

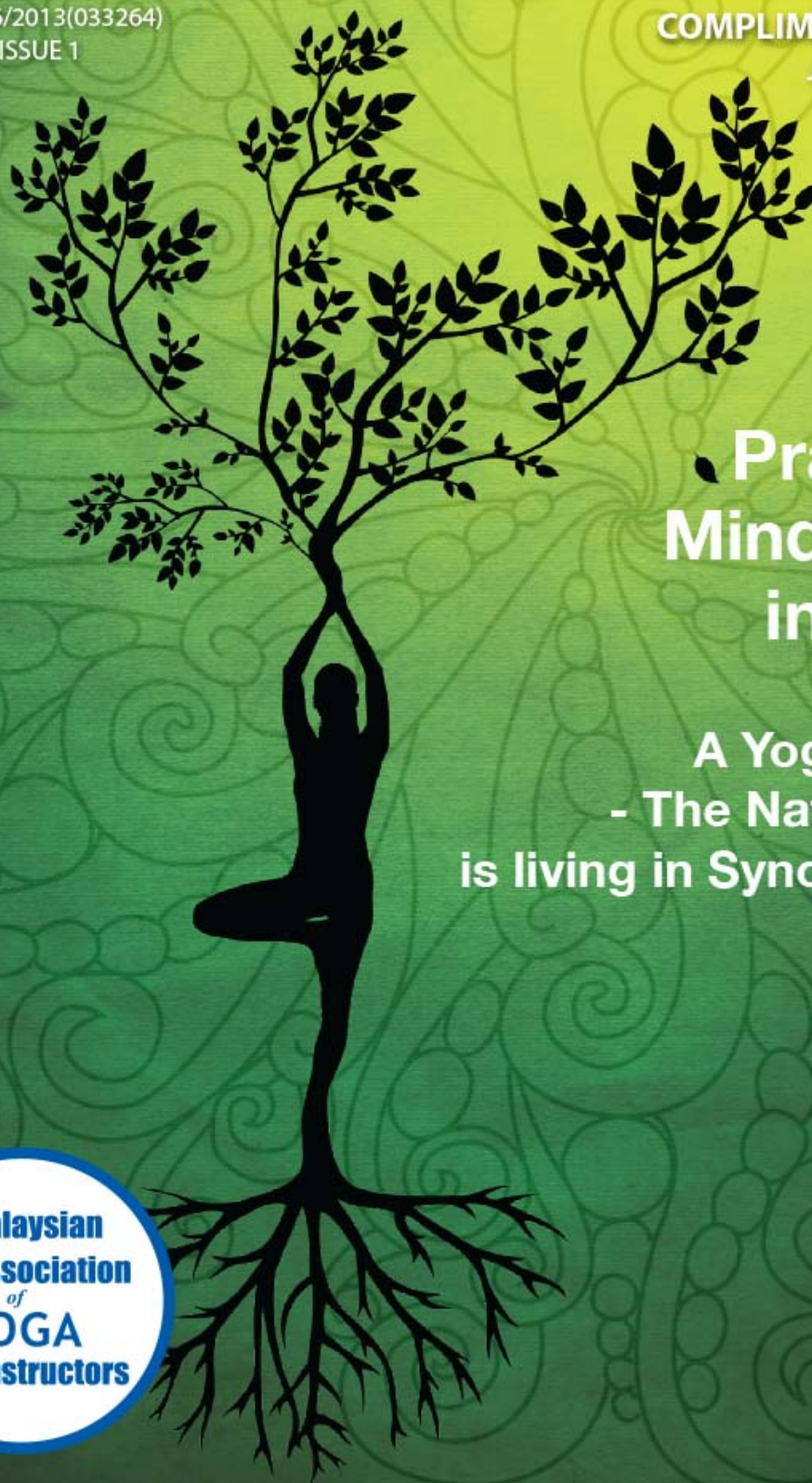
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Jan-Mar 2020 ISSUE



Practising Mindfulness in Nature

A Yogini's Heart
- The Nature of Life
is living in Sync with Love



Message from
Master Mani:
The Nature of Life

Message from Master Mani

The Nature of Life



*Master
Manisekaran*

What separates nature from life seems to be the perspective rather than fact.

In fact, we are intrinsically connected to nature through our need to breathe in the life-giving air and nature's continuous generosity in receiving it. Just imagine this, if at all nature refuses to give space for us to expel our breath, we will face instant extinction.

And the nurturing process of humanity by mother nature is unparalleled, but man does not appreciate it due to his ignorance, hence we see the continued carnage of mother nature by her own inhabitants.

Life exists for a purpose and it is to find the meaning to "birth" itself, and the fundamental question to ask is: "Why was I born?"

Why were you? Can you attempt to answer this question? In answering it correctly, you will find life itself.

The "nature of life" is to support mother nature completely — to protect humanity against decay of mind and body, to protect nature against any carnage, to nurture animals of sky, land and sea to a complete life — and make sure that a life governed fully by nature, without man's interference, takes place.

This, naturally, will lead to the achievement of true self-realisation without any trace of superiority, so that equilibrium is maintained and everyone is seen as part of the one human family. This has to be clearly seen and felt by each one of us. **YM**

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Guided by one of the world's leading yoga exponent

Manisekaran



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Practising Mindfulness in Nature

by Dr Chandra Nanthakumar

"Look deep into nature and then you will understand everything better."- Albert Einstein

Yoga, an ancient mind-body practice, has grown massively in popularity that it is not uncommon to find a yoga studio in every nook and corner of the city. For the novice, yoga may appear to be an exercise, but it is actually an ancient mind-body practice which originated in India more than 5 millenniums ago.

Based on a 2018 statistics, it has been reported that there are more than 6,000 yoga studios in the United States. Kuala Lumpur is equally popular with this scientific practice that there are numerous yoga studios, centres and yoga teacher-training institutions such as MAYI Yoga Academy, which is one of the leading training centres in the country. Since its popularity has grown in leaps and bounds, gymnasiums have also started providing yoga classes for their clients. Albeit most of these gymnasiums and studios are well-equipped and ventilated, research has shown that doing yoga (or any other exercise) in the park or forest brings about tremendous health benefits.

In 1982, the Ministry of Agriculture, Forestry and Fisheries in Japan did substantial research on the correlation between health and the forest environment. They came up with the term "Shinrin-yoku", which when translated literally means "forest bathing" (Park et al., 2010). The research involved studying the physiological changes in the human body (and mind) as a result of contact with the atmosphere of the forest. Amazingly, the study was conducted in 24 forests across Japan and a total of 280 participants aged between 20 and 23 took part in it. The salivary cortisol was measured, and the blood pressure, pulse rate and heart rate were monitored before and after the participants

entered a forest to perform exercise.

Based on the findings, it appears that the forest environment helps to lower cortisol concentrations, pulse rate and also blood pressure (Park, et al., 2010). This is due to the increase in the parasympathetic activity and decrease in the sympathetic nerve activity. The findings have also revealed that this could be used as a strategy for preventive medicine.

As we live in a rat-race society where almost everything is carried out at an incredible speed, we need to pay heed to our state of mind and health to ensure that they are not compromised. Fractions of the general population today have even resorted to taking on two jobs just to make ends meet. During the day, they are permanent employees of an organisation, but at nightfall, instead of calling it a day and spending time with "themselves", some take on a second job, for example driving a "Grab" car to earn extra income to help support the family or themselves for the various commitments they have. These busy city people almost always profess that they do not have time to exercise.

