when I see people taking my advice and hear how much it has helped them with their ailments (eg: sinusitis, conjunctivitis, constipation, gastritis, allergies, skin problems etc.)

In this course, we were also taught the Principles of Ayurvedic lifestyle, the Tri-Dosha theory, knowledge of herbs, oils and their uses, preparation of doughs, boluses and oils, diagnosis of treatment for each individual and so much more. We are also required to perform a 15-hour practical training on real-life clients in order to further sharpen our massage skills and be able to understand and cater to each individual's needs (eg: amount of pressure to apply, area of focus, etc).

What makes MAYI Ayurveda massage so different from other massages is that warm, edible oils are poured over the body and rubbed into the tissues. The strokes are long and flowing — different from the usual pinching, kneading and pressing. The emphasis is more on allowing the highly rejuvenating and nourishing oils to seep into the tissues, and the long strokes can send one into a blissful state of relaxation. The massage itself is so gentle and so relaxing — without any painful manipulation of the tender points. The soothing feeling of the warm unctuous oil and the rhythmic strokes can lull one into a calm, semi-lucid state.

The Ayurveda Therapist Course is a comprehensive and a well-planned syllabus of MAYI AyurYoga. And the best part is that it is approved by the Malaysian Ministry of Education and is valid globally. I gained some useful techniques in a short span of time. I would, however, suggest you have time to put some of these techniques into practise after the course...a bonus for your family and friends! I look forward to doing more treatments and would highly recommend this workshop to yogis, massage therapists and any other body workers.

- Manisha

Developing Mindfulness in Students with Yoga

by Kavi Vitya



Introduction

Yoga often brings to the mind the image of someone twisted in the shape of a pretzel. Yoga is usually associated with 'asana' (posture) and therefore in many of the fitness centres and gyms where yoga is being taught, emphasis is given to its physical aspect. However, deeper practice of yoga is beyond that. Patanjali's definition of yoga is "Yoga Chitta Vritti Nirodhah", which means "yoga is the removal of the fluctuations of the mind". Chitta is mind, vritti is thought impulses and nirodhah is removal. Yoga practices can lead to mindfulness. Mindfulness means living in the moment. When you are mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Mindfulness is observing the thoughts without criticism and being compassionate to own self. Mindfulness brings long term happiness as it focuses less on unhappy thoughts and more practice on living in the present moment. It will positively affect the brain pattern to face daily life challenges without stress and anxiety. It is a simple mental training and it can be achieved with the awareness of breathing which is widely practiced in yoga.

Students encounter many issues pertaining to the mind and emotions. This often leads to them taking emotional and sometimes adverse decisions in life. Yoga classes are thus being

conducted to observe the students behavioural, physical and mind changes. Through this study, I expect the students to have improved focus, reduced stress levels and enhanced decision-making ability in life by living in the present moment. Practicing Yoga would help them to be calmer and healthier not just physically but also mentally.

Yoga is well known to reduce stress and anxiety. This is due to the practice itself focusing on concentration and mindfulness which helps to keep the mind calm and centred. According to Patanjali Yoga Sutras chapter 1, the Samadhi Pada, which is the chapter on concentration shows there are five states of mind. The five states are Kshipta/ disturbed, Mudha/ dull, Vikshipta/ distracted, Ekagra/ mindfulness and Nirodhah/ mastered. The kshipta/ disturbed mind is disturbed, restless, troubled, wandering. This is the least desirable of the states of mind, in which the mind is troubled. The mudha/dull mind is dull, heavy, and forgetful. It is a dull or sleepy state, somewhat like one experiences when depressed, though we are not here intending to mean only clinical depression. Then the Vikshipta/ distracted mind is distracted, occasionally steady or focused. This mind can concentrate for short periods of time, and is then distracted into some attraction or aversion. Then, the mind is brought back, only to again be distracted. However, the Ekagra/ mindfulness, focused, concentrated. When the mind has

attained the ability to be mindfulness, the real practice of Yoga begins. It means that one can focus on tasks at hand in daily life, practicing karma yoga (the yoga of action) by being mindful of the mental process and consciously serving others. The person with a mindfulness mind just carries on with the matters at hand, undisturbed, unaffected, and uninvolved with those other stimuli. It is important to note that this is meant in a positive way, not the negative way of not attending to other people or other internal priorities. The mindfulness mind is fully present in the moment and able to attend to people, thoughts, and emotions at will. The final state of mind Nirodhah/mastered mind is highly mastered, controlled, regulated, and restrained.

It is very difficult for one to capture the meaning of the Nirodhah state of mind by reading written descriptions. The real understanding of this state of mind comes only through practices of meditation and pranayama. Basically, the practice of mindfulness is based on the ancient teaching in the Patanjali sutras.

