

YOGA MAIL

The Industry Journal For Yoga & Human Potential

PP 15266/06/2013(033264)
VOLUME 12 ISSUE 1

COMPLIMENTARY COPY

Jan-Mar 2019 ISSUE



To meditate or to be motivated

Seeds of Change: From Work to Karma Yoga

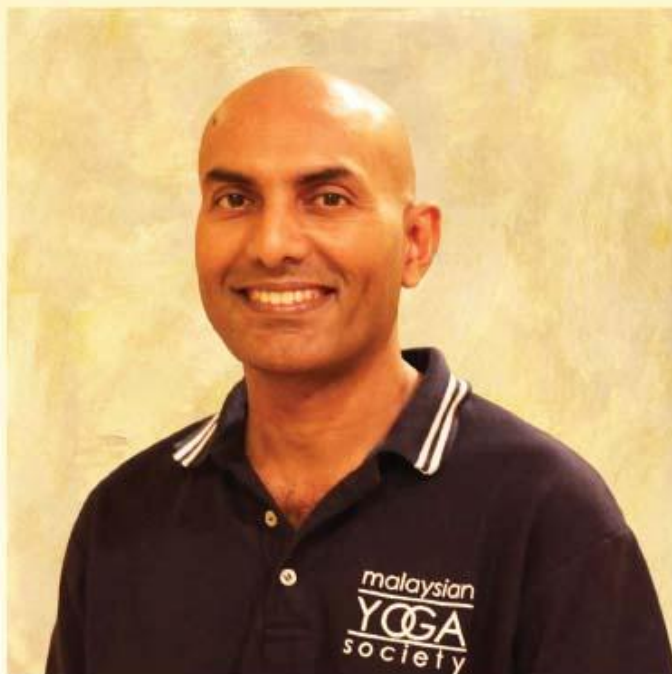
Modern Yogi Transformed via the Reflections
on Karma Yoga



**Message from
Master Mani:**
The Art Of Motivation

Message from Master Mani

The Art Of Motivation



*Master
Manisekaran*

The art of motivation in yoga is accompanied by living-skills development.

Motivation is such a great yet sweet power-giving force in human life, but when it is accompanied by a process of skills-development to continuously enhance oneself in all stages, it becomes all powerful. The effect of motivation without wisdom is only momentary, but with wisdom-based teachings it lasts a whole lifetime.

Motivation brings spiritual force into life; infusing life with clarity and joy. If it is just simple motivation then life will be like a yo-yo -- going up and down. When one feels motivated she or he glows with happiness, if not, then the tendency is to show tantrums and negativity.

When the art is shared with others, then motivation needs to be projected in a neat, clean and decent manner. Using foul language to give motivation, including via public speaking, defeats the purpose.

Let's practice daily motivation to keep ourselves centred, and at the same time, allow others to live the way they want to.

For me, this is the way to live a self-motivated life. **YM**

Content

- 2 Message from Master Mani
- 3 Content
- 5-6 To Motivate or to be Motivated
- 7-9 Seeds of Change: From Work to Karma Yoga
Modern Yogi Transformed via the Reflections on Karma Yoga
- 10-11 Articles by Practitioners:
The Beauty, Power and Infinite Possibilities Of Yoga
- 12 Event: *Yoga Workshop for Faculty of Early Childhood Students - Main Campus, SEGi University*
- 13-14 *MAYI National Yoga Camp 2018*
- 15 *MAYI Graduation 2018*
- 18-19 Ayur Yoga: *Motivation with Balance through Ayurveda*
- 20-21 Super Yoga Kids Corner:
Motivating the Family
- Inner Insights:
23-24 *My Straighter Daughter!*
- 26-27 Chemical Ingredients to Avoid
- 28 Featured Asana: *Nauka Sanchalasana (Rowing the Boat)*
- 29 Chef Yogi's Food Notes!
Beetroot Chickpea Falafel (vegan)
- 30 Schedule of Courses: Jan - Mar 2019



Advisor:
Manisekaran

Editor:
Meiwan

Editorial (Writers and Contributors)
Chan Soon Wei, Dr. Chandra Nanthakumar,
Dr. Kuga, Irene Chan, Jessica.S, Meiwan,
Naya Ayaat, Nicole Yong, Roy, Susan Tam,
Vijaya, Zul Anjalika Kamis Gunnulfen

Advertising & Circulation:
Kasturi

Graphic Designer & Cover Designed by:
Danny Kwok

Printed by:
E-print Solutions Sdn. Bhd.
No.3, Lorong Brunei 3, Off Jalan Pudu,
55100 Kuala Lumpur, Malaysia.

Published by:
Sumathi A/P Jeganathan,
The Yoga Franchise, No.3, Jalan Ang Seng 3,
50470 Brickfields KL



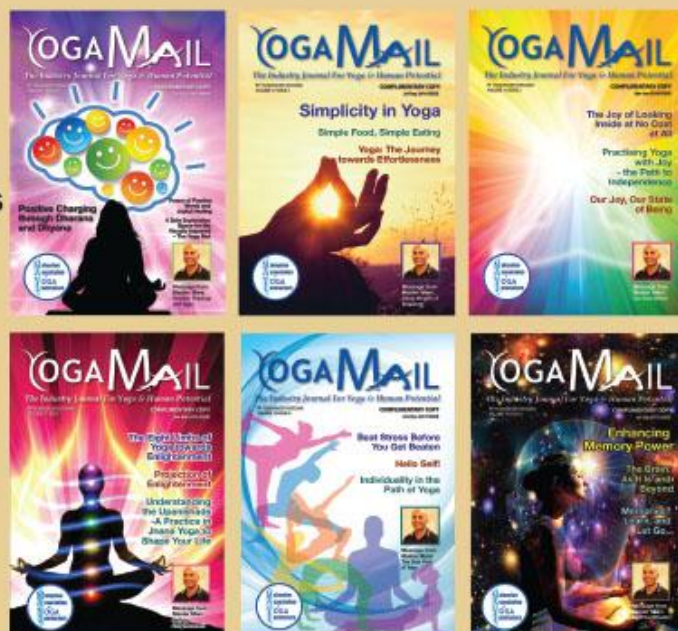
Guided by one of the world's leading yoga exponent
Manisekaran



Complimentary copies of YogaMail are available at the following locations:

- MAYI Yoga Academy and affiliated studios
- Secret Recipe
- Starbucks

YogaMail is published every 3 months. Distributed for free, this health journal aims to share a selection of articles which focus on well-being and sustainable living. Garnering an impressive readership of 20,000, we welcome any parties who are interested to distribute and advertise with YogaMail.



Contact us for bulk purchase of yoga mats, yoga blocks and yoga belts

Contact: 03-2260 5322

Visit our websites: www.mayi.org.my /
www.malaysianyogasociety.org

Fully sponsored by:
MAYI
YOGA ACADEMY
MindBody • Authentic • Yoga • Inspiration

- Brickfields
- Bangsar
- Damansara
- Selayang

+603 2260 5322
+603 2282 4980
+603 7726 6682
+603 6127 5693

- Puchong
 - Subang
 - Klang
- +603 8080 4742
+603 8021 7980
+603 5161 9110

To Motivate or to be Motivated

by Dr Chandra Nanthakumar

Meditating
On
The
Insight
Vividly
And
Troubles (are)
Intrinsically
Overpowered
Naturally

Generally, individuals feel empowered when there is a greater sense of motivation and overall positivity in them. Due to this good feeling, the day usually gets by smoothly not only in the home front but also at work. When individuals are motivated, the aspiration to conduct themselves well is ineffable.

Those who are enthused to excel in their studies will continue to seek knowledge and spend invaluable time reading diligently instead of wasting time on unnecessary chatter. Those who are inspired by great saints like Mother Theresa will go all out to lend a hand in helping and nurturing the needy. Those who are motivated by a healthy lifestyle will surely go the extra mile to watch their diet and exercises regularly. This is because the mind has been programmed to carry out these disciplines on a routine, and so the body naturally carries out the functions. The routine may appear mundane to some, but depending on the task or function carried out, one may be able to benefit tremendously from it.

While it is great to know that there are a lot of people spending a lot of time doing charity work, studying really hard for success or working conscientiously to climb up the ladder in rank and file, the body and mind should not be ignored. Many in the pursuit of success tend to

overlook the needs of the body and mind. Unfortunately, in today's society, the motivation to pay heed to health is almost absent amongst many from all walks of life. If this issue goes unnoticed, discomfort followed by dis-eases will start to set in one by one.

I see MOTIVATION as an acronym for the following:

Meditating **O**n **T**he **I**nsights **V**ividly **A**nd
Troubles (are) **I**ntrinsically **O**verpowered
Naturally.

Hence, one could learn to meditate and allow feelings of motivation to naturally set in. The practice of meditation is one of the many aspects of yoga, and research has shown that regular practice of yoga is sufficiently powerful to decrease symptoms of depression and anxiety (Jager, 2017). Simple mindfulness meditation practice helps the practitioner identify his emotions and let them go. Through the practice of meditation, one is motivated to appreciate the given moment and get the best out of it.