Decades ago, Ulrich et al. (1991) reported that those living in an urban environment are more prone to stress compared with those living in the countryside. Fast forward, in the 21st century, it is evident that this scenario has not really changed; in fact, it has taken a turn for the worse. Today, teenagers are not only complaining incessantly that they are stressed, but some have already started patronising the psychological counselling clinics for therapy. Medical practitioners concede that it is mandatory to exercise as it improves blood circulation, strengthens bones, releases stress,

increases muscle tone and strength, helps in weight management and the list goes on. I wonder if we, the society, truly pay heed to such advice. Hence, if nothing is done, slowly but surely, dis-eases, be it mental or physical, will set in.

While there are many forms of indoor and outdoor exercises, practising yoga (which includes mindfulness) in the park or forest is definitely a boon. It is a regime that can be practiced by anyone (provided the individual has already acquired the basics from a qualified teacher) and anywhere at no cost at all. All one would need is a mat or there may be no mat at all if the individual is comfortable sitting on a grass patch or standing on pebbles. By merely breathing in the fresh air in the lush green forests, one will be able to intensify his breath awareness and empower his practice.

Studies have also shown that looking or concentrating at pleasant things like greenery produces greater activation in the ventral striatum, suggesting that perceptual preference might engage the conventional reward system (Yue, Vessel & Biederman, 2007). The chemicals released by the pituitary gland, the endorphins, help to alleviate pain and induce euphoria. The findings of Yue et al's (2007) study concurs with that of Kaplan (1984), who had reported decades ago that forest environments improve the psychological wellbeing of people. The senses of smell, touch and sight are all activated, thus producing a connection to the present.

For those of us who have yet to venture into the park to practise yoga, here are some helpful guidelines. Simply practise the sun salutation in the horizon of the sunrays in the park or forest and feel the difference. Choose asanas that connect with nature, for example the swaying

palm tree pose. As you observe the branches sway from one end to the other, upon inhaling, bring your hands above the head to an erect position and flow into the swaying palm tree on exhalation. Hold the pose for a couple of seconds before the next inhalation as you bring the torso to an upright position. This asana is to be repeated as you sway to the opposite side. Alternatively, you may journey yourself into the tree pose and observe the vivacity of the real tree in front of you instead of focusing on a point on the "wall" as what you would do if your practice was taken back into the studio.

Practicing in the nature is definitely mind-blowing and breathtaking; however, it presents its fair share of challenges, for instance, unpredictable weather patterns, uneven or slippery terrain or the presence of bugs that may crawl up the limbs. Nevertheless, that's the real world. The way I see it, all it takes for one to relish a yoga practice is mindfulness. Alluding to what Albert Einstein, a famous physicist, said eons ago: "only when we plunge deep into nature, will we understand everything better". **YM**

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A Yogini's Heart - The Nature of Life is living in Sync with Love

by Nicole Yong Y.Y.



A moment of transcendence:

If you say that you are a Yogi, there will always be a sincere happy smile on your face and you will be able to spread vibrations of love where ever you go. These are the real signs of yoga practices. Yoga is not just about asanas (postures) to improve flexibility; it is beyond all that.

After years of practising Raja Yoga and Karma Yoga, I have gained deep understanding of the idea called 'love'. The understanding came naturally and subtly as my lenses of perception changed. Love began to make my life blossom.

Whenever I teach and serve with love, be it at the studio, in schools, at the universities or at the homes, I find myself receiving more love than I have ever expected. As a sadhika, I have come to realise that the Universe not only loves but heals me in a transcendent way. It responds to the vibrations of love that I spread. I must say that this is a life-long practice.

The nature of life is related to the mechanism of the whole Universe. The Earth spins on its axis 24 hours with respect to the Sun. That is why we see sunrise and sunset every day. We feel cool and warm. As the Earth rotates, the moon's gravity causes the oceans to rise and fall. The

rain water dampens the soil and the plants grow. We obtain energy from the plants. The plants or herbs heal our body. This connected existence is what we call vibrations of love.

The Sun, Moon, and Earth are held together by the love of the Universe. Similarly, all the cells in our body are linked together as they love each other. Parents, siblings and children love each other and that is why they are together and they live in harmony. There also exists a connection between teachers and students because of love. Breath by breath, in every service that I conduct mindfully and through the reflection of my actions, Raja Yoga and Karma Yoga allow my heart to appreciate that - it is the "Love that moves the whole world".

Three Levels of Love:

In the practice of Raja Yoga, we learn the concept of Ahimsa, i.e. non-harming but to love. The word "love" here refers to the three levels:

- (1) Individual experience of love
- (2) Universal Love
- (3) Love for Sadhana (practice)

Individual Experience of Love

Most people think of love as an emotion which also involves the feeling of romance. Some people tend to project their feelings of love that comes from within onto others. However, when thoughts and emotions veil an individual's true-self, feelings of love begin to fluctuate. On the other hand, there are some who can only feel love for certain people close to them such as, parents, spouse, siblings and children. This is conditional love.

When our mind is dominated by senses and ego, we express love with different flavours, such as, romantic love, sexual love, parental

love and genuine love for special people in our lives. We also express love for hobbies, travels, movies and the list goes on. The love exhibited may involve attachment, control, mood swings, and, likes and dislikes. People fear they may run out of love; they want recognition. However, every object in the world has an expiry date including the human body. When individual love is linked to attachments, it brings nothing but misery.

Hence, the practice of meditation acts as a filter; it helps us overcome our ego and selfishness that obstruct us from understanding the meaning of love. By meditating, we get to polish our lenses of perception and cleanse our inner selves and unveil our true self to love.

Universal Love

Universal love refers to the great love that exist in nature, the Universe. The yoga scriptures describe the Supreme Consciousness (Brahman) and Absolute Reality as "Satchitananda". Sat means existence, everything and everywhere; chit means infinite consciousness; ananda means bliss, divine love and joy. Thus, Universal love is Satchitananda.

The karma yoga practices have brought me closer to Universal Love. When the Universal love hits us unveiled, it changes our lives. The Universal love is an ever expanding vibration of life force that makes up all living things, including our existence. We are beautiful as we are a part of the Universe. When we expand our consciousness, we will realise love as it relates to all beings. We spread our love vibrations unconditionally. Irrespective of the situation, the feelings of happiness and calmness are established in us.

Let me share some beautiful extracts from the book entitled "Secret of Karma Yoga", by Swami Sivananda:

"The practice of Karma Yoga does not demand you to possess enormous wealth. You can serve with your mind and body."

"If anyone is suffering from pain in any part of the body, at once shampoo the part. As you do this, repeat your mantra, or any other name of the Lord. Also pray from the bottom of your heart. Feel that it is the energy from the cosmic source. The more you give, the more you will get. You will be in tune with the cosmic energy. This is the divine law."

"Karma Yoga prepares the mind for the reception of the light of knowledge. It expands the heart and breaks all barriers that stand in the way of unity or oneness. Karma Yoga is the effective method or sadhana for chitta suddhi (purification of the mind)."

Love for Sadhana (practice)

Love the practice as we bring our thoughts and attitudes in harmony with our daily life actions. We may not always feel good about ourselves, but we learn to slow down our breathing; we learn to meditate to heal ourselves, we spread the vibrations of love, and we express gratitude instead of showing anger and dislike to people around us. It is not easy, but we need to remind ourselves that we want to fully explore and dive into the vibrations of love. In that process, we get healed and we get to heal others as well.

When we serve the community, we do it whole-heartedly with no expectations in return. We should take every opportunity to cultivate Universal love like a shining star.

Take the Next Step - Guided Meditation

The Anahata chakra, located at the centre of the chest, is the seat of love. It is symbolically represented as a six-pointed star in a circle surrounded by twelve blue petals. A person with a balanced anahata chakra is loving, kind, compassionate, generous and forgiving.

Try this simple meditation practice to balance the Anahata Chakra.