1 =Least stress

10=Extremely stressed

The stress level of students when I ask them to scale their stress level before and after yoga you could observe the statistics that before yoga the total percentage level 5 and above is 73% and after yoga it has reduced to 29.6%. This shows Yoga could help them to manage their stresses of life better.

The Results of Mindfulness Test.

I prepared 2 sets of mindfulness test. One set before yoga and another one after yoga samples of questions and results are as such:

Methodology

The methodology used for this research was very simple. Research was carried out for 15 weeks where the students attended yoga classes for an hour per week. In the research I used use a qualitative method to analyse and derive data from a test beforehand to understand their level of mindfulness and an interview after the sessions completed. Every class had the following flow:

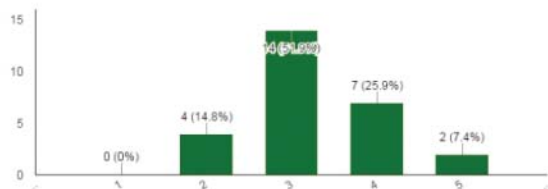
- 5 minutes of awareness practices
- 10 minutes of Pawanamuktasana (Joint exercises)
- 10 minutes Sun Salutation
- 20 minutes Yoga Asanas (poses)
- 15 Minutes of Pranayama (Breathing)
- Total 1 hour practice.

Result and Discussion

In total the study involved 27 students, 59.3% female and 40.7% male. The students that did not have yoga experience is 84.6 % of the total sample.. Thus majority of the research participants did not have any yoga experiences.

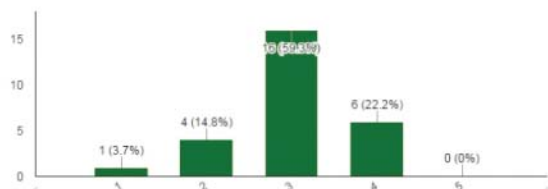
Before Yoga practices how often have you: Been upset because of something that happened unexpectedly?

(27 responses)



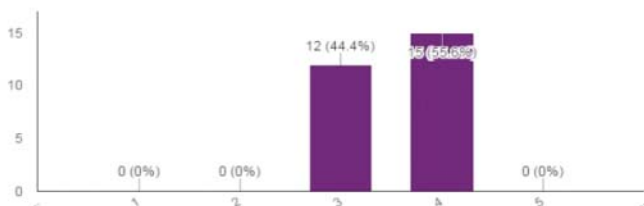
Before Yoga practices, how often have you: Felt that you were unable to control important things in your life?

(27 responses)



After Yoga, how you perceive your feelings and emotions without having to react to them.

(27 responses)



After Yoga are you good at finding words to describe your feelings?

(27 responses)



Observe the differences in the both chart before yoga mostly moderate mindfulness and after yoga they have improved.

Conclusion

Yoga did improve the students' state of mind to be more mindful, to be aware of their thoughts and improve their decision making ability. Fifteen weeks is not sufficient to achieve mindfulness completely and to train all students but I believe it's a good start for the students to discover about mindfulness and yoga. One of the question in the questionnaire after 15 weeks was, "Share your opinion and overall experience throughout the 15 weeks of yoga practice". Below are some of the feedbacks from students:

"Yoga has really helped me with my over thinking problem and made me an active person. I've learned to deal with problems in a steady state of mind."



"I'm more conscious and aware of what I'm doing after the practice of yoga."

"It was awesome as it helps to strengthen my mind when dealing with difficulties and control my emotions."

"It was fun and beneficial. We learn new things every week and as we practice along the weeks, we get better and better at it. Yoga is definitely helpful in relaxing and dealing with stressful situations."

"Yoga is a good exercise to practice anytime, anywhere, especially the breathing technique and the eye exercise. Yoga is a friendly exercise. It never forces you to do more than what you are able to do. There will always be an exception I the yoga pose. Yoga made me more aware of my own body, feelings, and thoughts. Throughout the 15 weeks of yoga practice, my yoga teacher showed me and others the good values of life. I feel motivated each time she gives us advices before the class dismissed."

"It was truly an amazing experience. It was my first time trying out yoga and I've never thought it could be this fun and relaxing! Our yoga instructor was amazing. She helped us with the poses and praised us when we did a good job. I've never in my life thought I could actually do a handstand, but I now can (well, kind of)! The breathing techniques she taught and the advice she gave on being aware of our surroundings and ourselves were really helpful too. It was a wonderful 15 weeks and I will definitely be incorporating a bit of yoga into my everyday schedule."