The practice of yoga has the ability to energise the body and mind, hence it motivates the practitioner to be consistent with the practice (Ross & Thomas, 2010). Whenever one feels demotivated, the remedy is to practise yoga and experience an immediate boost in the energy level. The practice includes amongst other things, asanas (postures), pranayama (expansion of the life force), dharana (concentration) and dhyana (mediation). Doing a couple of asanas followed by a simple practice of pranayama are the preparatory stages to meditation. It is essential that the body and mind are prepared for the practice; only then one will be able to reap its full benefits.

As easy as it sounds, yoga practices can be quite challenging. For example, in the asana practice, it can be quite a challenge to stand on one leg and stay balanced in the Dance Pose (Nataraja Asana), but if the practitioner is committed and motivated, he will delve deeper into the practice. On the other hand, if the practitioner is not focused, the mind will wander and he may end up injuring himself.

The shoulder stand is another good example to practice perseverance. It is challenging to keep the body in an upright position in the beginning, however, with consistent practice and motivation, the body gets used to the inverted position. A change in the body structure and an increase in limb strength will definitely motivate the practitioner to keep the momentum going.

He will be motivated to practise every day upon realising the positive changes that are taking place in the body and mind. Likewise, practising meditation requires effort. It can be quite a daunting task to remain seated in a still position for a couple of minutes; nevertheless, with consistent practice, one can only experience unremitting progress in the emotional health of

the body and mind (Prajnanananda, 2009). While one has to be motivated to practise meditation, the practice of meditation in itself instils motivation in the practitioner.

In life nothing can be taken for granted, and that is what yoga teaches you. Yoga teaches one to relish and respect the journey towards the results. Because one is in dire need of seeing the outcome of the practice, he will be motivated to continue with the practice. Another reason why one should be motivated to practice yoga is because it boosts one's personal growth.

During the practice of yoga, one is not only mindful of his own emotions, but also of others. This discipline demonstrates that everything people do not only affect the environment but also themselves. For example, if a person wants to make progress in his job, he has to take small steps towards achieving his goals while being mindful of the surrounding, which consist of people and their feelings.

As I see it, motivation and meditation go hand in hand. Without motivation, one will not meditate; without meditating, it is quite a challenge to be motivated in life. **YM**

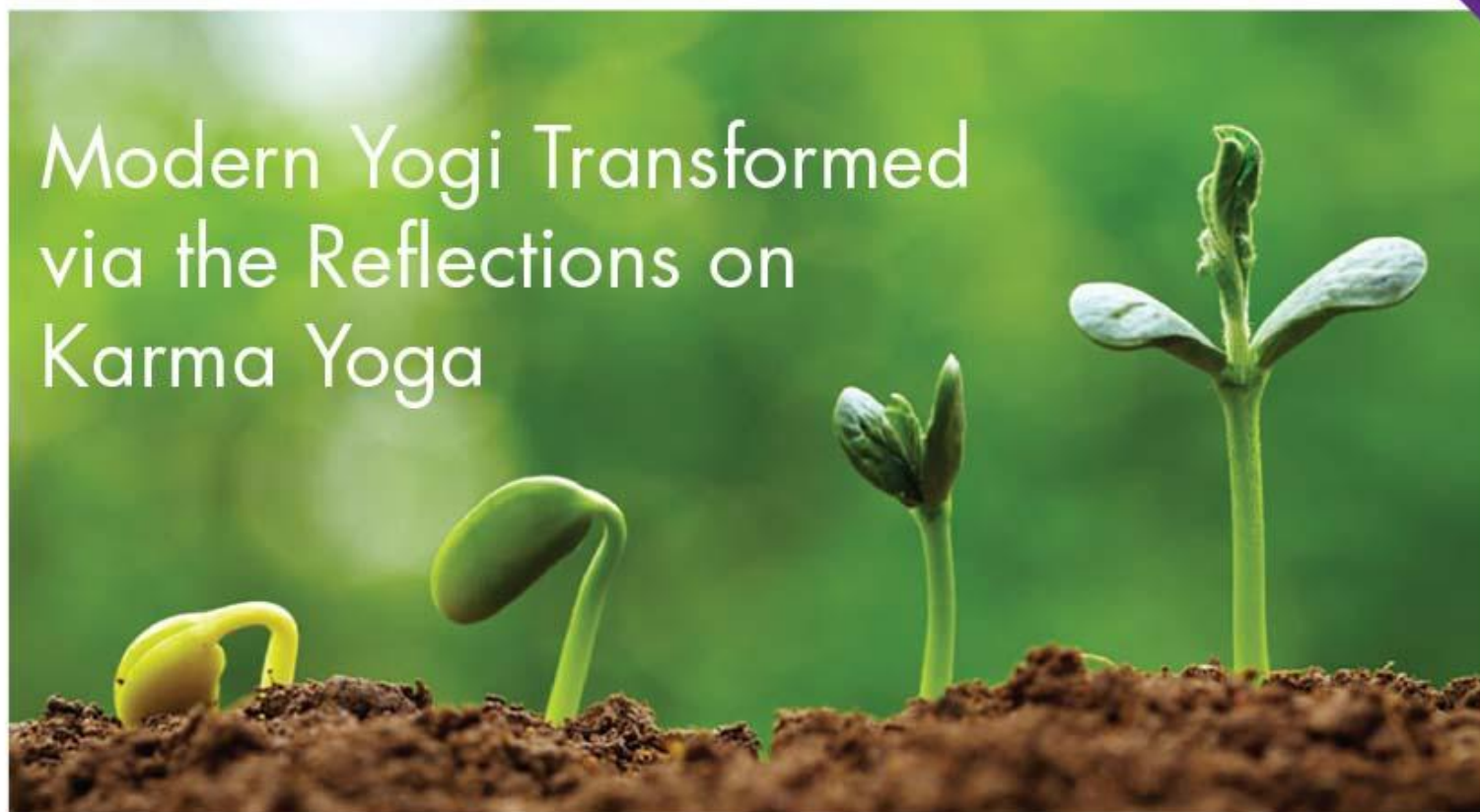
References

- Jager, T. (2017). *Change your life with the motivational power of yoga*. Retrieved from <https://www.goalcast.com/2017/05/10/change-life-motivational-power-yoga/>
- Prajnanananda, P. (2009). *Yoga: Pathway to the divine* (3rd ed.), Vienna, Austria: Prajna Publication.
- Ross, A. & Thomas, S. (2010). *The health benefits of yoga and exercise: A review of comparison studies*. *Journal of Alternative and Complementary Medicine*, 16(1), 3-12.

Seeds of Change: From Work to Karma Yoga

by Nicole Yong

Modern Yogi Transformed via the Reflections on Karma Yoga



Today, people appear to be carrying out multiple business activities round the clock. Most are affected by the rhythms of the world. You might notice that when you ask your friends, “How are you?” The answer may automatically be, “Oh, I’m fine. I have been very busy recently.” Somehow, the word “busy” has become an “honour mantra” to some people to prove that they are really invaluable to the company, society or even to the family.

Seeds of Change: From Work to Karma Yoga

Way back in Dec 2014, I volunteered myself at the National Yoga Camp organised by the Malaysian Yoga Society. While holding on to a full-time job, I was also pursuing my yoga instructor course. I felt a calling, and hence, I took time off to join the camp as a volunteer. I must confess that throughout the camp, I wrestled with the concept of karma yoga, which means real practice or service in the real world. It was my first time at such a camp – doing

karma yoga. I learnt the difference between personal yoga asana practice and yoga practice in the real world. I also came to realise that advertising our poses on social media like the Facebook and Instagram, participating in retreats or attending classes do not make a complete yoga practice.

My journey at the Yoga Camp is simply unforgettable. I assisted teacher Pushpa, who was in charge of the children’s welfare at the camp. Not only did she inspire me, but she also guided me patiently. I noticed that many of my seniors were exceptional in their demeanour – they were really busy carrying out various tasks from the back end to the front line, but they did not utter the word ‘busy’. On the contrary, they willingly did everything for the children; some even stayed overnight at the camp and went to work the next morning from the campsite.

Others took time off or took their annual leave to simply do their part at the camp. Some volunteers went a step further to sponsor the underprivileged teenagers to enroll in the camp.

I kept on reflecting on what my master had taught us in class and what I observed at the camp. There was one evening after bringing the children to the bathroom to clean themselves, a five-year old girl approached me. She spoke in Tamil and passed a comb to me. I had no clue as to what she had said as I do not speak the language, but without dilly-dallying, I took the comb off her and started combing her long knotted hair. She continued to come to me the next few days at the camp to get me to do her hair. What was amazing is, each time we met, she spoke in Tamil and I spoke in English. We barely understood each other, but above all, it was the gesture, smile and eye contact that brought the two of us to a different dimension of communication. Her smile and eye contact merely melted my heart. Never had I felt this way before.