1. Sit in a comfortable position in a clean and quiet place.
2. As you close your eyes, allow yourself to relax into the flow of the moment. Observe your breathing as you breathe in and out slowly. Let go of any thoughts that arise.
3. Bring your awareness to the chest centre. Repeat the following statements 3 times:
I am loving and compassionate.
I receive and radiate love to everyone around.
I am kind to myself and everyone around.
I forgive and let go.
My Heart Chakra is balanced.
May there be peace, harmony and happiness in me.
May there be peace in the world.
Om Shanti, Shanti, Shanti.
4. Feeling calm, bring your awareness back to the room. Move your fingers and toes.
5. Once you are ready, you may open your eyes.

Conclusion:

The nature of life is love. Love is not just a feeling. We cannot force love to happen, but we can cultivate thoughts of love. When we bring our thoughts into action and plant vibrations of love, it will blossom. Love brings self-realisation. Love heals and makes the world a better place. Om. Om. Om. **YM**

Articles by Practitioners

Yoga – My Saviour from Depression

by Adelena Gustafsson

I was 16 when I had my first breakdown, and I literally couldn't get out of bed for a month. Since then I have had to seek treatment for anxiety and depression. I remember always having to find a new outlet just to be able to move on from what was weighing me down or making me feel down in the dumps.

I sought help whenever I found myself stuck in a loop; at one point I even had to go on medication. I was medicated for a year. I remember only feeling numb though I must admit I functioned better than I had in the previous years. However, I was not able to really feel my true emotions and that was when I decided I needed to get off medication.

I have managed to acknowledge my problems over the years, but it takes a long time for recovery. It has already been 20 years and I am still learning. Depression is a serious mental health issue that affects people in different ways. It not only affects men and women, but also children. One is usually diagnosed with depression when symptoms persist for at least two weeks.

According to Higuera and Holland (2018), the most common causes of depression are family history, early childhood trauma, inactive brain structure, certain medical conditions like chronic illnesses and insomnia and also drug abuse. Having said so, some may never know the causes of their depressive states. Depression can cause pain in the body such as joint pain and back pain. It can also lead to some other physical effects such as a change in appetite, digestive disorders and trouble sleeping to name a few. According to the World Health Organization, depression is the most common illness worldwide and the leading cause of disability. They estimate that 350 million people

are affected by depression, globally. For most, treatment works really well and of course there are different types of treatment; it is more of finding a suitable treatment.

One of the first things to do if you suspect that you or someone you know may be depressed is to seek help by either talking to someone you trust, or let the person know you are there to help, respectively. Getting support and seeking help from a professional is key. Some of the most common treatments are psychotherapy where the patient talks to a professional counsellor, or drug therapy where a doctor prescribes medication, usually an antidepressant. Other forms of treatments may include meditation and regular exercise.

I went down a slippery slope in my mind again after giving birth to my son. I was so afraid that I would go into postpartum depression and when it actually came about I was completely unaware of what to do because this time it was different.

I discovered yoga a few years ago through a very good friend, but it was only mid last year that I truly accepted it into my life. It has truly changed me for the better. One of my best friends reintroduced it to me while she was visiting me in Gozo, Malta. I was going through a crisis. My best friend was a real comfort to have. Though she was only able to stay for 4 days, she left something meaningful which I carry to this day - Yoga.

In the beginning I used any possible tool I could find to learn and practise - from Youtube, to apps and classes that I could find around the island. I would look up and research the best methods to suit me. Due to my hypermobility, I had to be extra careful when practising on my own, and after a while I decided I would take an instructor's course. As I searched for a course

closest to home, I stumbled upon MAYI. I felt that I needed to come home and be near my family after living away for 15 years. Little did I know that it was the best decision I have ever made.

The International Yoga Instructor Foundation Course helped me recover from an injured wrist which was troubling me on the inside. Learning to take the time to look inside and to let go of thoughts that no longer serve me in a positive way was helping me in ways I could not fathom.

Awareness was the first tool that helped me focus on myself and made me more conscious of my body as I began my practice. It was amazing how just as little as 5 minutes a day could do wonders to one's mental health. As I attended classes regularly, I felt myself not only getting stronger in my mind but also my whole body was feeling the positive effects.

It was a wonderful feeling as I became more aware of my body and my surroundings. I became more patient and understanding towards others, and this all happened in the first month of my training. I decided I had to keep going and explore further into the intermediate and advanced courses. I also did the Pranayama Instructor's course. Pranayama plays an important role in my daily practice and teaching.

Teaching has helped me become more aware of how others practice and how I can help them. All that has helped me become a better instructor. It felt natural to practise more frequently as I prepare for my classes and that led me to feel more confident within myself.

I find that all asanas serve a purpose but most of us tend to gravitate towards a few favourites. Here are just a few of my favourites. These asanas come with wonderful benefits as tabulated below.

A Few of My Favourite Asanas



Uttanpadasana (Leg Raised Pose)

Benefits: Sends blood flow to the core, eases stress, calms the nerves, relieves headaches, improves digestion.



Vrksasana (Tree Pose)

Benefits: Develops strength throughout the entire body. and improves focus and balance.



Vrishikasana (Scorpion Pose)

Benefits: Revitalises the body's systems as it increases the flow of oxygen to the brain, develops a sense of balance and strengthens arms



Sirsasana (The Headstand)

Benefits: Brings oxygenated blood to the head and brain, relieves anxiety and other psychological issues. Gives a wonderful anti-ageing effect.



Shashankasana (Moon Pose)

Benefits: Gives a calming effect to the brain and body.

Promotes relief for the digestive system especially when having stomach discomfort.



Halasana (Plough Pose)

Benefits: Massages the internal organs, strengthens the abdominal organs, revitalises the spleen and improves the operation of the sympathetic nervous system.

Mental health is a very real and important issue. There is no shame in talking about it. I am open about my depression and I feel that it is important to talk to someone you trust or seek help when you feel the need to because hiding, ignoring or suppressing it may not help you get better. Practicing yoga on a regular basis has also helped me improve not just my physical, but my mental state as well. I hope this will help you too.

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Inner Insights:

Bye-Bye, Endometriosis!

by A happy Mom to be, S



Endometriosis is the diagnosis I became entitled to as a result of multiple hospital visits since I attained puberty. It has been a long painful journey since my first menstruation cycle. Fast forward, I am a success story of pregnancy in endometriosis.

How Did That Happen?

Well before I share my personal story with you, I would like to shed insights to readers particularly females to create awareness on such a condition.

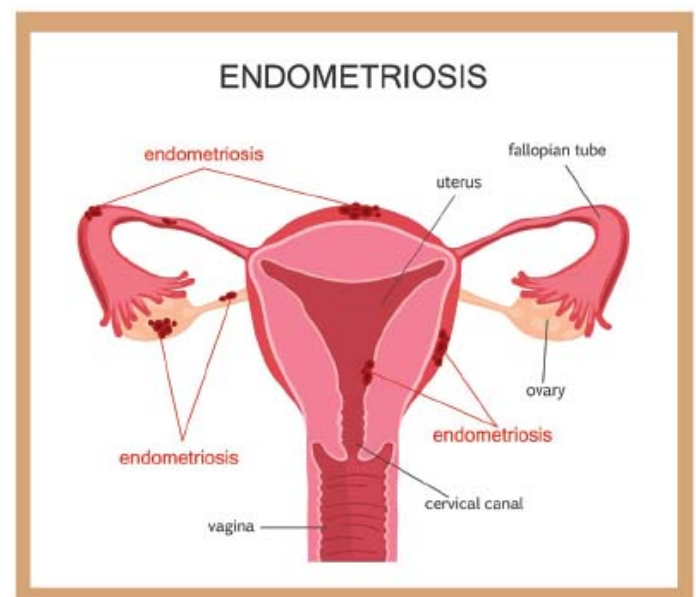
What is Endometriosis?