"I wish to start yoga classes again as yoga is a very helpful practice that improves my daily life. Difficult moments don't seem so stressful anymore and happiness can be obtained easily!"

SYK classes include:

Yoga Kids Class, Teens Yoga Class, Family Yoga Class and Pregnancy Yoga Class. For more information about Super Yoga Kids, log on to www.superyogakids.com or find us at Brickfields (03.2260 5322), Bangsar (03.2282 4980), Damansara Utama (03.7726 6682), Selayang Utama (03.6127 5693), Puchong (03.8080 4742) and Subang: (03.8021 7980)

Facebook: SYK Superyogakids



"I had a great time, bonded well with my friends in yoga and I feel fresher and I don't get cramps anymore while playing football."

"It's a beneficial activity to fill in your time with and it's interesting to learn something new each session. You gain experience and new skills."

"Overall the yoga experience is very relaxing and helps me to enhance my mindfulness."

It was an amazing experience to explore and do research about yoga and mindfulness. Yoga is a beautiful practice that can help not only the students but also the teacher to learn and progress. It was a great experience for me to guide and learn at the same time. Yoga brings mindfulness and Yoga is a universal healer. **YM**

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Featured Asana

Kati Chakrasana (Waist Rotating Pose)

Step by Step:

1. Stand with the feet about shoulder width apart and the arms by the sides.
2. Inhale as you raise the arms to shoulder level, then exhale as you twist the body to the right.
3. Bring the left hand to the right shoulder and wrap the right arms around the back, bringing the right hand around the left side of the waist. Look over the right shoulder as far as is comfortable. Keep the feet firmly on the ground while twisting.
4. Keep the back of the neck straight and imagine the top of the spine is the fixed point around which the head turns.
5. Hold for two seconds, accentuate the twist, gently stretching the abdomen.
6. Inhale as you return to the centre.
7. Repeat on the other side to complete one round, and exhale as you release the posture at the end.

Benefits:

- Tones the neck, shoulders, waist, back and hips.
- Useful for correcting back stiffness and postural problems.
- The relaxation and twisting movement induces a feeling of lightness and may be used to relieve physical and mental tension at any time during the day.

Note:

- *This asana may be performed in a more dynamic way by swinging rhythmically with the arms, without synchronizing the movements with the breath.*





Chef Yogi's Food Notes!

by Kavi Vitya

Blueberry Banana Smoothie

Ingredients

½ cup yogurt
½ banana
½ cup blueberry
1 tablespoon sugar
(optional)
½ cup ice

Instructions

Blend all together in
a smoothie blender
and enjoy topped
with more
blueberries



SCHEDULE OF COURSES: JAN 2017 - MAR 2017

JAN

08/01/2017	SU	Manipuraka Awakening & Universal Healing Energy Workshop
08/01/2017	SU	Urdhva Retas & Anti-Aging Workshop
09/01/2017	SU	Kundalini Kriya Yoga Course
12/01/2017	DU	Dhyana (Meditation) Instructor/Practitioner Course
15/01/2017	DU	Jala Neti Workshop
15/01/2017	BSR	International Yoga Instructor Foundation Course
15/01/2017	BSR	International Yoga Instructor Course - Intermediate
16-20/01/2017	DU	International Yoga Instructor Foundation Course
21/01/2017	BSR	Kundalini Kriya Yoga Course
22/01/2017	SU	International Yoga Instructor Foundation Course
22/01/2017	USJ	International Yoga Instructor Foundation Course
23/01/2017	PCH	Ayurveda Massage Therapist Course

FEB

06-10/02/2017	BSR	Super Yoga Kids Instructor Course
06-10/02/2017	BSR	International Yoga Instructor Foundation Course
12/02/2017	PCH	Chinese New Year Gathering
12/02/2017	USJ	Yoga Therapy for Spinal Health
13-17/02/2017	SU	Ayurveda Massage Therapist Course
19/02/2017	PCH	International Yoga Instructor Foundation Course
19/02/2017	SU	Jala Neti Workshop
19/02/2017	DU	Manipuraka Awakening & Universal Healing Energy Workshop
19/02/2017	DU	Urdhva Retas & Anti-Aging Workshop
23/02/2017	DU	Kundalini Kriya Yoga Course
23/02/2017	DU	Pranayama (Breathing Technique) Instructor/Practitioner Course
26/02/2017	USJ	Kundalini Kriya Yoga Course
26/02/2017	DU	International Yoga Instructor Foundation Course (Mandarin version)
26/02/2017	PCH	International Yoga Instructor Course - Intermediate
26/02/2017	SU	Yoga Therapy for Spinal Health

