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**Nurturing Harmony
the Yogic Way**

**Harmony in Hustle:
A Working's
Woman Guide
to Work-Life
"Juggle"**

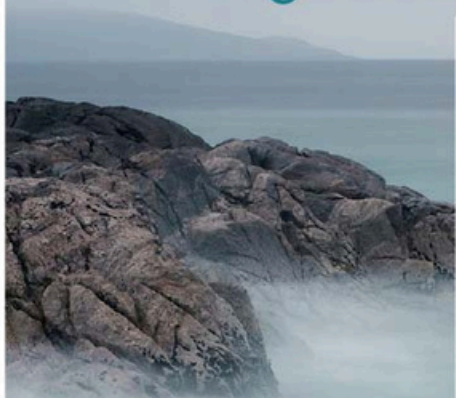
**Harmony on Earth
- the Movement
Towards World Harmony**



**Message from
Master Mani:
Cultivating and
Preserving Harmony**

Message from Master Mani

Cultivating and Preserving Harmony



*Master
Manisekaran*

Harmony is a word that has multiple dimensions to it. Harmony between individuals right up to nations and even the constellations.

The word 'Yoga' in some dimensions does mean harmony - the harmony of body, breath and mind. In my classes I do not use the word 'soul' as the moment I bring the word 'soul' or 'God' then separation happens. When people of different faiths start asking, "Soul of which religion?" and "God of which religion?" - then segregation happens. This is the dynamics that I see in my country hence the approach. Nothing is wrong here but the circumstances require more refinement. Therefore, till then I believe skipping this discussion is wisdom. As such, in yoga, I stay away from connotation with religion and keep it at the level of Mind, Breath and Body Exercise - this I believe can bring greater harmony to this world which is separated and segregated by so many incidents which have an emotional triggering factor that may not lead to the path of clarity, hope and love. In my own personal life, the word 'Soul' and 'God' brings solace and harmony to me. In some congregations I do discuss these 2 subjects (Soul and God) freely without fear or favour when there is freedom to do it and the sensitivities respected. Especially as Malaysians we know there are certain taboos which we need to be aware of - I believe this is to preserve socio-geographical harmony.

Fundamentally, harmony needs to be established in 4 major structures of life i.e. harmony with the self, harmony with the family, harmony with humanity, and harmony with nature. I believe when we are conscious of these 4 states of life and live in awareness of these structures, we can bring unprecedented harmony to earth and all wars, famine and destructions can eventually stop. This is not some form of imagination but it is a reality which can happen if enough members of humanity start practicing and participating in harmonic concepts with the support of organisations to expand the harmonistic community worldwide.

It was in this direction that I initiated the harmonyonearth.org - The Movement Towards World Harmony in the year 2021. The philosophy of this movement is already part of this article. We can hope and see harmony worldwide activated with dynamic participation through this platform and many others propagating harmony.

I hope that we can all visit the harmonyonearth.org website and social media platforms and start creating chapters worldwide and accept everyone as members to usher in the greatest need of our lives and of the planet - harmony. **YM**

Visit us at Facebook:

**Malaysian Association Of Yoga Instructors
and Manisekaran Yoga**

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



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Nurturing Harmony the Yogic Way

by Dr Chandra Nanthakumar

In this contemporary society, where the greater population is always talking about tight deadlines and impending targets, stress, anxiety and also depressive moods have become commonplace. In the hope of bringing these mental health issues to a decline, barely enough is being done to help the sufferer cope with the situation and also ease the burden of the victim's family.

Most schools, if not all, and higher education institutions provide counselling services to those in need of help at zero cost. Teachers and lecturers are usually quick at identifying troubled teenagers and channeling them to the right place. After many consultations and follow-up sessions, the verdict seems to be almost always the same – “the root cause of the mental health issue is due to disharmony at home”. It is either parents are constantly at loggerheads with each other or with the children, or there is lack of communication between the parent(s) and the victim, or the children feel neglected especially when both parents are at work.

At the work front, employers are constantly on the look-out for ways and means to increase teamwork, happiness and harmony amongst their employees. While the intentions for wanting to create a healthy workplace appear noble, they are usually transitory. Troubled employees may find themselves falling back into that web of a vicious cycle – perked up and elated when engaged in a teambuilding activity, but miserable and stressed-out when they are back to reality at the office station. At this point, some may seek solace by doing drugs, drinking and smoking or going into seclusion. Adversity sets in when these individuals start planting suicidal thoughts in their minds. According to Ishak (2022),

Malaysia recorded an increase of 81% or 1,142 suicide cases in 2021, compared to 631 cases in 2020. Similarly, the National Health Morbidity Survey 2022 reported an increase from 6.9% in 2017 to 9.5% in 2022 in the rate of attempted suicides amongst teenagers (Codeblue, 2022).

The housewife and the unemployed are neither spared. The daily chores that keep mounting up for the former, and the lack of security due to absence of an income for the latter can be quite intimidating. While some may choose to fight the battle by seeking help, which could be an uphill task, others may opt to suffer in silence. Either way, if the selected path is not treaded carefully, the outcome would be nothing but anger, sadness, misery, depression and/or anxiety. All these emotions will eventually lead to disharmony within the self and with others.

Hence, it seems to be that regardless of age, gender or creed, disharmony is lurking in every nook and corner – in the society and also within an individual's mind. The question that arises now is that what can be done to create and live in harmony.

Before attempting to build harmony with others, it is more crucial for the individual to dwell in harmony with the self. While there are tools out there which may help one achieve this goal, the practice of yoga is not to be missed. It is an ancient science of holistic approach to wellness. Through the practice, one will be able to interconnect the mind, body and spirit, and develop harmony to greater heights of well-being.