Endometriosis is a clinical diagnosis that means the inner lining (endometrium) of the uterus (womb) is not just growing inside of the womb but elsewhere as well. This means that the cyclical hormonal change that happens to the lining inside the womb affects that which is outside too.

Some common areas in which the lining grows are at the fallopian tube, urinary bladder, large intestine, ovaries, surface of the uterus and inner lining of the abdomen. As a result, there is menstruation in all those linings!!!! The menstrual blood has no outlet and starts accumulating at different spots within the abdomen – pelvis space. The broken down blood clots cause inflammation all around it

leading to symptoms such as severe pain in abdomen, pelvis and lower back nearing the time of ovulation.

The active inflammation – remission phase repeats around the same time interval as the menstruation cycle. Continuous inflammation leads to inner scarring (fibrosis) and functions of the organs are disturbed. Symptoms like altered bowel habits, painful urination, and bloating set in. Medical science also highlights the possibility of clots causing formation of cyst in the ovaries or blockages in the fallopian tubes.





In short, everything in the abdomen and pelvis becomes disturbed and irritated.

Recollecting My Painful Days

On most days, I will be rolling in pain and can barely move out of bed during my menstruation. The pain drains my energy and I become disinterested in any activity for that day. My mood worsens and my first reaction is to shout at someone who “disturbs” me. I usually look pale and lack liveliness. There is barely any enthusiasm at all. Everything feels so blue, heavy and troublesome.

I learned to live with it, but I hated feeling that way. I tried a few herbs here and there, but usually the painkiller did the trick. I pulled through my teenage hood and early adulthood even though my menstrual cycles were irregular and there was weight gain. Nonetheless, that affected my self-esteem and my confidence.

I Got Married

Soon I got married to a very loving and understanding man. He was aware of all the discomfort I went through during every menstruation, and he constantly stood by my

side during rough times. However, I wanted to start a family, but I was told that with endometriosis, conception may be difficult. My mother, husband and I were dejected upon hearing that. While we agreed on the mainstream health approach that is, going on the hormonal pill, we surveyed for other options.

Yoga Therapy at MAYI Yoga

I was already in my second cycle of the pill when I met my wellness coach, Dr.Kuga. I was recommended by a friend to go for consultation and verify if yoga could help with my condition.

She explained to me that by enhancing blood circulation at the abdomen and pelvis area will most likely resolve the problem. The master hormonal gland – pituitary, is responsible in producing hormones that sets the reproductive cycles. A breakdown in communication between the pituitary gland and the reproductive glands may lead to many problems such as Polycystic Ovarian Syndrome, menstrual irregularities, fibroids and also endometriosis. The sluggish flow causes derangement in the organs’ inner physiology and yields all these different clinical issues.

Well, this was my very first time hearing about yoga therapy. Nevertheless, she made a lot of sense to me. She shared with us a testimony of yoga therapy on endometriosis in the US. That gave us confidence, so we decided to give it a try.

My Wellness Programme

My programme had a lot of postures that activated my abdomen and my pelvic muscles. I did plenty of leg raise, cycling, and abdominal core muscle training alongside Pilates like pelvic exercises. I was also given a sequence to do whenever I had pain. The best part was the yoga Nidra; it replenished my energy, and it helped me combat my constant fatigue.

I stopped medication two weeks into the programme. Although I completed the second set of pills as per the doctor's prescription, I was not sure how it helped me besides occasionally keeping pain at bay. Hence, I decided to put the medication on hold while I give the wellness programme a genuine try.

I kept my faith on the programme and food intervention that I had embarked on. I enthusiastically participated and engaged myself routinely in all the techniques taught to me by my coach. A clear understanding on the condition, how each pose provides a fragment of the solution, positive reminders on self-esteem and strong intention of being pregnant were reinforced repeatedly in each session. I started cultivating a happier mindset.

By the 6th session, the entire programme structured for me was well delivered. The next few sessions were just repetition and getting into the flow smoothly. By this time, I realised that I had started enjoying yoga. It is always nice to spend time with the body and become aware of it. I felt much lighter, calmer and happier after each session. My pain became much more manageable as well.

I would seek advice and clarify doubts on certain matters from my coach. She made it so simple and easy to understand. She reassured us to go ahead without any laparoscopic intervention until the programme ended. She also encouraged me to go ahead with traditional massage techniques and aromatherapy for better quality of sleep.



Wohoo - I'm Pregnant!!!

Five weeks upon completing the programme and five months of practicing a healthy lifestyle gave me the happiest news!!! I became pregnant. My effort paid off. I am convinced now that my intention, my physical work out, my diet and my healthier approach to the desires have all contributed to this success. This is just the beginning for me; I have another seven months to go to meet the apple of my eye!

My Suggestion

Ladies, please do not procrastinate. You should go ahead and do this programme. I am positive that it will work for you the way it did for me. Experiencing the body improve is a nice way to boost confidence. It resets our hormones, and in return, it makes us happy. **YM**

Inner Insights: From 0 to 100

by Kenny Kong

It was during the fall semester of my third year in university when I walked into my first ever yoga class. With assignment deadlines in my mind, I was hopeful to find some relief through yoga. The class took place in a gym. Although I always believe that yoga is more than just a form of exercise, this class did not come across as such. I was exercising through the form of dynamic stretching. I felt some relief because of the stretching, but I knew something was missing and was not sure what it was. Since then I stopped attending yoga classes in the United States, and I have been searching and researching about traditional authentic yoga. At that time, everything I found required me to travel to India. Soon I realised that I have actually not found “everything” yet.

About twelve years ago, I moved from Malaysia to the USA to further my education and was hopeful to move away from the vision that I feared - the status quo. However, I did not get too far. After I graduated, I was offered a job as a patient care assistant at a hospital.

As time went by, I realised that my mental and physical health was diminishing due to long and extended working hours. I was so committed to my job that I neglected all other aspects of my life, especially my personal well-being. I knew deep down in my heart that something had to change. Soon enough, two life altering opportunities came up and I was at a crossroad; one was a promotion as team-leader in my department and the other was an opportunity to learn yoga at MAYI. After weeks of serious consideration, I decided to resign from my job

and I flew back to Malaysia to commence my yoga sadhana with MAYI Yoga Academy.

Fast forward to July, 2019, I attended my first class with MAYI as an International Yoga Instructor Course (IYIC) student at MAYI Selayang. I truly felt at ease and was overwhelmed by the comforting atmosphere; I was surrounded by kind and caring people. I knew then and there I was in good hands. Since then I have been giving my 100% into my practice, joyfully. It was also then when I realised that I am home.



The staff and instructors in MAYI are very patient and kind to every student. Their careful instructions and knowledge gave me the confidence to explore my body and mind at my own pace. The training with Master Manisekaran was an eye-opener; the knowledge he shared totally transformed my entire perspective about yoga.

During the training, I was introduced to the eight limbs of yoga, different branches of yoga, yogic cleansing, the joy of sharing the knowledge of yoga, the philosophy of yoga, breathing techniques, mudras, and over seventy basic asanas.

The practice of the eight limbs of yoga allowed me to break the conditioning of my body and mind. After consistent practice of the joint exercise, sun salutation, and a few asanas every morning, I started noticing some changes in my body. I felt lighter, more flexible, and in complete control over my body. Combining the wonderful yogic cleansing of jala neti and kunjaj with my daily asana practices, it simply intensified the process of total mind and body cleansing. In addition to the physical changes in my body, I began to notice some subtle changes in my behavior; bad habits began to fade away and life was becoming more peaceful for me. Through the sense withdrawal, concentration, and meditation practices, I was able to remain calm which improved my overall mental health tremendously. That was when I realised that the magnificent power of yoga was subtly blossoming from within me. Since then, I have been mindful of the information I receive, the food I consume, the products I use, and the decisions I make, daily.