MAR

05/03/2017	BSR	Yoga Therapy for Spinal Health
05/03/2017	SU	Mini Detox Workshop
05/03/2017	BSR	Super Yoga Kids Instructor Course
06-10/03/2017	SU	Ayurveda Massage Therapist Course
12/03/2017	BSR	Anti-Aging - the Bodyworks of Inner Rejuvenation Workshop
12/03/2017	DU	Yoga Therapy for Spinal Health
13-17/03/2017	DU	Super Yoga Kids Instructor Course
13-17/03/2017	BSR	International Yoga Instructor Foundation Course
13/03/2017	SU	Kundalini Kriya Yoga Course
18/03/2017	BSR	Kundalini Kriya Yoga Course
19/03/2017	BSR	Jala Neti Workshop
19/03/2017	BSR	Pregnancy Yoga Instructor Course
20-24/03/2017	PCH	Super Yoga Kids Instructor Course
25/03/2017	BSR	Pranayama (Breathing Technique) Instructor/Practitioner Course
26/03/2017	BSR	International Yoga Instructor Foundation Course
26/03/2017	PCH	Mini Detox Workshop
26/03/2017	USJ	Super Yoga Kids Instructor Course

Restore Your Spine!

by Dr. Kuga

In today's technology reliant world that we live in, it is not uncommon to have a sore neck, a snap at the lower back, sciatica pain and hunch back. While the advent of modern electronic gadgets has paved the way for fast and efficient living, it is sad to know that these luxuries have caused a pinch in the health of the physical body, most commonly THE SPINE.

Scientific studies have suggested that undue strain and stress due to our lifestyles may lead to **early onset arthritis** and **decreased lung capacity**.

To add on, studies show that almost 90% of common population SILENTLY suffers from symptoms of poor spinal postures such as:

- Frequent headaches and non-responsive to medication
- Difficulty concentrating at work
- General body pain
- Insomnia
- Mood swings and depression
- Infertility
- Weight gain
- Decreased quality of life

Do any of these symptoms sound familiar to you? If yes, your spine health has been overlooked. Early intervention with Yoga therapy has proven to restore spinal health and allow you to regain the use of your healthy back and spine. Let the disease of your spine fade away as you discover the path to robust spine health with just 6 weeks of Yoga Therapy!

Yoga Therapy for Spinal Health Workshop dates:

- 12th February 2017 at Subang
- 26th February 2017 at Selayang
- 5th March 2017 at Bangsar
- 12th March 2017 at Damansara



Are you suffering from the above conditions and found NO relieve despite spending long hours at health centers and paying expensive bills?

Sign up now to enjoy FREE and informative tips on spinal health from our resident doctor in a 75-minute workshop prior to starting your yoga therapy regime.

CLIENT TESTIMONIAL

QUESTION: You had a neck problem?

ANSWER: Yes I have been suffering from Cervical Spondylitis at chronic level with vertigo.

QUESTION: What did the doctors tell you?

ANSWER: They said that this condition was only manageable with painkillers and some form of specialized exercise. That is how I ended up doing Yoga.

QUESTION: How is your neck now?

ANSWER: Completely cured. My neck pain and vertigo are gone forever. Yoga is therapeutic and healing.

Mr.Karu

YOGA
therapy
one stop solution

The path to holistic health

URDHVA RETAS

*Anti-Aging
(Reproductive Health)*

Experience:

- Increased energy & vitality
- Reduce risk of problems related to reproductive organs
- Weight loss
- Increased mental capacity & memory
- and so much more....



RE-ENERGISING YOU AT THESE LOCATIONS:

DAMANSARA: 19TH FEBRUARY

BANGSAR: 23RD APRIL

SELANGOR: 7TH MAY

SUBANG: 16TH JULY

MAYI
YOGA ACADEMY
MindBody • Authentic • Yoga • Inspiration

MANIPURAKA

*Universal
Healing Energy*

Learn how to:

- Utilise self-healing potentials
- Increase intuition
- Enhance positive energy fields
- Sustain energy levels
- and so much more....



KUNDALINI KRIYA YOGA

CONDUCTED BY MASTER MANISEKARAN

DISCOVER THE BRILLIANT CREATIVE GENIUS WITHIN

DAMANSARA: 23RD FEBRUARY | SELANGOR: 13TH MARCH |
BANGSAR: 18TH MARCH

Kundalini Kriya Yoga is the most evolved self-development practice of yogic training available today. It is a method of refining one's physical, psychic and mental forces so that individual awareness can penetrate the depth of one's nature. It systematically sharpens the way to ultimately realise the wonders of the infinite self.



Learn:

- 20 Kundalini Kriya Yoga techniques
- Important Pranayama
- Yoga meditation techniques

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

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