It is my belief that harmony is all about being: **H**earty **A**micable **R**adiant **M**agical **O**bjective **N**ifty **Y**outhful

As simple as it sounds, some level of physical, mental and emotional effort is certainly needed to achieve these traits.

The physical dimension of yoga encompasses mindful body movements (asanas) that coordinate with breath. These magical movements not only bring about enhanced flexibility, increased strength, greater joint mobility and balance, but it also induces tranquility to the mind. Regardless of the intensity of the practice or type of yoga (i.e. be it a gentle hatha yoga sequence or a dynamic vinyasa), one will still be able to reap the benefits of the practice as each style offers benefits to tailor to the needs of the individual. In order to nurture harmony within the self, the individual has to remain devoted to the practice. Regular practice not only improves physical fitness but also fosters a deeper connection with the body, fostering a sense of embodiment and appreciation for its capabilities. Feeling **hearty**, the individual becomes more **radiant**, and **nifty**.

The mental aspect of yoga encompasses the paths of pratyahara (withdrawal of senses), dharana (concentration) and dhyana (meditation). With so much going on around us, these meditative practices are simply heavenly as they provide a sanctuary for the mind and mental well-being. It is these practices that help harmonise the mind and the body, and cultivate present-day awareness. A simple five-minute meditation practice, where the practitioner is made to observe their thoughts without judgment and to be aware of their in- and out-breath, can develop a sense of calmness to the whole mind and body. With regular and extended practice, the practitioner will find themselves being empowered **magically** to navigate

challenges in life with greater resilience in an **amicable** manner.

The practice of yoga is so holistic that it offers a safe avenue for an individual to process their thoughts especially if are carrying a heavy emotional baggage. For instance, heart-opening asanas, yoga nidra, manas dharana, certain pranayamic techniques like brahmari and anulom-vilom, and meditation help the practitioner release pent-up emotions through introspection and self-reflection. With constant practice, the practitioner is able to gain insight into their emotional patterns and respond with care, kindness and compassion. Gradually, as they dive deeper, they learn to cultivate gratitude, inner peace and humility in an **objective** manner. As the emotional baggage is being off-loaded, they begin to appear more **youthful** and live with greater intention for they are now at peace within and with others around them; they are totally in harmony within and with the surrounding.

In short, by incorporating the physical, mental and emotional realms of yoga into our lifestyle, we would be able to transform our rugged journey into a harmonious one and be at peace within and with the world around us.

YM

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Harmony in Hustle:

A Working's Woman Guide to Work-Life "Juggle" by Nicole Yong.Y.Y.

Have you experienced the joy of harmony in your life?

I still remember watching "The Devil Wears Prada" years ago. I recalled I used to resonate deeply with Andrea's (the protagonist) struggles and triumphs upon watching it. She portrayed the struggles of her personal life, pursuing lifelong ambitions, and the harsh reality of a toxic workplace.

Work-life balance is challenging for everyone, especially for women, who often navigate additional societal expectations and responsibilities in their role as a daughter, a wife and a mother.

Lessons from the Gita

I like to read Bhagavad Gita, the ancient Indian scripture derived from the epic poem, The Mahabharata. This composition as compiled by the great sage Vyasadeva, is an important yogic text that guide us on how to transform ourselves to live a harmonious life in this world full with changes, challenges and obstacles.

In Bhagavad Gita, there are dialogues between Prince Arjuna, the warrior prince who represents you and me, and Sri Krishna, who stands for the Lord within.

In the second chapter, Arjuna asks, "Tell me, Krishna, of those who are established in wisdom. How do they talk? How do they act at home and work, among friends, among enemies? When facing challenges, frustration, disappointment, disloyalty, how do they behave?"

To that, Sri Krishna replies: "They are established in wisdom who have removed every trace of selfish motivation from the mind. Alike in victory and defeat, success and failure, they have mastered the art of living and attained life's highest goal. One whose mind remains undisturbed amidst misery, who does not crave for pleasure, and who is free from attachment, fear, and anger, is called a sage of steady wisdom."

Achieving Harmony in the Hustle

As a raja yogi, I realised that the sooner we rationalise the idea of work-life balance, the more



peaceful and harmonious our life becomes. I call this journey "achieving harmony in the hustle".

Being in the state of "juggling" is more forgiving. It embraces chaos and imperfections and allows us to navigate through all of them with mindfulness and peacefulness, or even joyfulness.

Taking my seat as a yogini for a decade, I realised that there is no promise of a perfect happy ever after on this path. Life is filled with both triumphs and failures, and sometimes glorious failures which is full of pain and beauty, unbearable suffering, ordinariness, challenges and grace. Sometimes glorious failures are more interesting than unambitious successes in career. Thus, I follow this mantra "Follow our own dharma. Just drop our extreme tendencies and everything will be in harmony."

Realisation and Mindfulness - An Effective Antidote to Chaos

A woman who is always too focused in achieving her profession may find it is easy to be influenced by chaos and subsequently lose sight of the present moment.

By cultivating a mindful approach to both work and life, we will become more attuned to our "available energy", inner pace and rhythms at present moment. Mindfulness practice enables us to navigate day to day challenges with grace and resilience, helps us to realise of how we should connect with people around us, and leads us to a more effective and harmony communication in the office and at home.



Here are some mindfulness practices I recommend:

- (I) Mindful Breathing: Set aside around 10 minutes each day to sit quietly and witness your breathing pattern or chanting a mantra. Simply observe the thoughts that come and go without judging or getting caught up in them.
- (II) Mindful Walking: Take a break and go for a walk outdoors at least 15 to 20 minutes each day. Pay attention to every step you take, the sensation of your feet touching the ground, and the sights and sounds around you. Again, simply observe without judging or getting caught up in them.
- (III) Abdominal Breathing: Slowly and deeply inhale through your nose, allowing your belly to expand, and exhale slowly through your nose, allowing your whole body to relax. Practice it for 21 rounds when you feel you need to recharge yourself.