The yoga camp was so well structured and run by my seniors under the guidance of Master Mani. Besides learning asanas, the children were educated not only about the philosophy of yoga, but also about the traditional cleansing practices and yogic diet. I noticed that throughout the camp, the children were served only healthy vegetarian food. Nourishment definitely plays a part in one's transformation. Being a food therapist, I could attest to how healthy food improves the digestive system in children.

During my discourse with Master Mani, I stumbled upon two meaningful words (1) "Karma Yoga", which means to serve, or seva, which is an act of kindness, and (2) "Dharma" which refers to the duty born of who we truly

are". This motivated me to read the teachings of prominent swamijis and dive deeper into the philosophy of yoga. The Yoga Camp really helped me put the theory into practice.

Karma Yoga "burns" Ego

Please allow me to share a beautiful extract from the book *"Teachings of Love"*, written by Thich Nhat Nanh:

"Practising the Immeasurable Mind of Love extinguishes anger in the hearts of living beings. Practicing the Immeasurable Mind of Compassion extinguishes all sorrows and anxieties in the hearts of living beings."



Believe it or not, Hatha Yoga alone is insufficient to keep us strong and flexible physically and emotionally. In the outside world, we work hard and we yearn for acknowledgement of our hard work. The ego in us continues to battle for fame, rewards or recognition. In the process of trying to achieve all these, the mind may be lured towards negative thinking. Negative emotions may arise and if this goes unchecked, it may lead to physical and mental health problems. The practice of Karma Yoga helps "burn" our ego when we serve or work selflessly and purely from the heart. When ego disappears, we will be happy and be able to live in harmony with all living beings.

Karma Yoga is a real life lesson

Karma Yoga is a real life lesson that needs to deepen and to be practiced continuously. It is a life-long practice. This little realisation came to me in 2014 when I started seeing change in myself after participating at the Yoga Camp.

I remember telling my father that I have started teaching yoga to senior citizens at a temple. He was quick to ask if I was getting paid. Nevertheless, he was elated when I told him that I had asked the practitioners to donate the fee to the temple. Over the course of time, I have learnt to practice and teach yoga with love and compassion. I believe that when we are calm, happy and contented, we will be able to heal our negative emotions of anger, insecurity, sadness or hate, and practice empathy.

The Teaching of Karma Yoga from The Bhagavad Gita

Here are meaningful lines extracted from the book *"Ethics of The Bhagavad Gita"*, written by Swami Sivananda:

Chapter III The Yoga of Action (Karma Yoga):

"In this world, there is a two-fold path, the path of knowledge of the Sankhyas and the path of action of the Yogins. Man cannot remain even for a moment without performing some kind of action."

"Constantly perform your duty without attachment."

"The great man should set an example to the world."

The Bhagavad Gita is a Yoga Sastra that teaches us about humanity and cosmic love. When we understand this concept, we will serve relentlessly, not blame others, not be selfish, and be at peace at all times.

Teachings from Taittiriya Upanishad

Here are some beautiful lines extracted from the book *"The Twelve Principal Upanishads"*, written by Dr .E. Roer:

*"From joy we have come,
In Joy we live and have our being,
And in that sacred joy
We will one day melt again"*

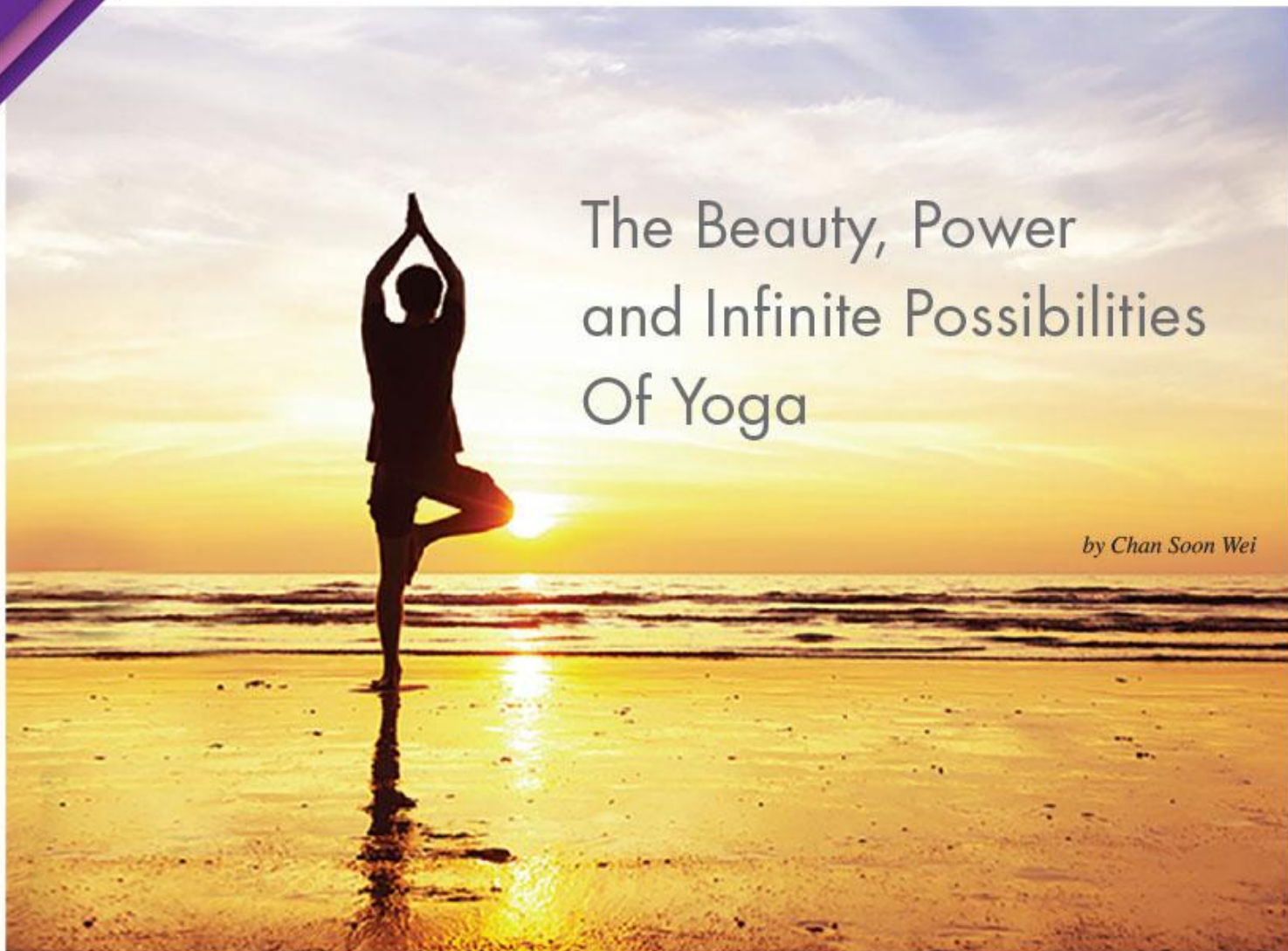
*"From that (Brahman) who is this
Self-manifested space,
from space air, from air fire,
from fire water, from water the earth,
from earth the plants, from plants foods,
from the food the being."*

I realised that the whole wheel of life set by the Great Creator is on the basis of serving and giving. Sunlight and water are needed for plant growth, and it is from these plants, human beings and other animals obtain food. The whole cycle, akin to a wheel, simply repeats itself.

Time to Reflect

To sum up, if you are the type who always get so worried and complain about everything at work and in your personal life, you may want to start practicing Karma Yoga. Learn to let go of the "Ego", and learn to love and forgive. Spread your positive vibrations generously, and you will soon find room to grow. **YM**





The Beauty, Power and Infinite Possibilities Of Yoga

by Chan Soon Wei

A friend introduced Yoga and the meaning of self-realisation to me when I was 16 years old. Being young and ignorant, I thought Yoga only involved stretching and self-realisation was only a myth. But for some reasons that I can't explain, I became very fascinated with the stories of saints, sages and seers, and started to read about meditation from the internet. Looking back now, I didn't understand what I was doing, but the desire to learn and understand Yoga was always there.

I started to question about truth and the purpose of life, but this self-introspection mode and questioning did not last for long. During college years and later after starting to work I ignored

the possibilities of self-realisation or liberation. There was no Guru, no path and no correct information available in my life at that time.

Fast forward to January 2015, the very same friend persuaded me to join the Manipuraka and Urdhva Retas course at MAYI Yoga Academy. I was reluctant at first because I had the mental concept that Yoga was only about stretching and meditation. However, I did notice that my friend achieved remarkable self-discovery and healing through the practice of Yoga alone. My friend spoke greatly about Master Manisekaran and on how he ignited the flame of Yoga within him.