When I initially started with the IYIC training, I did not want to teach due to my alter ego. Also,

I felt incompetent and had fear of public speaking. However, during my training, Master Manisekaran mentioned that, "Being a teacher means that you are now a teacher for yourself. First teach and learn from yourself; then go out there and share your knowledge with humanity." The message from Master's statement was so powerful, that it shattered my ego and planted a seed deep in my mind.

The fear in me disappeared immediately and my mind was 100% onboard to committing to the path of yoga. Since then, I have been sharing the knowledge and benefits of practicing yoga with friends and family, in and out of MAYI centers.

One may come across misconceptions such as only females practice yoga because they are more limber and flexible, but males are too rigid and masculine for this practice. However, the truth is far away from it; yoga is for humankind, and it is all inclusive. Once the journey begins, the inner child within us awakens and life becomes fascinating. All misconceptions and assumptions become powerless and worthless.

There are not many yoga schools like MAYI that offer authentic and traditional yoga knowledge with the pure intention of empowering humanity. I strongly recommend that everyone skip the process of finding a reason, and just blossom in the path of yoga, for it truly offers transformation from the root of the soul.

Yoga has revolutionised my life and brought liberation to my entire being. I am truly grateful to Master Manisekaran and MAYI Yoga Academy. Namaskar! **YM**

Mind Body Technologies

The Attitude that Works

by Roy

Our modern social structure provides us a harmonious opportunity for an economic welfare that is in tune with each of our capacities and temperaments. We have the freedom to carve our paths towards a desired career or build our own businesses and platforms to enjoy a livelihood. Whichever the choice, the tasks and responsibilities are unique in their own ways.

Let us see how we can make “work” a process within our management and command rather than enslaving ourselves with work that is seen as a burden. Most stress is created in the worksphere of an individual because of the mental unrest that is created over a series of unconscious responses. A recent survey from Korn Ferry, “Workplace Stress Continues to Mount”, examined this trend. Disturbingly, the survey indicated that overall working stress levels “have risen nearly 20% in three decades”. At a more personal level:

- 76% of respondents said workplace stress “had a negative impact on their personal relationships”.
- 66% have lost sleep due to work-related stress.
- 16% have quit jobs because stress became too overwhelming.

Examining these and taking the right actions are crucial to all those who were affected because we may have become victims of such scenarios. Life-saving can begin with our own lives, by restructuring our work attitude. The wondrous enhancement of technological development has given us access to the most of communication means ever in human history. Yet, with fast internet and smart devices, why is there a mass decline in mental, emotional and physical health? Our senses are continually fed with mass information around the clock, with social media feeds being the core of our mental



and emotional triggers. This ongoing mental agitation also affects the body.

The attitude we command plays a fundamental role in the outcome of our work environment, families and society altogether. Taking charge of work is not an external process of managing people or tasks. The very culture of work is to be reengineered towards understanding that we can function with ease to do tasks beyond our conscious capacity by elevating our awareness.

Within the domain of the mind there is a potential for steady performance and continuous growth. However, unlocking this potential is not done by signing up for a one-time workshop, reading self-help books or attending meditation retreats. A deep-rooted philosophy and active lifestyle commanding such philosophies in daily living is necessary. One such simple idea is to understand “detachment”. What is this idea of detachment?

Attachment is an attraction, or a like, which we express in many different ways to people, situations, possessions and definitely in our own projections and expressions. In fact, we do not know how to live without attachment.

Self-development philosophies define these concepts as a condition that can either create some form of attraction – sensory, sensual, emotional, intellectual, subjective or objective – or some form of repulsion: like and dislike. This is the concept of attachment in a nutshell. It is the human tendency to identify with, to link up and to relate to something very intimately from a very personal point of view. We cannot develop objectivity in this situation because we are constantly projecting ourselves.

Working is stressful for most due to the identification with most of these mental tendencies and the inability to dissolve it efficiently as we progress to the next level. A simple negative criticism from a colleague can affect one's mood throughout the day. Maybe a dispute in a discussion wasn't in favour of us, and was deposited to our mental bank of stress and unrest.

Detachment is a very strong word. Our understanding of detachment is to repulse something to which we are attached or attracted to. This is where the negative qualities of the human mind come to the surface and make a person insensitive and self-centred. Reactions that happen due to the influence of such negative individual traits can often lead to discord and disharmony.

The attitude of work that brings success is to not avoid situations in life or even in yourself, but learn to accept the existence of the things that are around you. Once you have accepted them and know their nature, then it is possible to become non-attached.

The word "non-attachment" does not really exist in English, but it exists in yogic philosophy in the form of a lifestyle practice – meaning to be free from attachment, without rejecting anything. It represents a state of mind that is continuously

observing the nature of events and is unaffected. Non-attachment can easily be developed, provided we can expand our awareness to see the reality behind things.

Once we are working on something, the possessive qualities of our nature and ego will manifest. Sometimes that attraction can be positive, sometimes it can be negative. We have to look at things from their positive as well as negative aspects. When attraction is negative it is limiting; when attraction is positive it is freeing. It gives a different vision of things. Now we have possibilities of making more choices with a mind tuning in with the right attitude.

Positive attraction is known as non-attachment or detachment, or acceptance of situations without reacting negatively to them. This is not a philosophical statement but a very practical one. We tend to run away from discord. We do not have the strength to plant the seeds of love where there is absolute discord. What is the state of mind at that time? It is not detachment or attachment and it is not a reaction. It is acceptance of a condition as being real. Discord and anger are real so what is the use of reacting against them? The moment we react we are creating a process within ourselves which recognises the negativity, and the moment that happens, our mind, nature and behaviour are affected by that impression. Our past impressions and memories bring up the corresponding negative emotion and we project anger, frustration or discord more so than they actually are.

So, non-attachment is a state of mind which is sharp of mental discrimination. In fact, we can even call it the right attitude of work – having the ability to discriminate and act accordingly. That is the universal concept of non-attachment from various self-development, spiritual and philosophical schools throughout the world.

YM

Nature allows us to remember that we are more than “this body” and “this mind,” and that we are whole and connected. Nature soothes and heals the nervous system and invites us to connect with something larger than ourselves. We should therefore live in harmony with the natural rhythms of our bodies and the Universe we live in. This means we need to connect with the environment and life around us. Ayurveda encourages finding the balance between the body, mind, and spirit because all three of these spheres are interconnected. How do we maintain balance? With the guidance of this ancient ayurvedic wisdom, we can make choices in our diet and lifestyle that will lead us to good health, longevity and our fullest potential in life.

While everyone is different, there are some practices of this ancient wisdom that we can benefit from if we incorporate them into our lives.



1) Eating Fresh food - seasonal and local

According to ayurveda, our health relies on our harmony and balance with the elements (earth, water, fire, air, and ether or space), which make up our constitutions of vata, pitta, and kapha. This means that a disconnect from nature is risky. Ayurveda has many recommendations for the ideal diet based on the specific dosha, but

the underlying principle is to eat fresh food be it local or seasonal. The internal balance can be maintained by eating in tune with the seasons. Also foods of the highest quality should only be consumed.