How To Overcome "Firefighting"?

If you do not know how to manage your daily tasks with awareness, you will always feel that you were pounded by all the never-ending urgent tasks which demand your full focus and energy. At the end, you might feel drained off and everything doesn't seem to go smoothly and harmoniously as you expected. Now, how do we overcome firefighting?

Have you heard that the stiffest tall tree is more likely to fall down during a thunderstorm? Forcing ourselves to go through strict routines everyday are only good at times. However, in the long run, this routine can take away our feeling of harmony and peacefulness. Thus, we ought to learn the art of letting go and be flexible. We may organise our priorities – some days we prioritise work, and other days where our family will take precedence over everything else.

It's important to remember and learn to take good care of ourselves. We should exercise regularly, meditate and eat healthy food to nourish ourselves with good energy. Instead of trying to check all the boxes in the to-do list, get to that one most important thing for the day and week and do it well. When we take care of ourselves, we will be more equipped to extend our assistance to others.

Setting Boundaries

With the advancement of technology, boundaries have gradually become blurred for most working people. By setting boundaries between work and personal life, we can cultivate a healthier lifestyle, and enhance our relationships with our family at the same time.

To achieve this, we can establish a clear work arrangement by setting designated work hours. Ensure your working team, clients, and stakeholders know your work and personal rest hours. Then, we may incorporate breaks into our daily schedule to rest and recharge. Let's say, attending gentle yoga, meditation class, go for a gentle exercise as regular breaks helps prevent burnout while boosting our immune system too.

Last but not least, we can create a technology-free zone in our dining area at home and enjoy the food with our family without any distractions.

We Deserve to Celebrate Progress

I believe that even a small step forward is able to bring us closer to the harmonious integration of work and life that we seek. Thus, let's not force ourselves to achieve perfection. We celebrate our own progress, no matter how small it may seem. It's alright to make small mistakes. We learn to let go of our ego, and seek supports from family, colleagues, and mentors who can offer encouragement, guidance, and perspective.

Work-Life Balance

When you are in a harmonious state, you feel happiness. And it will reflect in your work and your interactions with others as you radiate with joy and contentment!

We know in order to achieve balance and harmony in the hustling working world is an ongoing journey with a lot of challenges. It requires mindfulness on how to balance between ambition and selfcare, determination and letting go, and perseverance and flexibility. However, we have to remember that the rewards of juggling through the professional and personal life are immeasurable.

Let's continue striving for balance and harmony, appreciating the challenges as opportunities for growth and fulfilment. **YM**

Articles by Practitioner:

My Journey in Learning Pranayama

by Harmeet Kaur Sandhu

We are all given many chances in our lifetime to make changes to better our lives and one of the many choices given to me is to learn Pranayama. I am lucky to be learning the Pranayama Course at a reputable Yoga Centre and from a very devoted Instructor. I am writing here based on my experience while learning and the subsequent practices that I have been doing on my own.

In common terms 'Pranayama' simply means to control the breath, but the main question asked is, "Why do we need to control the breath?" The simple explanation given here is when we control our breath which is known as Khumbaka, we achieve the stillness that brings the connection of body, mind and breath. Once this is achieved, we reach a state of blissfulness.

Each and every single method has been so well explained and practiced in this course, not forgetting how the method made me feel and, thereafter, made me wonder on which may be the best practice for me or which one may benefit me the most. As the classes proceeded and more techniques were conquered, the body and mind just aligned and accepted what was practiced and the dynamic flow and connection between the feeling and thought is so magically experienced.

One of the best knowledge that was shared is on the **Vayu**. It was easily explained and I now understand clearly the connection of the 5 types of Vayu with our Chakra System.

From the many types of Pranayama techniques, the first one will always be the one that we will never forget. Merucalana, which is done with Jalandhara Bandha, gives the subtle energy right after the completion of the exercise because it is being done in very

slow movement with the head facing completely down due to the application of the chin lock.

My next feel-good technique is **Dvikancu**. This is a very easy technique which uses the mouth to inhale and not the nostrils. Pursing the lips like a beak of a crow or known as Kaki Mudra in the yogic language, slowly inhaling the air through the mouth and retaining the air and then exhaling through the nostrils gives the immediate effect to my throat, and I can feel my oesophagus especially at the place right under the sternum bone feeling the coolness. A smile immediately reflects the happiness gained through this technique. What made me happier is to know that one of the therapeutic advantages of this technique is for overcoming burning sensations which I had been suffering for a long time before and I can now gladly recommend this method to others as well.

Apart of the commonly known Pranayama techniques through their Sanskrit names, there are certain techniques that are not





named; hence they are known as Secret Pranayama.

One of those that I felt amazingly awesome doing is a technique which is defined as **reversed kapalabhati**. The typical Kapalabhati is done by inhaling through the nose and forcefully exhaling through the nose in short sections; however, this reversed technique is performed by inhaling rapidly through the nose causing the abdomen to expand. As such for this technique I had to be absolutely focused on the technique or else I would confuse myself with the common method of kapalabhati whether it is the cleansing or the pranayama method. Rather challenging but the effect is too good to describe because it gives an instant feel to the Manipura region, well, it is after all meant to benefit the energy at this chakra.

Knowing and practicing more than 30 types Kumbhaka Pranayama gives you the feeling of contentment simply because each type is connected directly to our chakra points. This provides an ultimate connection which is felt with vibes all around and thoughts are purified instantly.