I joined these 2 workshops mentioned above and went to MAYI Selayang to learn about these practices. I am grateful that I met Master Manisekaran and that day my life was changed. It opened up my eyes to what Yoga was all about and what are the possibilities one can achieve. I always thought a guru must have a beard, have beads around his neck and be in saintly-looking robes, but Master Manisekaran was not like anything I've ever imagined!

After that I practised Manipuraka consistently at home. After a period of time practising Manipuraka, I discovered that my vision became clearer and I did not need to wear spectacles anymore. This was my very first experience of self-healing without any form of medicine or surgery. Together with Urdhva Retas, I discovered new things about myself. Stronger willpower started to develop within and it made me want to involve in many activities. Sleepiness started to reduce, vitality is always available, open-mindedness blossomed and being focused became easier. Productivity at workplace increased, the love for practising Yoga expanded and going to the gym became effortless.

Practising Hatha Yoga gives me more flexibility and mobility. It helps to increase fluidity and enables me to sit longer for meditation. Hatha Yoga also benefits the mind. I always feel calmer and have more concentration throughout the day.

I formed a deeper connection with myself after learning Kriya Yoga. It was a huge blessing to have the chance to learn Kriya Yoga from Master. When it comes to self-development, Kriya Yoga is the ultimate technology a person could have.

Imagine waking up one morning and there was an "awareness" to decide what kind of person you want to be. The dynamic willpower formed within and it pushed me to do better. I started to listen to my body and eat the right food, think the right thoughts, and the clarity to perform actions was always present in my mind. Many bad habits, such as drinking alcohol and smoking shisha, slowly started to disappear. The cravings just withered away. Since then I have no longer had the desire to consume these substances again.

The feeling of jealousy and envy started to drop, I became friendlier and more positive. By combining these practices together and with the guidance of Master, I felt that life was within my control. This is a very positive feeling to have because I have learnt how to take up more responsibilities in life. I don't even remember when was the last time I fell sick!

The mind has its own conditionings and limited beliefs. With Yoga, these conditionings can fade away. We learn how to accept reality and respond instead of react. After meeting Master and learning Yoga from him, life has started to look good. We can always find opportunities to grow no matter how bad the situation is.

By practising Yoga, we dive deep into our inner self, discover new things about us and be in tune with nature. We can start by practising Yamas (moral code) and Niyamas (personal conduct), and incorporate them in our lives. This is my experience with Yoga and there are more. Now, the path to enlightenment looks like a reality to me. **YM**

Event:

Yoga Workshop for Faculty of Early Childhood Students - Main Campus, SEGi University

by Nicole Yong

The gradual increment of interest in physical health seems to have led to Yoga and Physical fitness workshops to become part of the Faculty of Early Childhood syllabus in SEGi University, Kota Damansara.

On 14 November, the MAYI (Malaysian Association of Yoga Instructors) team, led by 11 yoga instructors and volunteers, had a half-a-day yoga workshop for almost 80 students at the university.

The following topics were introduced:

1. Hatha Yoga: General yoga therapy to help students cultivate patience and improve their wellbeing.
2. Pranayama (the main six breathing practices) and simple concentration and mindfulness practices: to revitalise and calm the body and mind, and also stabilise mood while studying.
3. Healthy eating habit. Promoting natural real food to students to improve their digestive system and learning behaviour.
4. Recapitulate all practices via role play, and students' performance.

Testimonial:

Lecturer: Priya

"I want to thank Uma (ex-lecturer from SEGi University) for recommending MAYI to us. Thank you MAYI instructors for guiding the students and sharing the benefits of yoga practices. Let students be aware that yoga can be practised anywhere. They really enjoyed the workshop and I hope they take up the practices in their lives."

Student A:

"I learnt many yoga poses and breathing exercises. It is good for the students. The concentration techniques are good to train children to focus. I really thank MAYI."

Student B:

"I have learnt how to balance my work, time and studies. And I have learnt how to de-stress and enjoy the yoga practices."

Student C:

"This is my first yoga experience. I felt really happy doing the asanas."

Thank you to lecturers and students from SEGi University and MAYI yoga instructors for making this event a success.

Efforts to include yoga workshops in the University syllabus should be welcome. This will help instil a culture of continuous knowledge and practice of yoga at the university level. Yoga promotes physical health, mental fitness and emotional balance in the young generation, which would be an invaluable part of their learning experience at the university. Universities that are interested in conducting yoga workshops are welcome to call or write in to MAYI at:

**Malaysian Association
of Yoga Instructors (MAYI)**
No. 3, Jalan Ang Seng 3, 50450 Brickfield,
Kuala Lumpur
Tel: 03-2260 5322



MAYI National Yoga Camp 2018

by Nicole Yong

The National Yoga Camp by the Malaysian Association of Yoga Instructors (MAYI), a non-governmental organisation, came as a fantastic solution to some parents who might have been wondering where to send their children for the year-end school holidays. It was a wonderful opportunity for children, between 12 and 18 years old, to learn the essence of hatha and yoga, the values of Yama and Niyama, self-discipline, ancient memory techniques, mind relaxation and so on.

The camps were held from December 1 to 9 for boys and girls, separately, at SJK (T) Saraswathy Sungai Buloh. Both camps were led by MAYI founder and president Master Manisekaran with the support of dedicated MAYI yoga instructors and volunteers from various backgrounds and experiences. It turned out to be a great learning experience for both the students and the volunteers as well.

In line with Master Mani's guidance and vision, the beautiful gift of yoga was shared with the students without reservations. The outcome of that we could see in the final days of each

camp. The kids poured their hearts out, cried tears of gratitude and pledged (on their own accord) to gain deeper knowledge of yoga, practice yoga and take up the responsibility of spreading the awareness of yoga to others, and to the future generation as well. Many of them showed exemplary leadership skills.

The students performed beautifully and spoke unreservedly about their new-found love and respect for yoga, the teachers and volunteers, their parents and guardians (for sending them there), and for Master Mani, in whom they saw a great teacher, mentor and life-long well-wisher.

They vowed to continue their practices and services, as taught at the camp, and received certificates of participation as tokens of appreciation. For sure it would have touched the heart of each parent there.

The National Yoga Camp was ran and sponsored by MAYI since 2012 for teenagers aged 12 to 17, especially for the underprivileged groups in the society. And this year was the 7th year running for the camp.



National Yoga Camp 2018 - The Core Teaching Components:

The camp covered the following topics and values:

1. Vegetarianism, the practice of loving nature and appreciating real natural food.
2. The Yoga Philosophies of Yama (restraint - individual responsibility towards nature and society) and Niyama (observance) for individual/personality development. It is about learning the value of humanity too.
3. Yoga Asanas (beginners and intermediate level Yoga postures),
4. Shatkarma techniques (yogic cleansing techniques),
5. Pranayama (breathing techniques),
6. Dharana (concentration practice),
7. Dhyana (meditation),
8. Relaxation practice, yoga-based games and attitudes training.
9. Benefits of Yoga practices.

The students woke up at 5.30am, did Shatkarma, Yoga Asanas, Pranayama and Relaxation practices before going for breakfast. They had yoga-based talks and activities throughout the day before finishing the day with Trataka and meditation practices.

The camp helped increase their awareness about studies and themselves; taught them self-discipline, time management and good manners. The closing ceremony was really remarkable. The parents were happy to see the benefits and changes in their children.



His tenfold path: Serve, Love, Give, Purify, Meditate, Realise, Be good, Do good, Be kind, Be compassionate. – Swami Sivananda

Testimonial from headmistress
SJKT Saraswathy Sg.Buloh:

Thanks to all the MAYI instructors. You gave full support and positive energy to the students and the school. I do hope weekly yoga classes will be conducted here. Thank you so much.

Testimonial from boy student A:

I never thought I could memorise and practise all the yoga poses, especially the full set of Sun Salutation, in a few days. Thank you teachers.

Testimonial from boy student B:

I learnt a lot in the yoga camp. I learned to be patient and manage my anger. Thank you.

Testimonial from a girl student:

In the morning, I was not feeling well due to stomach pain, but after doing the yoga practices, I felt better. Thank you teachers.

Testimonial from a parent:

Thank you so much for teaching and looking after my boy. He feels happy that he had joined this camp.

Thank you to all for making the National Yoga Camp 2018 such a great experience this year. See you all in 2019! **YM**

Event:

MAYI Graduation 2018



The annual MAYI Yoga Academy Graduation Ceremony for 2018 was held on November 25, 2018 at Silka Maytower in Kuala Lumpur.

Upon arrival, graduates were greeted by MAYI Infinity who made a presence to share the natural goodness of their high-quality natural products. With seven personal care products on display, we see many wellness enthusiasts were in awe by the superb ingredients contained in each product.

The ceremony was officiated by Master Manisekaran with a speech to congratulate all the graduates while sharing his insights and importance of continuous learning and sharing, followed by the opening performance by graduates of the International Yoga Instructor Course showcasing their skills and talent in a combination of Dance Yoga and Partner Yoga poses.