2) Oiling of the Body

Massaging the body with oil helps improve the texture of the skin and provides a healthy glow. It is best to rub oil on the body in the morning before bathing for optimal absorption. Generally, oil massage helps to detoxify and reduce stress, remove chemicals and energy that are throwing off balance in the body. There are different types of Ayurveda Massages to help eliminate impurities and toxins from the body, and calm the mind. Some common ones are Abhyanga Snanam (full body massage), Shiro Abhyanga (head, neck and shoulder massage) and Shirodhara (oil pouring on forehead).

3) Jala Neti

Jala Neti (nasal cleansing) serves as a vital function in preserving health by helping the nostrils get rid of toxins, pollutants, and allergens. The neti pot can be used to flush saline water up each nostril to remove excess mucus and impurities. This not only allows for deeper breathing, but also helps relieve symptoms of allergies and colds.

4) Oil Pulling

This practice of detoxification, which also brightens the teeth, can be done in the morning before breakfast. After having spent 20 minutes gurgling a natural oil (e.g. organic coconut oil or sesame oil), spit out the white substance. Removal of these white substances which are bacteria and toxins, invigorates the immune system.

5) Drinking Warm Water infused with a slice of Lemon

Drinking warm lemon water first thing in the morning is one of the easiest Ayurvedic ways to improve health. The acidity of lemon helps regulate and prevent toxin build-up in the digestive track. Warm water infused with lemon can remove accumulated toxins which can cause illnesses. It is important to make sure that the water is at room temperature; drinking

cold water in the morning can actually shock the system.

6) Get Out on a Daily Basis

Be courageous and go out of the house. Simple movements like walking, or sitting on the steps and gazing at the sky or watching the insects in the garden are highly encouraged in Ayurveda. Watching the sunrise or the sunset is another beautiful thing to do as one attunes themselves to the daily rhythms of the sun and the moon.

When we live in harmony with the Universe, both the Universe and its species thrive. Hence, we should seek to value this symbiotic relationship for a contented and healthier life. As Ayurveda is a way of life, all it takes to be happy and healthy is to abide by the simple laws of nature. **YM**

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SuperYogaKids corner



When we are born, we are all likened to a clean white slate - awaiting life's experiences to be engraved onto it. As life goes on from a toddler to a child, teenager and right into adulthood, the clean white slate transforms into a different colour. Its colour depends on what is being imparted and nurtured, and later on, the life we all choose to live. In the next stage, where stress and fusses of daily living take control of our lives, the natural process of life is interrupted.

Everyone talks about the nature of life, but what is it truly? We all know that life is always changing and ever evolving, hence the theory of evolution. Evolution talks about the process of heritable change in populations of organisms over multiple generations and this is true of the entire universe, which is an enormous, pulsating container of energy.

Essentially, all living things go through changes as they grow and develop. The nature of life dictates that when one living thing dies, a new one replaces them, which ensures the survival of the species. During its life, a living thing goes through physical changes that allows it to reach adulthood and produce new beings. This is what we call a Life Cycle and it applies to plants, animals and humans.

Let's us look at human life and human nature. While human life is the generic term used to talk about birth, life and death, human nature depicts ways of thinking, feeling and acting - which has been said to be inherited naturally. This term is often regarded as capturing what is it to be human or the essence of humanity.

In the yogic context, upholding the ethical guidelines of the Yamas specifically ahimsa (i.e. non-harming) and satya (i.e. truthfulness) can be pretty much a challenge these days especially with the existence of social media. Distraction is a major setback albeit having technology at the fingertips. All these, along with poor nutrition and lack of rest block the flow of energy and focus which in turn leads to poor health. Hence, young children need be taught hatha yoga, mindfulness practices, deep breathing and effective relaxation to strengthen their building blocks. Nevertheless, it does not end here. When yoga is coupled with its sister science, Ayurveda, children will experience a boost in their health.

More than 5,000 years ago, way before the emergence of technology, the yogis took a leap in maintaining health, vitality and peace of mind. They developed the wisdom of Ayurveda. Translated directly, 'Ayurveda' means knowledge of life - which is all about living life in balance with our own nature. Ayurveda is about incorporating a daily routine, exercise, diet and herbal therapies for balance. It also speaks of the importance of massage and touch for building a stronger physique as well as for

detoxification – an imperative part of living life naturally. Ayurveda tells us that optimal health and full human potential are dependent on a lifestyle that is in sync with the cycles of nature. It also tells us that living out of sync with these cycles will deplete vitality, cause stress, create excessive desires and ultimately cause dis-ease.

The paragraph below explains a basic daily routine, taken from the concept of Ayurveda that one can practise. It is recommended that this is started at a young age.

One should wake up early in the morning, preferably before sunrise. Once up, drink a large glass of warm water to cleanse the system. The next thing to do is to splash water on the face, scrape the tongue and brush the teeth. Even though tongue-scraping is so underrated, the benefits it offers are abundant. Subsequently, the bowels and bladder are emptied. It is favourable if it is done within the first hour of waking. Unreleased toxins cause so much problems to our body. Make sure they are excreted at least once a day.

The importance of exercise cannot be ignored; hence, one should do at least 10 to 15 minutes of morning yoga. Brisk walking or other cardio workouts may also be incorporated.

Sitting in silence allows one to look from within. It also sharpens the intellect and helps tremendously with focus. One may wish to sit in silence preferably in the nature for 5 to 15 minutes daily.

Finally, I am sure we have all heard of the adage, “eat to live; not live to eat.” The Yogis have long been adhering to this wisdom; so should we. Eat healthy meals in moderate amounts throughout the day. Let's embrace a healthy lifestyle together! **YM**

SYK classes include:

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

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



TEENS YOGA by MAYI SuperYogaKids



Creates a healthy body image and presence

Improves focus and school performance

Develops discipline and self-regulation

Promotes positive decision making

Reduces stress and anxiety

Teens Yoga classes available at Brickfields (03-2260 5322) and Klang (03-5161 9110)

Event

MAYI Graduation 2019 – Achieving Balance with Yoga

First and foremost, a big congratulations to Class of 2019!

This year, the MAYI Yoga Academy Graduation Ceremony for 2019 was held on November 9, 2019 at Silka Maytower in Kuala Lumpur. The aptly themed event “Achieving Balance with Yoga”, saw graduates of different ages, nationalities and professions coming together for a common vision – to embrace and share the amazing benefits of yoga.

Upon arrival, graduates were greeted by a photo booth where they could take photos of themselves striking yoga poses, and be in the running to win a special grand prize – a one-night stay at Gold Coast Morib!

The ceremony was officiated at by Master Manisekaran with a heart-warming speech to congratulate all the graduates while sharing his profound philosophies on important yoga practices for physical, mental and emotional health in the modern world. It surely grabbed the attention of all those who were present at the event!

The crowd was then delighted by the group performance of the International Yoga Instructor Course students exhibiting their skills and confidence in a group performance.

Proud faces were seen as the graduates walked up the stage to receive their certificates. It was truly

wonderful to have so many graduates share their knowledge gained from 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, Kundalini Kriya Yoga, Manipuraka and Urdhva Retas. We thank Ing Jo Ann, Ranjani, Isabella Raniee Silvester, Maalathi and Vivian Wong for sharing their insights and experiences in their respective certification courses.

Right before the tea break, the crowd was awed by a special yoga dance performance displaying the grace and beauty of movements in yoga, followed by the announcement of Lucky Draw winners who won a variety of gifts, including yoga courses, workshop vouchers, and yoga merchandises.

The ceremony continued with the much-awaited presentation of the International Yoga Instructor Course certificates of all levels – Foundation, Intermediate and Advanced, and wound-up with the announcement of a large group photography session to commemorate this special event. Many were seen staying behind to snap photographs with fellow course mates, and to enquire about the other certification courses MAYI has to offer. All the best to Class of 2019! **YM**



National Yoga Camp 2019

by Kenny Kong

If you are looking for a place to send your children where they can learn about the values of a healthy lifestyle, meet new friends, get plenty of good food and exercise, look no further, you have the wonderful option of sending them to the annual National Yoga Camp (NYC) organised by the Malaysian Association of Yoga Instructors.