All the techniques have amazing effects and it was rather difficult for me to choose which one or ones are my favourite due to the connection and vibes. It took me a while and I finally concluded the two prominent ones for me are Svanga Srnkhalā and Kavali techniques.

Svanga Srnkhalā Kumbhaka, when done with full concentration at a rapid yet steady speed, straightaway brings the intuitive vibes in me. It was a total “wow” factor for me. Inhaling through both nostrils then blocking both nostrils, this technique is explained in a simplified version of Inhale; block, Inhale; block, Inhale; block for few times. For exhalation, it is Exhale; block, Exhale; block, Exhale; block a few times. I was tempted to

do this practice while preparing this article, hence I did it. The feeling is so fantastic; applying the Pranayama ABC and doing this technique I just felt so energised. It is like my brain has been cleansed!

Another phenomenal feeling was realised when I practiced **Kavali** Kumbhaka. Applying this technique with all the 3 locks (Maha-bandha); namely the Jalandhara Bandha (Chin lock), Mula Bandha (Root lock) and the Uddiyana Bandha (Navel lock), brings me to another level of consciousness. What makes it more interesting and never felt before is the fact that I need to mentally recite SO-HAM. So, the method begins with inhaling through both nostrils, applying the 3 locks while in kumbhaka, then mentally reciting SO-HAM a few times. To end, I need to release the 3 locks and exhale through both nostrils. This technique will leave anyone in the state of blissfulness; or probably as for me I will describe it as One Consciousness.

As stated in the 8 limbs of Yoga as described by Patanjali, Pranayama falls after Asanas, meaning that Pranayama is best done after performing some Asanas. This brings us to direct transformation shift that is felt deeply and a total state of relaxation is felt thereafter.

Having penned my experience with selected breathing techniques, I wouldn't say that I practice only these techniques daily because I do select other techniques as and when I want to experience the technique as well as to achieve specific benefits.

To summarise, there is no one breathing technique that I like because I truly and wholeheartedly **love them ALL**.

I am glad that I was taught all the steps one by one in all the segments of the course; nothing was left out, missed, or being asked to do on our own.

Thank you, Namaskar and Stay Blessed.

YM

Balancing Act: How Office Yoga Enhances Work-Life Harmony

by Joti Chugani

Navigating Modern Corporate Life

Navigating the hustle and bustle of today's corporate landscape poses a constant juggle between professional demands and personal life. With relentless schedules, looming deadlines, and perpetual connectivity, achieving equilibrium becomes a delicate dance, often resulting in burnout and stress, impacting overall physical and mental wellness. The constant pressure to perform and the expectation of being "always on" can lead to severe consequences, not just for individual employees, but for entire organisations. Chronic stress, resulting from the inability to balance work and personal life, can manifest in various ways, including decreased productivity, increased absenteeism, and a rise in health-related costs for employers. Furthermore, the boundary between work and home life has become increasingly blurred, especially with the rise of remote work and digital communication tools, making it even more challenging for employees to disconnect and recharge.

The necessity for effective strategies to promote well-being and maintain productivity in such a demanding environment cannot be overstated. This is where the integration of office yoga comes into play. Office yoga emerges as a powerful tool for restoring harmony and promoting work-life balance. By incorporating yoga into the workday, employees can experience significant improvements in their physical health, mental clarity, and overall job satisfaction. Office yoga offers a structured yet flexible approach to addressing the diverse needs of employees, providing them with the tools to manage stress, enhance focus, and foster a sense of community within the workplace.

The Need for Work-Life Balance

Work-life balance is essential for maintaining overall health and happiness. Research has shown that excessive work hours and chronic job stress can lead to a range of health problems,

including hypertension, anxiety, and depression (Kivimäki et al., 2015). Additionally, an imbalance between work and personal life can strain relationships, decrease productivity, and hinder career advancement (Greenhaus & Allen, 2011).

Impact of Non-Work-Life Balance

The consequences of neglecting work-life balance are profound and multifaceted. Here is a detailed look at some of the key impacts, supported by research and statistics:

Health Issue	Statistics
Hypertension	Employees working 55 hours or more per week have a 1.3 times higher risk of developing hypertension (Kivimäki et al., 2015).
Anxiety	40% of workers experience anxiety due to work-related stress (APA, 2021).
Depression	Chronic job stress increases the risk of depression by 80% (Sanne et al., 2005).
Productivity Loss	Companies lose an estimated US\$300 billion annually due to workplace stress (APA, 2021).

The Benefits of Office Yoga

Office yoga offers a holistic approach to work-life balance, addressing both the physical and psychological aspects of well-being. Here are some key benefits:

- **Stress Reduction**

Yoga incorporates breathing techniques and mindfulness practices that help reduce stress and promote relaxation (Pascoe et al., 2017). By taking short yoga breaks throughout the workday, employees can manage stress more effectively and maintain a calmer, more focused mindset.

- **Physical Health**

Office yoga includes gentle stretches and movements that counteract the negative effects of prolonged sitting and repetitive tasks. Regular yoga practice improves flexibility, strengthens muscles, and reduces the risk of musculoskeletal disorders (Hartfiel et al., 2011).

- **Mental Clarity**

Yoga enhances mental clarity and concentration, making it easier to stay focused and productive at work (Gothe et al., 2018). By clearing the mind of clutter and distractions, employees can approach tasks with renewed energy and creativity.

- **Improved Work Relationships**

Group yoga sessions provide an opportunity for team bonding and camaraderie. Sharing a positive experience like yoga fosters a sense of community and support among colleagues, strengthening work relationships (Kim et al., 2018).

Case Studies: Successful Implementation of Office Yoga

To illustrate the impact of office yoga, let's look at some successful case studies:

- **Google**

Google offers its employees yoga and meditation sessions to help reduce stress and improve productivity. These sessions are part of their broader wellness programme, which has resulted in higher job satisfaction and lower employee turnover (Stewart, 2015).