The class of 2018 sees 240 graduates graduating from their respective courses. Those who were present for the ceremony, proudly received their certificates for completing the training in these respective courses - the International Yoga Instructor Course, Pranayama (Breathing Techniques) Instructor/Practitioner Course, Dhyana (Meditation) Instructor/Practitioner Course,

Super Yoga Kids Instructor Course, Pregnancy Yoga Instructor Course, Yoga Therapist Certification Course, Ayurveda Massage Therapist Course, Ashtanga Yoga Instructor Course, Kundalini Kriya Yoga, Prana Vidya, Manipuraka and Urdhva Retas.

The certificate presentation was, itself, an amazing lesson as Master Manisekaran shared his thoughts and philosophies of the various practices of yoga, whilst some of the graduates shared stories of their journey depicting the deep and profound life lessons they have gained throughout their participation in the yoga courses. We thank Uma Ramasamy, Isabella Raniee Silvester, Leong Suit Wan, Chan Soon Wei and Gomathi Rajendran for their warm sharing!

The crowd was elated when they were informed of the 5 MAYI Hot Seats contest. The 5 lucky winners won themselves rebates for Yoga courses and free participation of MAYI Wellness Yoga Workshops which are a great way to continue their yoga practice. The ceremony ended with a large group photography session and many stayed behind to mingle and re-connect with fellow course mates.

Congratulations to Class of 2018!

Yoga Teaching Certificates

CHECK IF YOURS IS VALID!

According to the
Education Act 1996 – Act 550

PART VII PRIVATE EDUCATIONAL INSTITUTIONS

Prohibition as to courses of study and training in respect of degrees, etc., conferred by universities, etc.

77. (1) No private educational institution shall conduct any course of study or training programme jointly, in association, affiliation or collaboration or otherwise, with a university or institution of higher education or other educational institution or organization within or outside Malaysia, except with the approval in writing of the Minister.

PART VIII REGISTRATION OF EDUCATIONAL INSTITUTIONS

Chapter 1—Registration of Educational Institutions

All educational institutions to be registered.



Malaysian Association of Yoga Instructors

☎ 03.2260 5322

✉ www.mayi.org.my



Motivation with Balance through Ayurveda

We all experience ebbs and flows in life. Sometimes we feel motivated, sometimes we don't. Some mornings we wake up energised to get to work and power through that to-do list and at other times we smack the alarm clock, curse the morning and give ourselves an extra five minutes of sleep. But identifying the "why" behind the actions you perform can make finding the motivation to do them easier on the days you're feeling less-than-inspired. Whether you're dragging yourself to do yoga or fighting the mental battle against procrastination at work, making a mental shift to reconnect to your source of motivation can give you the boost to get it done.

According to Ayurveda, an ancient system of wellness, the forces and principles found in nature also exist in humans. Ayurveda outlines three fundamental energies (doshas) that govern the outer environment and influence one's physical and mental constitution: Vata, Pitta and Kapha.

Each dosha governs various seasons, bodily systems and times of day, and each is associated with various qualities. The doshas perform crucial functions in the physical body as well as crucial tasks in nature. They present their qualities during certain times of day, seasons of the year and manifest in the changing seasons of life. Vata is made of "Wind (air)" and is responsible for movement. It is dry,

The Three Doshas



vata



pitta



kapha

rough, cold, mobile and subtle. Pitta is made of "Fire" and governs digestion and transformation. It is oily, sharp, hot, penetrating, liquid and spreading. Kapha is made of "Water" and provides structure and stability. It is heavy, slow, thick, smooth, stable and sticky. The three doshas express themselves in our physical, mental and emotional proclivities.

When any one of the doshas is aggravated and provoked, each of them tend to cause a specific range of imbalances that can manifest either in the physical body or in the more subtle realms. As a result, Vata, Pitta and Kapha, each, has a particular flavour of influence on the mind, emotions and overall consciousness, and each of them can either support or undermine our overall health.

When Vata is out of balance, it can cause rapid changes in mood, fear, anxiety, excessive speed in thoughts and words, and a sense of loneliness or isolation. When Kapha is out of balance, we can get stuck in apathy and general laziness or lack of desire. When Pitta is out of balance, one can be impatient and angry with themselves or others.

Ayurveda recommends following Ayur treatments to further reduce excessive doshas. If you have symptoms of dosha imbalance, you will find that these Ayur treatments will help to keep them in control.

1. Abhyanga Snanam

Abhyanga is all about the oil. Warm sesame oil is rubbed on the body thoroughly and gently. It is nourishing, pacifies the doshas, relieves fatigue, pleasure and perfect sleep, enhances the complexion and the lustre of the skin, promotes relaxation and calms the busy Vata mind.



2. Shirodhara

Shirodhara is the process of pouring warm oil over the forehead in a continuous stream. The oil creates gentle pressure and vibration on the third eye chakra, the energy centre that is connected to intuition. Shirodhara can help relieve symptoms of anxiety, stress, fatigue and hypertension. It relieves tension, worry, fear and headache as well as depression. It regulates mood and gives feelings of pleasure and relaxation. It is perfect for balancing Vata.



3. Swedana

Swedana is the process of inducing sweat with the help of herbal steam to release toxins from the body through the skin. The treatment usually lasts up to 20 minutes. Abhyanga Snanam followed by Swedana will have similar effect. It is an especially good treatment to balance the Vata and Kapha doshas in the body.

Herbs to keep the body in balance:

1. Ashwagandha

Ashwagandha reduces stress, and consequently, increases vitality and endurance, lowers oxidative stress and enhances energy.

2. Triphala

Triphala is revered for its unique ability to gently cleanse and detoxify the digestive tract while replenishing, nourishing and rejuvenating the tissues. It encourages balanced Agni throughout the system, helps to eliminate Ama (toxins), and is a general tonic for good health.

Wellbeing, according to Ayurveda, is a delicate balance between the body, mind, spirit and environment. When the doshas are balanced, we are healthy and motivated. It takes both time and focused attention to re-pattern the mind, and daily practice is one of the best ways to ensure your success. If you are serious about transforming your lack of motivation, choose at least one of the following practices and commit to doing it on a daily basis! **YM**

Motivating the Family

SuperYogaKids corner

by Zu Anjalika Kamis Gunnulfsen

A chanced encounter with a family of five in Sri Lanka a couple of months ago set me thinking; what is the fundamental basis for a family to motivate each other in the pursuit of health, happiness, positivity and success?

A little background of the family; they are in the Land of Serendipity to seek answers for leading a much happier, fulfilling, organic life, away from the current stresses that often faze us. From Australia, they feel the way to do it is to visit a place where life is not so consumed with “outside” influences.

We live in a world where everything is constantly evolving and changing. These changes are happening at a rapid speed. Most of the time we get lost in the midst of it all. When that happens, our lives get affected considerably, making it hard to focus, regroup and recharge, let alone be motivated.

As a mother of two, I can totally relate to this epidemic. I constantly have to juggle between being a mom and a friend, setting boundaries and motivating the kids to lead healthy and successful lives.

The time I had with myself to address this led me to a few pointers, which I know will help to be a source of motivation in leading a healthier, happier and successful life.

In everything we do, ask the question WHY.

In this instance, why is motivating the family to lead healthier and more successful life important? I'm sure we all have the answers;



but different ones. For some, perhaps family history in certain ailments is a huge motivator. For others perhaps it's knowing that leading a healthy lifestyle could easily translate to a successful one. Afterall, it has always been said that a healthy body leads to a healthy mind; and the opposite is also true.

As parents, we know that in order to relay anything to the kids is to do it ourselves first. When you're being a healthier, happier and successful parent, chances are your kids will follow suit. Emotions are contagious, if you are unhappy chances are your kids will be too. So make sure you are happy, successful in your own way and motivated most of the time.

I have always believed that doing chores builds character in my children. It is still an ongoing journey for me. I might sound petty, but telling kids to contribute in every little way is actually preparing them for what is to come in life. Doing chores is not just that, it teaches kids to be gritty and responsible. Kids will also learn the value of hard work and the art of working together as a team. Collaboration happens a lot these days – at work, in sports – and what better way than to let it start from home?

Praising is a fantastic way to build self-esteem in children. However, if done incorrectly, it can also have a reverse effect. Children might feel the pressure to always score the highest or always want to be the best without immersing themselves in the whole process. What they should be praised on are their efforts throughout the journey of whatever projects they are embarking on.

Empower kids and do away with parental dictatorship. Children do better when they are part of the decision-making or even have a say in the process.

My family loves rituals; we create our own. The evening walks after dinner, the little chats we have in the afternoons after school, making food together, and sometimes just watching a good movie or just curling up on the sofa on a random day. These are the things that build “bonding” in families.

Building meaningful relationships is essential to growth and psychological wellbeing. Make sure the family takes part in get-togethers, play dates, lunches or breakfast meet-ups.