The camp, closed its chapter of 2019 on the 8th of December. It was an excellent opportunity for the children to learn the in-depth meaning of yoga and get exposed to 5 days 4 nights of yogic lifestyle. It was perfect for children looking to improve their self-discipline, manage emotions, learn the values of Yama and Niyama, ancient techniques to improve memory, breathing techniques, yogic relaxation and much more.

This year's NYC was held from Nov 30th to Dec 4th for girls and Dec 4th to Dec 8th for boys at SJK (T) Saraswathy, Sungai Buloh. With the guidance and leadership of Master Manisekaran, along with the passionate and dedicated support of MAYI yoga instructors and volunteers, the camp turned out to be an extensive platform of experience-sharing, life altering and spontaneous learning for both the students and volunteers.

On the first day, some children arrived at the camp with tears in their eyes and doubts in their minds, but as the camp continued with fun activities — ranging from classical hatha yoga sessions and ayurveda, to guest speakers' talks on various subjects — the children very quickly adapted to the loving and lively learning environment, and made friends with ease.

On a typical day at the camp, the kids wake up at 5:30am and perform yogic cleansing. This is followed by the practice of hatha yoga,



breathing techniques and relaxation practices. Afterwards they have yoga-based talks and activities for the entire day before lunch and dinner. Lastly, they tune in to Master Mani's talk on yoga, and do concentration and guided meditation practices. Sleeping time is at 10:00-11:00pm.

The kids worked hard to prepare for the final day performance and performed well in front of their parents and teachers. The parents' thunderous clapping showed that they were proud of their kids. And the kids' smiles upon receiving their certificates displayed their joy and gratitude. Upon taking the group photo with all participants at the camp, the kids' love and gratitude filled the entire hall. All vowed to be a better person and reach their highest potential by putting concerted effort towards learning yoga. Some even cried and did not want to leave the camp.

Despite the challenges, the National Yoga Camp 2019 was a big success, thanks to all the volunteers and kids. Everyone will definitely look back at this experience with fruitful feelings.



Testimony from Sanjev's Mom (parent):

"I sent my son to the NYC to learn something new, and the techniques to concentrate better in studies and also improve self-discipline. He seems to be very happy with his experience at the camp."

Testimony from Mr Periasamy (parent):

"I am a yoga practitioner and I recognise the importance of yoga in our daily lives. It is why I sent my son to NYC. He is very keen to come here again. I appreciate the teachers for taking such good care of my son."



Testimony from Kumuthan (student):

"I've learnt so many different skills and knowledge on yoga and I wish to continue to practise yoga on a daily basis. One day, I want to combine yoga with business, because I love business as well."

Testimony from Ragunathan (student):

"I came here on my own will, I learnt lots of new things and most importantly, I learnt not to waste food and always be honest."

Testimony from a Kartigesu (student):

"My dream is to become a policeman but I'm naughty and I say bad words. At the camp, I learnt to relax the mind, and I was very happy to hear Master Manisekaran talk. At first, I didn't want to come to the camp but after coming here, I feel really good. When I go back home, the first thing I'll say to my mom is, mom I'm sorry."

My personal testimony:

The kids are so full of life and so bright in their own way. I have learnt so much from each and every one of them. Helping my fellow volunteers to make things happen within the camp was such a joy. If the universe allows, I will volunteer at NYC 2020 in a quarter of a heartbeat.



The syllabus of National Yoga Camp 2019:

- Yogic Cleansing (Jala Neti & Kunjal)
- Hatha Yoga, Pranayama & Yoga Nidra
- Benefits of Yoga for Children
- Kirtan, Bhajan & Om chanting
- Way to be Excellent in Academic, Career and Life
- Ayurveda Beauty
- Law of Attraction
- Benefits of yoga for the brain
- Diet & Nutrition
- Talk on Sadhana
- Character Building
- Talk on Adolescent
- Teens Bullying and Crimes
- Ashtanga Yoga Talk, Trataka & Dhyana (Master Manisekaran)

Yoga Workshop for the Rotaract Club of Xiamen University

by Nicole Yong Y.Y.

A wave of yoga practices as a science of holistic living and improving personal growth is sweeping across the universities.

16 November 2019 was a remarkable day for XiaMen University and MAYI Yoga Academy.

The Yoga and Meditation Workshop was organised by the Rotaract Club of XiaMen University with the aim to improve students' personal growth and well-being. It was supported by the participants with great enthusiasm and positive feedbacks. It was an effort planned by the Rotaract Club to provide an opportunity for students to enhance the knowledge and skills of yoga to assist them in their personal development.

This workshop was designed to enrich the students with awareness to keep their body and mind fit. The following topics and practices were covered on that day:

1. Yoga poses: To energise and rejuvenate the body.
2. Breathing techniques and meditation practices: To calm the nervous system and body; to stabilise mood, improve concentration and memory skills in studies; and keep the mind fresh and to alleviate academic stress.
3. Talk on healthy diet: Knowledge on how to improve the digestive system, maintain a good mood when eating real food and superfood, and encourage a healthy eating habit.

MAYI had also prepared a healthy vegan lunch box for each participant.



Here's what some of them said about the workshop:
"I learnt a lot of health information and practices today. These practices are beneficial for my future. I liked the lunch box."

- Jo Ann, Organiser

"I like the practices today, especially the meditation techniques that can improve concentration in my studies."

- Bryan, Student

"I feel calm after the yoga practice and meditation. And the food is tasty!"

- Hui, Student

Thank you to the XiaMen University organiser and participants for giving us the opportunity to serve. Thank you to all the MAYI teachers who were present as one harmonious team to coordinate and make sure everything was in order.

Research shows that Yoga has positive effects on the psycho physiological level of the students, which will lead to an increased academic performance and character building. Thus, MAYI strives to continue such programmes in other universities in the future. Universities and colleges that are interested to conduct yoga workshops are welcome to contact MAYI at:

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

We look forward to seeing you!



Featured Asana

Tadasana (Palm Tree Pose)

Step by Step:

1. Starting position: Stand with the feet together or hip-width apart, and the arms by the sides. Distribute the weight equally on both feet.
2. Raise the arms over the head.
3. Interlock the fingers and turn the palms upward.
4. Place the hands on top of the head.
5. Fix the eyes at a point on the wall slightly above the level of the head.
6. The eyes should remain fixed on this point throughout the practice.
7. Inhale and stretch the arms, shoulders and chest upward. Raise the heels, coming up onto the toes.
8. Stretch the whole body from top to bottom, without losing balance or moving the feet.
9. Hold the breath and the position for a few seconds.
10. Exhale as you lower the heels while breathing out and bring the hands to the top of the head.



Benefits:

- Helps to develop physical and mental balance.
- Stretches the entire spine, helping to clear up congestion of the spinal column.
- Stretches the rectus abdomini muscles and the intestines, and a gentle tadasana is useful during the first six months of pregnancy to keep the abdominal muscles and nerves toned.

Chef Yogi's Food Notes!

Vegan Spiced Banana Cashew Pudding (For 4 servings) *by Nicole Yong*

Banana Cashew Pudding Ingredients

- 1 cup raw cashew (soak in hot water for 30 minutes, drain the water and set it aside)
- 5 medium bananas
- 2 ½ cups of ripe banana
- 150ml warm water

Topping A: Mixed Nuts Crumble Topping

Mix all the ingredients below:

- 1 teaspoon cinnamon powder
- ½ teaspoon fenugreek powder
- 3 tablespoon mixture of walnut, cashew and almond – use food processor to crush
- ½ tablespoon brown sugar
- 1/8 teaspoon salt

Topping B: Add-On Ingredients

- Oat cookies (optional)
- Rose petals (can be replaced with cherries or raspberries)

Directions:

1. Put bananas, soaked cashew nuts and water into a blender and blend well until smooth.
2. Pour the blend into serving cups.
3. Serve fresh with mixed nuts crumble topping, oat cookies and rose petal.