- **Nike**

Nike provides on-site yoga classes for its employees, contributing to a healthier and more balanced work environment. Employees report feeling more focused and less stressed, leading to increased overall productivity (Jones, 2017).

Embracing Yoga in the Workplace: Practical Strategies & Simple Yoga Practices for the Office

To integrate yoga into the workplace effectively, organisations can offer on-site yoga classes during lunch breaks or before/after work hour, create relaxation spaces where employees can unwind and recharge, and promote healthy habits by promoting regular movement breaks, mindful eating, and work-life balance.

Incorporating yoga into your daily routine at work can be simple and highly effective.

Here are some easy-to-implement practices:



1. Desk Yoga

Perform seated stretches like neck rolls, shoulder stretches, and wrist circles to release tension and improve circulation.



2. Chair Yoga

Practice gentle seated twists and forward bends using your office chair to stretch the spine and relieve lower back pain.



3. Breathwork

Take short breaks for deep breathing exercises like belly breathing or rhythmic breathing, to calm the nervous system and reduce stress.



4. Mindful Movement

Incorporate mindful walking or standing meditation to improve focus and mental clarity during the workday.



5. Eye Exercises

Combat eye strain by practicing eye yoga, such as palming and eye rotations, to relax the eyes and prevent fatigue.

Closing Remarks

By embracing the timeless wisdom of yoga and adapting it to suit the needs of modern workplaces, organisations can create environments where employees thrive physically, mentally, and emotionally. This holistic approach to office wellness not only enhances productivity and reduces stress but also fosters a healthier, happier, and more harmonious work culture.

Employees, you hold the power to transform your work environment. Advocate for the integration of office yoga and mindfulness practices in your workplace. Encourage your employers to provide facilities or opportunities for such wellness initiatives. By doing so, you are not only investing in your own well-being but also contributing to a more balanced, innovative, and collaborative workplace.

The benefits are clear and supported by research: integrating yoga into the office can lead to increased employee retention, heightened creativity, and stronger team collaboration. Imagine a workplace where stress is managed effectively, productivity soars, and work relationships flourish. This vision is within reach, and it begins with taking the first step towards incorporating yoga into our daily routines.

Let's create a future where work-life balance is not a luxury but a standard. Together, we can build a work culture that values well-being as much as performance, ensuring long-term success and fulfilment for everyone. **YM**

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Harmony on Earth

the Movement Towards World Harmony

by Nemala

In a world often marked by division and discord, the pursuit of harmony stands as a beacon of hope and understanding. Unlike peace, which simply signifies the absence of conflict, harmony embodies a deeper sense of connection, cooperation, and mutual respect among diverse individuals and communities. Imagine a world where differences are celebrated, where empathy thrives, and where every voice is valued. This vision is not just a dream but a tangible goal we can work towards together.

HarmonyOnEarth.org is dedicated to creating a platform that fosters harmony on Earth. Our mission is not about grandiose activities or vast resources; it's about harnessing the collective power of individuals who share a common purpose. Here's how we can build this harmonious future together.

At the heart of HarmonyOnEarth.org lies a clear and compelling mission: to promote harmony by encouraging understanding, respect, and cooperation among people from all walks of life. Our core values of inclusivity, empathy, and respect guide every action we take, ensuring that our efforts genuinely reflect the diverse and interconnected world we live in.

One way we are inspired to do this is through content creation. Content is the cornerstone of our platform. We believe that informed and inspired individuals can drive change. As we move forward, we intend to build on our informative articles. The insightful pieces on fostering harmony and cultural understanding within our community, and understanding of the self for better management of daily conflict. As the great saying goes "Knowing yourself is the beginning of all wisdom." - Aristotle

While at it there will be grounds to allow expert guest and members to make contributions. Articles from experts and thought leaders or even members from various field will bring diverse perspectives and deepen our understanding. In the long run we may also put the articles to create educational materials such as e-books, guides, and resources that would educate and empower our audience on the essence of harmony.

The articles with high quality, valuable content will also allow for better engagement with the community.



Speaking of community, a vibrant community is essential for fostering harmony. Therefore, we provide spaces for meaningful engagement such as discussion forums. This is where we use the space in our vicinity as a platform where members can share ideas, ask questions, and support each other. Both in person or online. Such gathering will foster positive environment to understand differences while nurturing the feeling of harmony.

There is a notion to have active engagement on social media to disseminate our content and connect with a broader audience. While also to have online events such as webinars and virtual meetups that facilitate discussions and build connections. In an era where technology connects us like never before, we surely would like to utilise various tools to maximize our impact. Visiting our online social media platform (IG, FB) will be able to showcase some examples of our community engagement programmes.

In our interconnected world, actions and attitudes in one region impact others. Hence, collaboration amplifies our efforts. We seek partnerships with like-minded organisations and individuals to share resources and ideas. By working together, we can reach a broader audience and have a more significant impact. Broader harmony promotes understanding and enhances collaboration across cultures and nations. By striving for harmony on a wider scale, we create a more just, and prosperous world for all, transcending borders and fostering a unified human community. As such there have been



many global harmony ambassadors that have stepped forward to be part of HarmonyOnEarth.org. To name a few are from Nigeria and India.

While global collaboration is crucial, it is also imperative to allow the local voice to be heard. HarmonyOnEarth.org is a platform that can be used as the voice of the community. There are great number of people out there who are passionate for world harmony and may have not found a common space to share it. Here as a member, they can have a voice to share their stories, experiences, and tips on fostering harmony. We can highlight success stories of harmony by showcasing positive examples of harmony initiatives from our community to inspire others or vice versa.