The internet and many gadgets available these days are definitely magnificent inventions, however, they are also known as the catalyst for many problems – less focus, anxiety, hyperactivity and other social problems. Use gadgets to your advantage, not the other way around.

In conclusion, have chats from time to time with the children on ways to be healthier, happier and more successful. Reiterate to them the importance of having a good amount of sleep. Tell them what could happen if their bodies don't get proper rest. Food is fuel for the body; teach them the benefits of certain foods and the dangers of others, if taken excessively.

Come up with rules that work for your own family; children actually thrive on rules; use it to your advantage, parents.

Create the importance of working out a couple of times in a week. It does not mean joining an expensive club or calling in a personal trainer; a run in the park, a half-hour kick-ball session or cycling around the neighbourhood is sufficient. The bottom line is to keep the body moving and sweating a little.

Teach kids about grooming; and I do not mean the primping - for - hours - in - front - of - the - mirror sort. Grooming in this context simply means being tip-top in hygiene matters; taking care of your cleanliness, body scents, hair and nails could totally change the way you feel and see yourself. If you look presentable, you feel good about yourself and of course, when you feel good, you just want to give the best in whatever you do.

Parents, you have to walk the talk. Whatever you tell the children, you have to do the same. Kids usually learn by example; so you have to eat healthily, think positively and behave amicably – if that is what you desire your kids to be.

SYK classes include:

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

For more information about MAYI Super Yoga Kids, log on to: **www.superyogakids.com**

and connect with us at

Facebook: **SYK Superyogakids**

Email: **superyogakids@gmail.com**



ENHANCE YOUR SELF-PRACTICE AND YOGA TEACHING SKILLS!

**PRANAYAMA (BREATHING TECHNIQUES)
INSTRUCTOR/PRACTITIONER COURSE**

10th March 2019 at Bangsar

Pranayama Instructor Course is a complete and systematic yoga practitioner and instructors course that covers all aspects of various yogic breathing techniques. In this Pranayama Instructors/Practitioners Course, you will be taught total up to almost 100 types of pranayama techniques, mudras, and bandhas. Yoga Instructors will find this course very useful in your teaching as pranayama is an important part of authentic yoga. Practitioners will be able to practice the techniques confidently on their own for the various benefits they choose to master.

**DHYANA (MEDITATION)
INSTRUCTOR/PRACTITIONER COURSE**

27th April 2019 at Bangsar

Dhyana (Meditation) Instructor/Practitioner Course consists of numerous kinds of Dhyana techniques. This course implement guided meditation which provides valuable information on using proven Creative Visualization and Guided Imaginary Techniques to generate energy and manage stress. It induces the best teaching methodology with evergreen wisdom of ancient eastern culture. The effectiveness has well been researched over the years and its success is based on hands-on coaching approach that nurtures budding instructors.



Inner Insight:

My Straighter Daughter!

by Irene Chan

My first and very special daughter Theresa has been diagnosed with the scoliosis condition 14 years ago. We first noticed unevenness on her shoulders and neck as she became actively engaged in bowling tournaments organized by her institution. She was in her early 20s back then. The curvature was somewhere around 28 degrees at the thoracic region (chest area) when we first detected it. Having little understanding of her condition and continuing with routine lifestyle from then on naturally contributed to the worsening of the curvature. To our despair her scoliosis worsened to more than 60 degrees within the next few years.

The doctors advised us to proceed with surgery but we did not feel right to put our dearest daughter under the surgical knife. Especially having told that there will not be a 100% curve reduction, the fusion of spinal bones may limit her mobility and the cold weather may give her occasional cold jolts down her spine. Besides that, we were told the metal rods and screws will be left permanently inside her body imposing some risk of infection and she may have to undergo a second surgery to realign these rods ten years later.

We explored our next best options and paid a visit to the Chiropractor. The practitioner explained to us that he can help us ease the muscle tension, monitor on the alignments and prevent it from worsening. She has been under chiropractor for close to 8 years now and the curve progressed despite all intervention to more than 70 degree!!! This was worrying us and almost making us lose hope for Theresa.

"Why not you try yoga?" suggested the Chiropractor. He surveyed his network and finally gave us the lead to MAYI Yoga Academy. My first encounter with Dr.Kuga a Wellness Expert in MAYI had restored hope for my daughter. She shared with me the stories of her clients with scoliosis and showed me some amazing pictures



too on how they had improved with yoga. Without thinking twice I had agreed to give it a go!!!

Theresa had some pre-existing yoga knowledge. We started practising yoga in our residential club house group lesson some time in 2008 (10 years ago). We know the importance of exercise and chose yoga for our general well-being. Unfortunately, Theresa, being a special young adult with learning disabilities, could not concentrate in a group class and so we dropped out after nine months of lessons. Having a private session with Dr.Kuga had made it easier for Theresa to focus and learn. Along the yoga poses, some at home massage techniques, postural awareness, sitting and sleeping techniques were added on from time to time. It was not the easiest task we had in hand but we persevered.

Luckily Theresa started enjoying her private sessions with Dr.Kuga and she was comfortable. She would say 'ouch' here and there during the practice but we motivated her to do her practices consistently. After a few weeks we started seeing changes at her hips. Surprisingly it started levelling up. Dr.Kuga would trace Theresa's spine from time to time and draw up stick man diagrams on the board and explain the mechanics. I understood the rationale of her approach and followed exactly what she had asked us to do. We had guidelines tables out for each day tackling different regions of the body.



After three months of the personal wellness programme in Sept 2018, Theresa did an X-ray to check on her progress. To our amazement her scoliosis condition had improved by 10 degrees! We are very happy with the results of yoga practice on Theresa. Credit has to be given to the dedication of Dr Kuga, the tireless guidance at home by Paulen, my mum's caregiver who helped with home practice and massage, and Theresa herself for the discipline and hard work which have jointly contributed to her scoliosis improvement. It was a celebration at home for all of us. A proud moment for the family. The big 'che che' has done it! We aspire to continue and we know we can't stop now, and Theresa's scoliosis condition will continue to improve although it might take months, if not years, to improve further. Patience and continuous practice are the key factors!

I have always perceived practitioners of yoga to be calm, graceful and healthy before I started practising yoga back in 2008. Now I too had developed better understanding about the influence of yoga on our body and mind co-travelling the journey on my daughter's wellness

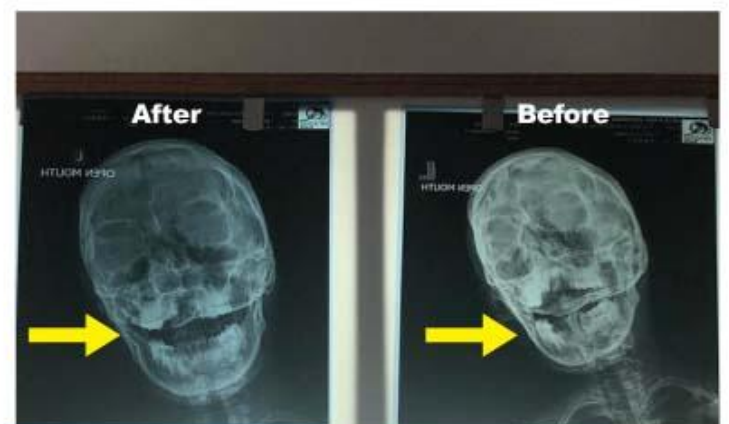
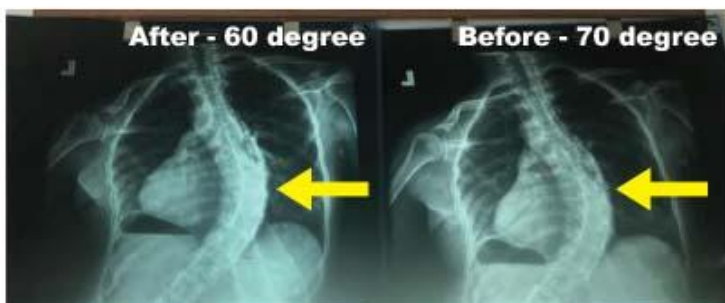
programme. We are currently continuing on her second wellness package under the guidance of Dr.Kuga. Her neck which was seemingly impossible to straighten up has started giving in to yoga. My daughter is much straighter now compared to where we started almost 6 months ago. The dentist too remarked about how Theresa jaw has opened up and it is much easier to access the depth of her oral cavity.

My personal opinion is that Yoga is suitable for all ages and genders. Yoga is definitely better than those aggressive aerobic exercises which might hurt our joints and muscles. Yoga is also better for our mental well-being. Now I have also learnt the potential yoga has to offer to tackle various health conditions. We are ready to sail through the wellness programme as many times needed until we have There's condition fully restored. Although it is sometimes tiring, nevertheless the outcome we are savoring is so deliciously filling.