SCHEDULE OF COURSES: OCT - DEC 2019

JAN

16/01/20	BSR	Kundalini Kriya Yoga Course
18/01/20	KLK	International Yoga Instructor Course - Foundation
18/01/20	BSR	Prana Vidya Course
19/01/20	BSR	International Yoga Instructor Course - Foundation
19/01/20	USJ	Super Yoga Kids Instructor Course
19/01/20	BSR	Introduction to Chakras - the Wheels of Life Workshop
25/01/20	USJ	Full Intestinal Cleansing Practical Session
25/01/20	BFS/BSR	Full Intestinal Cleansing Practical Session

FEB

09/02/20	USJ	Super Yoga Kids Instructor Course
09/02/20	SK	Mini Detox Workshop
09/02/20	KLK	International Yoga Instructor Course - Intermediate
09/02/20	SK	Pregnancy Yoga Instructor Course
09/02/20	PCH	MAYI Yoga Academy - Puchong Open Day
16/02/20	BSR	International Yoga Instructor Course - Intermediate
16/02/20	DU	Super Yoga Kids Instructor Course
16/02/20	DU	Mini Detox Workshop
16/02/20	KLK	Jala Neti Workshop
16/02/20	PCH	Slimming & Body Toning Workshop
17/02/20	BSR	International Yoga Instructor Course - Foundation
17/02/20	DU	Ayurveda Massage Therapist Course
22/02/20	PCH	International Yoga Instructor Course - Foundation
22/02/20	DU	International Yoga Instructor Course - Foundation
23/02/20	DU	Pranayama Workshop
24/02/20	BSR	Super Yoga Kids Instructor Course
29/02/20	SLG	Wellness Yoga Workshop for Scoliosis Management

MAR

01/03/20	SLG	International Yoga Instructor Course - Foundation
01/03/20	KLK	International Yoga Instructor Course - Intermediate
01/03/20	DU	Jala Neti Workshop
02/03/20	KLK	Slimming & BodyTone Programme
06/03/19	DU	International Yoga Instructor Course - Foundation
06/03/19	BSR	Pregnancy Yoga Instructor Course
07/03/20	DU	Kundalini Kriya Yoga
07/03/20	KLK	Super Yoga Kids Instructor Course
07/03/20	KLK	Dhyana (Meditation) Instructor/Practitioner Course
08/03/20	DU	Manipuraka Awakening & Universal Healing Energy Workshop
08/03/20	DU	Urdhva Retas & Anti-Ageing Workshop
08/03/20	SK	YogaAsana - the Back Bend Series Workshop
08/03/20	PCH	Attract the Right Partner
09/03/20	BSR	International Yoga Instructor Course - Foundation
09/03/20	USJ	Super Yoga Kids Instructor Course
14/03/20	Retreat	International Yoga Instructor Course - Foundation, Intermediate, Advanced.
14/03/20	SK	Shatkarma - the 6 Cleansing and Detox Techniques
15/03/20	BSR	International Yoga Instructor Course - Foundation
15/03/20	KLK	Ayurveda Massage Therapist Course
15/03/20	BSR	Ayurveda Massage Therapist Course
15/03/20	BSR	Yoga Therapist Certification Course
15/03/20	KLK	Anti-Ageing - the Bodyworks of Inner Rejuvenation Workshop
15/03/20	USJ	YogaAsana - the Back Bend Series Workshop
16/03/20	KLK	Super Yoga Kids Instructor Course
16/03/20	SK	Super Yoga Kids Instructor Course
21/03/20	BSR	Pranayama (Breathing Technique) Instructor/Practitioner Course
21/03/20	SK	Wellness Yoga Workshop for General Spinal Wellness
22/03/20	USJ	International Yoga Instructor Course - Foundation
22/03/20	SK	Manipuraka Awakening & Universal Healing Energy Workshop
22/03/20	SK	Urdhva Retas & Anti-Ageing Workshop
22/03/20	BSR	Asthanga Workshop
22/03/20	PCH	Drop By & Shop Buy!
23/03/20	BSR	International Yoga Instructor Course - Intermediate
28/03/20	DU	Yoga Therapist Certification Course
29/03/20	DU	Dance Yoga Instructor Course

BFS: Brickfields; BSR: Bangsar; DU: Damansara Utama; SLG: Selayang; PCH: Puchong; USJ: Subang; KLK: Klang; SK: Seri Kembangan
 *Dates are subject to change without prior notice. Kindly refer to www.mayiyogaacademy.com for updates.

MAYI

YOGA ACADEMY

KUNDALINI KRIYA YOGA

The Kundalini Kriya Yoga is a method of harmonising and synchronising the natural forces and energies of one's being, and channelising them into positive directions.

Why should you practice Kundalini Kriya Yoga?

- ◆ Harmonises the whole mind from the surface layers to the depths.
- ◆ Allows one to explore and know the mind and go beyond.
- ◆ Induces mental clarity and intensifies spontaneous awareness.
- ◆ Slowly whittles away fears, phobias, conflict, depressions, false ideas, conditioning, etc. which were hidden in the depths of the subconscious mind.

Commencement dates:

16th January 2020 at Bangsar

7th March 2020 at Damansara

18th April 2020 at Bangsar

PRANA VIDYA

Prana Vidya techniques are designed to cultivate inner latent power of resistance of body and mind. Awaken the dormant powerhouse of prana within and around the individual body to cultivate energy which can bring about wonderful results!

Why should you practice Prana Vidya?

- ◆ Expansion of consciousness in terms of attaining mental clarity, developing greater awareness and the ability to cope with situations.
- ◆ Finer control over the fluctuations of emotions and an increased rationality
- ◆ Reborn feeling with fresh, relaxed and full vitality.
- ◆ Boost energy level at all times.

Commencement dates:

18th January 2020
at Bangsar

9D/8N RESIDENTIAL INTAKE

INTERNATIONAL YOGA INSTRUCTOR COURSE FOUNDATION, INTERMEDIATE & ADVANCED

14TH – 22ND MARCH 2020
FRASER'S HILL, PAHANG, MALAYSIA

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DUAL CERTIFICATION
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& YOGA ALLIANCE



**Terms & Conditions apply*

A COMMUNITY AWARENESS MESSAGE

Please ensure you receive certification from Ministry of Education approved sources to maintain the standardisation and quality in all teachings including yoga.

Brickfields	3, Jalan Ang Seng 3, Brickfields, 50470 Kuala Lumpur.	+603 2260 5322
Bangsar	81A (1st Flr), Jalan Bangsar, 59200 Kuala Lumpur.	+603 2282 4980
Damansara Utama	89A&B (1st & 2nd Flr), Jalan SS21/37, D'sara Utama, 47400 PJ, Selangor.	+603 7726 6682
Selayang	8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, 68100 Bt. Caves, Selangor.	+603 6127 5693
Puchong	11B, Jalan Kenari 22, Bandar Puchong Jaya, 47100 Puchong, Selangor.	+6019 274 4549
Subang	11(2nd Flr), Jalan USJ10/1A, 47620 Subang Jaya, Selangor.	+603 8021 7980
Klang	18A, Jalan Sanggul 1, Bandar Puteri, 41200 Klang, Selangor.	+603 5161 9110
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