HarmonyOnEarth.org also takes pride as an organisation that is free from monetisation. This creates a space that is free of need for money management. Being in line with such principles we would like to promote non-monetary exchange such as skill sharing or resource sharing within the members. This can be done through mentoring and workshops or sharing of tools or books to deepen the members' understanding of harmony.

As such we also welcome passionate individuals to step forward and become volunteering members. Many great organisations drive great changes worldwide with volunteers alone. We would like to take this opportunity to call out for more such members to drive our mission forward. This will also allow us to focus on inclusivity and diversity as all are welcome to be a part of this movement. True harmony can only be achieved by embracing diversity.

Harmony is not just a lofty ideal; it's a practical and achievable goal. By fostering understanding, respect, and cooperation, we can create a world where everyone thrives. Join us on this journey to build a brighter, more harmonious future. Your voice, your actions, and your commitment can make a significant difference. The organisation vows to always remain open to feedback and ready to adapt and enhance the platform to achieve the vision.

Our community, and become a part of this transformative movement. Let's build a world where harmony reigns, and every individual feels valued and connected. **YM**

Coming together to foster harmony is essential for building strong, cohesive communities. It promotes understanding, empathy, and cooperation among diverse individuals, creating a more inclusive and supportive environment.

Follow our social media to find out how you can be a part of the
HARMONY ON EARTH FELLOWSHIP!



Restoring Inner Harmony through Ayurvedic Massage:

A Path to Holistic Healing

by Jessica S

In the ancient practice of Ayurveda, massage is revered as a powerful tool for cultivating and preserving harmony in the body and mind. Rooted in the belief that balance is essential for optimal health and well-being, Ayurvedic massage techniques aim to restore harmony by addressing imbalances and promoting the free flow of vital energy, or prana, throughout the body. Let's explore the principles and benefits of Ayurveda and how it can be used to nurture harmony and balance in our lives.



Shirodhara

Shirodhara is a deeply relaxing Ayurvedic therapy that involves the continuous pouring of warm herbal oil over the forehead, known as the "third eye" or Ajna chakra. This soothing treatment helps to calm the mind, reduce stress, and promote mental clarity and focus. Shirodhara is particularly beneficial for individuals struggling with anxiety, insomnia, or imbalances in the Vata dosha.

Udwarthanam

Udwarthanam is a stimulating Ayurvedic massage that involves the application of herbal powders or pastes to the body, followed by vigorous massage strokes. This invigorating treatment helps to exfoliate the skin, improve lymphatic drainage, and stimulate the metabolism. Udwarthanam is particularly beneficial for individuals with Kapha imbalances or those seeking detoxification and weight management.

Cultivating Harmony through Ayurvedic Massage

Ayurvedic massages encompass a variety of techniques and approaches, each with its own unique benefits for cultivating and preserving harmony in the body and mind. Through the use of warm herbal oils, rhythmic strokes, and systematic techniques, Ayurvedic massage helps to calm the nervous system, reduce stress, and promote deep relaxation, allowing the body to release tension and unwind. Here are some of the most popular types of Ayurvedic massages known for their harmonising effects:

Abhyanga Snamam

Abhyanga is a full-body massage that involves the application of warm herbal oils infused with Ayurvedic herbs. This gentle, rhythmic massage helps to nourish the skin, lubricate the joints, and promote relaxation. Abhyanga is known for its ability to balance the doshas, enhance circulation, and detoxify the body, making it an excellent choice for cultivating overall harmony and well-being.

Podi Kizhi

Podi Kizhi is a traditional Ayurvedic massage therapy that involves the use of heated herbal boluses, filled with a combination of herbs and spices. These boluses are applied to specific areas of the body or the entire body, using gentle pressure and circular motions. The heat and herbal properties of the boluses help to reduce inflammation, relieve muscle tension, improve circulation, and promote detoxification. Podi Kizhi is particularly beneficial for conditions such as arthritis, muscle pain and stiffness.

Kati Vasti

Kati Vasti focuses on the lower back region, where a circular well of dough is created and filled with warm herbal oil. The warm oil is allowed to pool over the lower back area for a specific duration, providing deep nourishment and lubrication to the muscles, joints, and nerves in the region. Kati Vasti helps to alleviate lower back pain, sciatica, stiffness, and muscular spasms, while also promoting relaxation and improving flexibility.

These are just a few examples of the many types of Ayurvedic massages available that help promote and preserve balance in the body. Moreover, it is tailored to individual constitution, or dosha, ensuring that each message is customised to meet the unique needs of the person. For example, individuals with a Vata constitution may benefit from grounding, nourishing oils such as sesame, while those with a Pitta constitution may find relief from cooling, soothing oils like coconut.

Preserving and Restoring Harmony through Regular Massage Practice

In Ayurveda, consistency is key to maintaining balance and preserving health. Regular massage practice not only helps to prevent imbalances from occurring but also serves as a powerful tool for promoting overall well-being and vitality. By incorporating Ayurvedic massage into their self-care routine, individuals can support their body's natural healing processes and foster greater harmony in their lives.

Some Key Aspects of Cultivating and Preserving Harmony in Ayurveda Promoting Digestive Health

In Ayurveda, strong digestion is considered the

cornerstone of health and well-being. By supporting optimal digestive function through mindful eating, proper food combining, and the use of digestive herbs and spices, individuals can enhance nutrient absorption, eliminate toxins, and maintain balance in the body.

Balancing the Doshas

Central to Ayurvedic practice is the concept of balancing the doshas. Through dietary modifications, lifestyle adjustments and herbal remedies. By adjusting diet, lifestyle, and self-care practices according to the changing seasons, individuals can support their body's natural rhythms and prevent imbalances from occurring.