I am proud of you my girl - A stronger, straighter Theresa! **YM**



*Cervical spine aligned and lengthened



*Jaw line expanded and more flexible and straighter oral cavity

WELLNESS YOGA WORKSHOP SERIES

WELLNESS YOGA FOR LOWER BACK PAIN MANAGEMENT

Learning to manage lower back pain with minimal dependency on medicinal intervention is the core intention of this workshop. Routine practices of selected yogic posture and breathing techniques have been repeatedly proven to overcome and relieve lower back pain in the long run.

#HappyBack 3rd March 2019 at Puchong

WELLNESS YOGA FOR POOR POSTURE MANAGEMENT

Poor postures often precipitate muscular tone imbalances, painful trigger points in the body, and uneven transfer of work load down the spine predisposing to an increase risk of injury. In this workshop, learn to manage the common poor postures by practicing the right yogic techniques to tackle them.

#GoodPosture
10th March 2019 at Selayang



WELLNESS YOGA FOR SCOLIOSIS MANAGEMENT

It is important to correct any detected spinal scoliosis at the earliest opportunity. An untreated scoliosis can lead to many symptoms depending on the area of the sideways curve. Learn and experience all the body poses exclusively sequenced to stretch, relax, and balance the spinal muscles.

#SpineUp 17th March 2019 at Bangsar

Chemical Ingredients to Avoid

by Naya Aayat



There are thousands of chemicals in the products that you may be using. These chemicals, unknown to you, are absorbed into the body. "It's impossible to avoid every single synthetic chemical, but you can do your part by limiting the amount of toxins the body is exposed to" (Cunningham, 2014), a New York-based Nutritionist and Wellness Expert educating people on harmful toxic ingredients published on huffpost.com.

Most of us have come across some of these harmful chemicals in our lives. The three most potent ones are **parabens, fragrance, and triclosan**. Do we ever wonder what these chemicals do to us? The skin is a vital organ of the human body and it protects us from adverse environmental effects, secures the exchange of certain gases, and excretes a variety of toxins. This is the reason why our skin is a mirror of our health. Although the skin can prevent the entry of many substances into the body, various body care products and cosmetics contain chemicals that are able to penetrate through the skin and enter the bloodstream or lymphatic system, and cause all kinds of health issues.

Consumers always have the misconception that chemicals are not as harmful as they claim to be. For as long as the negative effects are not seen or felt, they continue to use it. It is critical not to be fooled by certain brands that claim that they are safe to use. On the other hand, some consumers affirm that they have been using certain body products for years and that they are free from any side effects. They could be simply ignorant about the adverse effects of toxins which sometimes takes years to surface in the system.

Let's first understand why these toxic ingredients are best avoided at any cost. **Parabens**, for example, have been widely used in products to prevent bacteria growth and commonly used as preservatives in lotions, deodorants (*antiperspirant*), body scrubs, body wash, shampoo, toothpaste, moisturizers, shaving gels, and cosmetics. In cosmetics, parabens can be identified with **Methylparaben (E218)**, **Ethylparaben (E214)**, **Propylparaben (E216)**, **Butylparaben** and **Heptylparaben**. **Isobutylparaben**, **benzylparaben**, **isopropylparaben**, and their sodium salts are the less common parabens.

Some of the adverse effects of parabens are skin irritations and accelerated ageing of skin. Studies indicate that methylparaben applied on the skin may react with UVB (Ultraviolet B-rays) leading to increased skin ageing, skin cancer, and DNA damage. Numerous studies have shown the presence of parabens in breast tumours, and parabens might promote the spread of cancer. Most cosmetic and beauty care companies do not want you to know this.

Another key toxic ingredient is **fragrance**, which is also known as *parfum*. It was created to provide a pleasant scent or mostly to mask unpleasant odours. The question we should ask ourselves is what we are trying to hide. Unknowingly, we are applying a mixture of ingredients that contain tons of chemicals that are hazardous to our health.

Fragrance also has a strong negative effect on the reproductive system and has been associated with allergies, headaches, respiratory distress, loss of coordination and neurotoxic symptoms that affect the cognitive function, loss of memory or vision, and numbness in the limbs. Many of its ingredients are respiratory irritants and sensitizers, which can trigger asthma attacks and aggravate sinus conditions and cancer. Most companies still use synthetic scents despite the detrimental effects on health as they are driven by the lucrative revenues of the business.

The European Union along with some other countries have already banned the use of almost 1300 ingredients in cosmetics. However, the U.S. has only banned 30 so far. This can be quite confusing for a consumer who lacks awareness and knowledge about the potential harm of toxins in everyday products. We should make an effort to educate ourselves and our loved ones to read labels, research the ingredients

and never to fall prey for brands, or advertisements that falsely promote their products for the sake of making money.

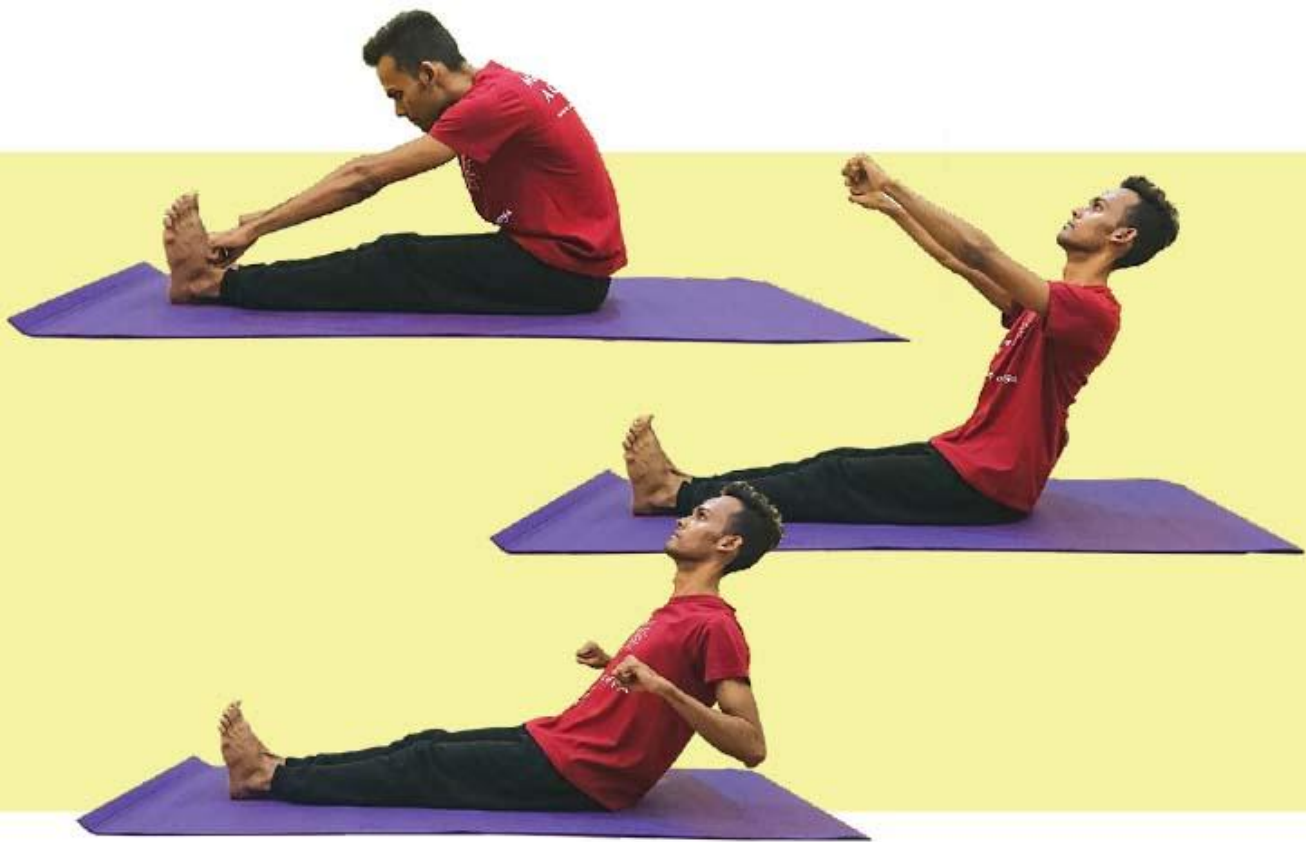
Triclosan is another harmful ingredient found in deodorant, mouthwash, body wash, hand soap, tooth whitening, and detergents. Its function is to create antibacterial resistance and act as a synthetic antibacterial compound that is known as endocrine and muscle function disruptor. Nevertheless, it has been found that triclosan increases the risk of infertility and hormone-related issues. *More than 200 scientists and medical professionals from across the globe have signed a memorandum warning about the harmful effects of this chemical on humans and the environment.* This chemical has been found in the umbilical cord of infants and in the breast milk of mothers. This is probably one of the causes of how babies and children develop health issues at a young age.

Today, more people are shifting towards natural products and natural skin care only to find that it works better than the chemically - enriched ones. That explains why Forbes calls it the next big industry. Natural skin care is like food for our skin. It is like nourishing your body with healthy food.