To sum it up, most of us would agree that in today's fast-paced world, finding balance and harmony can be a challenge. However, the ancient wisdom of Ayurveda offers a path to holistic healing and well-being. By nurturing the body and mind through the therapeutic power of touch, Ayurveda helps individuals reconnect with themselves. Let us all pay more attention to our lifestyle choices that we have been making to allow ourselves to stay healthy in a holistic way. **YM**



AYURVEDA MASSAGE THERAPIST COURSE



Ayurvedic massage (Abhyanga) is a powerful way to rejuvenate the body and mind. Use warm, herbal oils suited to your dosha (body type) to promote circulation and detoxification. Massage in long, rhythmic strokes, starting from the limbs and moving toward the heart. This daily practice can improve skin tone, reduce stress, and enhance overall vitality.

Want to learn more Ayurvedic massage techniques? Register for our Ayurveda course today and master the art of natural wellness through massage and more!



Embracing Harmony with Yoga Throughout Pregnancy

SuperYogaKids corner

That positive test result in your hands brings out immense joy and gratitude for this priceless gift. For some it is planned while others may be a surprise! Either case, there is so much of anticipation to receive this bundle of joy in your arms. But it's a nine-month journey. Along with the excitement, comes many changes to a mother's physical body. She goes through different phases across three trimesters to cope with the growing fetus inside of her. Not to mention the various medical check-ups, advice from relatives and influence from social media, so much of information to digest. She needs to be physically and mentally strong to decide what's best for her and her baby.

Every pregnancy is unique and full of surprises; hence a mother needs to keep a balanced state of mind to face these challenges. Yoga is a beautiful tool to support a mother throughout her pregnancy with the various techniques of asanas, pranayama and yoga Nidra.

Did you know, that yoga can alter the nervous system regulation and physiological system functioning for an example, immune, endocrine, neurotransmitter, and cardiovascular? It also improves the psychological well-being such as frequency of positive mood states and optimism. Lastly, physical fitness improves strength, flexibility, and endurance.

Through practicing asanas, it helps tone and strengthen the body preparing for child birth. Besides that, it improves blood circulation which helps to keep the baby active and healthy at all times. During gestation period,



the mother's blood has additional task to perform. It has to carry nutrients through the placenta and deliver them to the fetus at the same time remove any waste. That is why pregnant ladies are prone to high blood pressure due to the increased heart rate. By keeping an active lifestyle and a balanced diet will help them progress seamlessly through the pregnancy.

A simple asana such as Supta Udarakarshanasana (Sleeping Abdominal Stretch), can help to relax the pelvic region and stretch the lower back which are common areas of discomfort during pregnancy due to the increasing weight of the fetus. Simply sitting in Vajrasana (Thunderbolt pose) it improves digestion and prevents swollen ankles. Just like magic!

Simple yet impactful practices comprised in yoga to help a mother travel through her journey with harmony and love. Love for herself and love for her growing child.

To love someone, we need to connect to them. A connection of a mother and her child starts from the womb - they are physically and emotionally connected. The fetus inside a womb can feel every emotion and thoughts going through the mother. That is why in every culture, they have celebrations and rituals to make the expectant mother happy and joyful at all times. This may be by cooking

her favorite meals and singing to her. Some beliefs also avoid conveying bad news to her and even keep away awful images as they believe it will affect her mental state and indirectly affecting the child. That is how important it is to be present mindfully and cultivate positive and happy thoughts during the childbearing period.

An active ingredient in pregnancy yoga is mindfulness. Constantly being aware of your thoughts, the thoughts you want to convey to the child inside of you. It starts from day one in the first trimester. Do not hesitate to send him/her mental kisses, loves and hugs, they will definitely receive them through the positive vibrations in your body when you practice Yoga Nidra, awareness and meditation.

Performing these relaxation techniques increases your happy hormones such as dopamine and serotonin, which indirectly promotes growth and healthy fetal development. Stress has adverse effects on a fetus. It affects their birth weight, brain development and even the length of the gestation. It is HIGHLY recommended to childing mothers to prioritise pranayama for internal purification, Yoga Nidra for complete relaxation mentally and physically and positive visualisation to increase will power and mental strength.

The beauty of pregnancy yoga is that it prepares you for "The" day, the day of your child's arrival. It teaches you to mentally prepare yourself to have a smooth and safe delivery. These positive resolutions and mental images you practice also keeps you attune to your desired experience at the delivery room. Keeping you motivated, confident and most importantly resilient in overcoming any challenges that pops up during this time of uncertainties. Not only the mother, but the child is also prepared to work together with his/her mom as they have also been through the

conscious practice of visualisation.

An essential tool to carry with you at the hospital throughout the contraction pains and right up to giving birth is Pranayama (breathing techniques). A predominant practice that helps ease your fears, anxiety, pain and stress during this crucial moment of child birth. Continuous practice from the beginning of pregnancy makes it natural for the mother to behave in a relax and calm manner as she experiences the energy flowing through her and assisting in a wholesome state of mind which creates a welcoming force for the baby to finally meet the world! A moment that is cherished by every mother arrives when her baby is laid on her chest and they finally get to meet their little creation.

Child birth alters a women's body and mind hence it's important to be prepared for that journey and acquire the knowledge to go through this phase of life. The best gift a women can give herself is the gift of love and care for herself in order to care for her loved ones. It's not about the destination, but it's about the journey. Pregnancy yoga helps make that journey beautiful and creates a special bond between the mother and child.

YM

SYK classes include:

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The Importance of Including Millets and Grams in Your Daily Diet

Millets and grams have been integral to human civilization for thousands of years, serving as staple foods across various cultures and regions. Their history of consumption dates back to ancient times, when they were cultivated for their resilience, nutritional value, and versatility.