History tells us that our ancestors back in the old days used herbs such as saffron, peppermint leaves, rose petal, aloe vera, or coconut oil for body care. Today, with the advancement of science and technology, we should be more mindful of what we use for our body. What we put on our body is just as important as what we put inside our body. A wise thing to do would be to choose natural ingredients and natural products, and say goodbye to chemicals once and for all. **YM**

Featured Asana:

Nauka Sanchalasana (*Rowing the Boat*)



Step by Step:

1. Sit with both legs straight in front of the body.
2. Clench the hands as though grasping the oars, with the palms facing down.
3. Breathe out and bend forward from the waist as far as is comfortable, straightening the arms.
4. Breathing in, lean back as far as possible, drawing the hands back towards the shoulders.
5. This is one round. Practice 5 to 10 rounds and reverse the direction of the rowing movement as though going in the opposite direction.

Extra Note:

1. Visualise the action of rowing a boat.
2. The hands should make a complete circular movement in every round, moving up the side of the legs and trunk.
3. The legs should be kept straight throughout.

Benefits:

- Provides a positive effect on the pelvis and abdomen and releases energy blockage in these areas.
- Especially useful for gynaecological disorders and post-natal recovery.
- Helps to remove constipation.

Chef Yogi's Food Notes!

Beetroot Chickpea Falafel (vegan)

by Nicole Yong

Yield : 2 servings

Ingredients:

- 1 bowl Cooked chickpea, mashed
- ½ bowl Shredded beetroot, squeeze out some of the juice
- 2 tablespoon Rolled oat
- 1 teaspoon Cumin
- ½ teaspoon Black pepper
- 2 teaspoon Sesame
- 1 tablespoon Corn flour
- Sea salt to taste

Sauce Ingredients:

- (mix the following ingredients together)
- 2 tablespoon Yogurt
 - 1 teaspoon Yellow mustard
 - 1 slice Lemon
 - Cayenne pepper to taste

Directions:

1. Mix all ingredients in a mixing bowl.
2. Use a spoon to scoop up the mixture into balls and place them on a tray.
3. Pour some grape seed oil in a non-stick pan, and place the beetroot chickpea falafel into the pan and cook with low fire. Using 2 forks to roll gently, cook until golden and crusty on the outside.
4. Once done, drain on paper towel to absorb the excess oil.
5. Serve while warm. Garnished with some lettuce and beetroot slices.



SCHEDULE OF COURSES: JAN - MAR 2019

JAN

05/01/2019	USJ	Full Intestinal Cleansing Practical Session
06/01/2019	BSR	International Yoga Instructor Course - Intermediate
06/01/2019	USJ	Yoga Therapist Certification Course
12/01/2019	KLG	International Yoga Instructor Course - Foundation
13/01/2019	BSR	International Yoga Instructor Course - Foundation
13/01/2019	DU	International Yoga Instructor Course - Foundation
13/01/2019	DU	International Yoga Instructor Course - Intermediate
13/01/2019	KLG	Ayurveda Massage Therapist Course
13/01/2019	DU	Yoga Practitioner Short Course
14-18/01/2019	USJ	International Yoga Instructor Course - Foundation
14-18/01/2019	BSR	International Yoga Instructor Course - Foundation
19/01/2019	USJ	Super Yoga Kids Instructor Course
20/01/2019	PCH	Ayurveda Massage Therapist Course
21-26/01/2019	BSR	Yoga Therapist Certification Course
26/01/2019	SJ	Jala Neti Workshop

FEB

05/02/2019	USJ	Jala Neti
05/02/2019	BFS	Full Intestinal Cleansing Practical Session
09/02/2019	BFS	Ayurveda Massage Therapist Course
16/02/2019	BSR	Kundalini Kriya Yoga Course
16/02/2019	DU	Couple Yoga Workshop
17/02/2019	USJ	Pranayama (Breathing Techniques) Workshop
17/02/2019	USJ	Dhyana (Meditation) Workshop
18-22/2/2019	BSR	International Yoga Instructor Course - Foundation
23/02/2019	USJ	International Yoga Instructor Course - Foundation
24/02/2019	PCH	Pre-Natal Yoga Workshop
25/02/2019	SLG	MAYI Yoga Academy - Selayang Open Day

MAR

03/03/2019	SLG	International Yoga Instructor Course - Foundation
03/03/2019	PCH	Wellness Yoga Workshop for Lower Back Pain Management
03/03/2019	USJ	YogaAsana - the Back Bend Series Workshop
04/03/2019	DU	Ayurveda Massage Therapist Course
10/03/2019	PCH	International Yoga Instructor Course - Foundation
10/03/2019	BSR	Pranayama (Breathing Technique) Instructor/Practitioner Course
10/03/2019	SLG	Wellness Yoga Workshop for Poor Posture Management
16/03/2019	USJ	International Yoga Instructor Course - Foundation
17/03/2019	BSR	Super Yoga Kids Instructor Course
17/03/2019	BSR	Wellness Yoga Workshop for Scoliosis Management
17/03/2019	BSR	Anti-Ageing - the Bodyworks of Inner Rejuvenation Workshop
17/03/2019	DU	Mummy and Baby Yoga Workshop (Mandarin)
24/03/2019	BSR/BFS	International Yoga Instructor Course - Foundation
24/03/2019	BSR	International Yoga Instructor Course - Advanced
25-29/3/2019	KLG	Super Yoga Kids Instructor Course
31/03/2019	DU	International Yoga Instructor Course - Foundation
31/03/2019	BSR	Partner Yoga with Precision & Alignment Instructor Course
31/03/2019	SLG	Mini Detox Workshop
31/03/2019	BSR	Manipuraka Awakening & Universal Healing Energy Workshop
31/03/2019	BSR	Urdhva Retas & Anti-Ageing Workshop



PRODUCING PURE WATER FROM THE AIR WE BREATHE

Atmospheric water is defined as water that is produced from the humidity - the air we breathe. The water produced is **pure** and **natural**. It is often classified as dew water. MAYI Atmospheric Water Generator (AWG) is a device that **PRODUCES WATER** from the **air we breathe**. It is a device that is **BEYOND** the traditional water filtration systems.

GREAT REASONS TO DRINK WATER PRODUCED BY MAYI WATERS AWG



MAYI
Atmospheric
Water
Generator
MW 20



MAYI
Atmospheric
Water
Generator
MW 70

- A cleaner source of water as it comes from humidity in the air - the air that we breathe.
- Pure, clean, safe and healthy drinking water providing the body with higher absorption rate and elevated detoxification of the entire body system.
- High percentage of dissolved oxygen providing body with high rejuvenation capabilities.
- No ground contaminants such as naturally occurring chemicals, leakage from septic tanks, waste disposal from animal farms and other sites or other chemicals introduced by human activities.
- No residual chemical introduced by water treatment and filtration facilities, which potentially harms the human body.
- No typhoid, cholera, and other water-borne diseases eliminating any form of bacterial and viral infection.
- No rust and other water contaminants from old piping infrastructure allowing better digestion.

For more information:

contact: 03.6128 3073

website: www.mayiwaters.com

email: info@mayiwaters.com



MAYI INFINITY

WWW.MAYIINFINITY.COM

Natural, Pure
& Authentic

HIGH QUALITY NATURAL PRODUCTS



MAYI Infinity products are 100 % natural. By that, we mean that the products are made from plants without the addition of other ingredients such as preservatives or other chemical agents. With the use of these 7 products there will be no more chemicals introduced to our bodies - no more poisoning our bodies and exposing it to dangerous substances. Hence, the quality of our health can be greatly improved from Outside...In.



FREE PRODUCT
TRAININGS



ATTRACTIVE
WEEKLY EARNINGS

Our preview and product demo sessions are available
at the following locations. Contact us to reserve a seat for yourself!

Selayang: 03-6128 3074

Brickfields: 03-2260 5322

Bangsar: 03-2282 4980

Damansara: 03-7726 6682

Puchong: 03-8080 4742

Subang: 03-8021 7980

Klang: 03-5161 9110



MAYI Infinity



@mayiinfinity

Brickfields

Bangsar

Damansara Utama

Selayang

Puchong

Subang

Klang

3, Jalan Ang Seng 3, Brickfields, KL.

81A (1st Flr), Jalan Bangsar, KL.

89A&B (1st & 2nd Flr), Jalan SS21/37, D'sara Utama, PJ.

8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, Bt. Caves.

11B, Jalan Kenari 22, Bandar Puchong Jaya, Puchong, Selangor.

11(2nd Flr), Jalan USJ10/1A, Subang Jaya, Selangor.

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

+603 2260 5322

+603 2282 4980

+603 7726 6682

+603 6127 5693

+603 8080 4742

+603 8021 7980

+603 5161 9110

website: www.mayiyogaacademy.com

email: yoga@mayiyogaacademy.com