Millets were among the first crops to be domesticated by humans, with evidence of their cultivation found in regions like Africa, India, and China as early as 3000 BCE. In Africa, millets such as sorghum and pearl millet were central to the diet, adapted to thrive in arid climates. In India, finger millet (ragi) was a vital part of the diet, particularly in the southern and central regions, due to its high nutritional content and ability to grow in harsh conditions. China also saw the cultivation of foxtail and proso millets, which were essential to the diet of ancient agricultural communities.

Grams (legumes) have also been consumed since ancient times. Chickpeas and lentils were cultivated in the Middle East around 8000 BCE, forming a key part of the diet in ancient civilizations such as the Greeks and Romans. In India, various pulses like black gram and green gram have been dietary staples for millennia, valued for their high protein content and ease of storage.

Together, millets and grams have not only provided sustenance but have also shaped agricultural practices, cuisines, and cultures across different civilizations throughout history.

In recent years, there has been a growing emphasis on adopting more sustainable and nutritionally rich diets. Millets and grams, though ancient staples in many parts of the world, are now being rediscovered for their exceptional health benefits. We are seeing more homes including millets and grams into



their kitchen inventory. Let's delve into the importance of including millets and grams in our daily diet!

Millets: The Ancient Grains with Modern Benefits

Millets are a group of small-seeded grasses that have been cultivated for thousands of years. They include varieties such as pearl millet, finger millet, foxtail millet, kodo millet, barnyard millet, and little millet. Despite their ancient origins, millets have recently gained attention for their impressive nutritional profile and health benefits. Let's have a look:

1. Nutrient Density

Millets are nutrient-dense, offering a rich source of essential vitamins and minerals. Millets are particularly high in magnesium, phosphorus, and iron. They also provide a good amount of B vitamins, which are crucial for energy metabolism and brain health (Devi et al., 2014).

2. Rich in Dietary Fibre

One of the most significant benefits of millets is their high dietary fibre content. Fibre is essential for maintaining digestive health, and it also plays a role in managing blood sugar levels. It has been found that millets have a low glycaemic index, making them ideal for people with diabetes or those at risk of developing the condition (Nambiar et al., 2011).

3. Antioxidant Properties

Millets are rich in antioxidants, which help combat oxidative stress in the body. Oxidative stress is linked to various chronic diseases, including heart disease, cancer, and neurodegenerative disorders. Research has highlighted the antioxidant potential of different millet varieties, particularly finger millet, which contains high levels of phenolic compounds (Chandrasekara & Shahidi, 2011).

4. Gluten-Free and Easily Digestible

For individuals with gluten intolerance or celiac disease, millets offer an excellent alternative to wheat and other gluten-containing grains. Millets are not only gluten-free but also easy to digest, making them suitable for people with digestive issues (Shobana et al., 2013).

Grams: Nutrient Powerhouses

Grams, including black gram (urad dal), green gram (mung bean), horse gram, and chickpeas, are legumes that are packed with protein, fibre, and essential nutrients. Grams are well-loved and they have been a staple in various cuisines for centuries and are now recognised for their health benefits.

1. High Protein Content

Grams are an excellent source of plant-based protein, which is essential for muscle repair, immune function, and overall growth. A study reports that black gram and green gram are particularly rich in protein, making them valuable in vegetarian and vegan diets (Gopalan et al., 2010).

2. Rich in Essential Amino Acids

In addition to their protein content, grams provide essential amino acids that the body cannot produce on its own. These amino acids are crucial for various bodily functions, including tissue repair, enzyme production, and neurotransmitter synthesis. Research published in a journal highlights the amino acid profile of chickpeas, noting their high lysine content, which is often limited in cereal grains (Jukanti et al., 2012).

3. Support for Heart Health

Grams are beneficial for heart health due to their fibre, potassium, and magnesium content. These nutrients help lower blood pressure, reduce cholesterol levels, and improve overall cardiovascular function. It is found that regular consumption of legumes, including grams, is associated with a reduced risk of heart disease (Bazzano et al., 2009).

4. Aid in Weight Management

The high fibre and protein content of grams make them particularly effective in promoting satiety and reducing overall calorie intake. Including legumes in the diet can aid in weight management by enhancing feelings of fullness and reducing the likelihood of overeating (Papanikolaou & Fulgoni, 2008).



The Combined Power of Millets and Grams

Looking at the above, it's no wonder that including millets and grams in your daily diet can provide a synergistic effect, enhancing your overall nutritional intake and offering a wide range of health benefits. This magnificent duo really does pack quite a punch!

While millets are rich in certain amino acids, they may be deficient in others, such as lysine. On the other hand, grams are high in lysine but may lack methionine, an amino acid found in abundance in millets. By combining millets and grams, you can create a **complete protein source**, providing all the essential amino acids your body needs. This makes them particularly valuable in vegetarian and vegan diets, where obtaining complete proteins can be challenging (Gopalan et al., 2010).



The combination of high fibre content from both millets and grams **supports digestive health** by promoting regular bowel movements and preventing constipation. Fiber also acts as a prebiotic, feeding the beneficial bacteria in the gut and supporting overall gut health. A study in the *Journal of Gastroenterology and Hepatology* highlights the role of dietary fibre in maintaining a healthy gut microbiome, which is crucial for overall health and disease prevention (Slavin, 2013).

Millets and grams provide a range of vitamins and minerals that complement each other. For instance, the iron in millets is better absorbed when consumed with vitamin C-rich foods, which are often included in legume-based dishes. This combination **enhances the bioavailability of nutrients**, ensuring that your body gets the most out of the food you consume (Shobana et al., 2013).

To sum it up, incorporating millets and grams into your daily diet is a simple yet effective way to enhance your nutritional intake and support overall health. These nutrient-dense foods offer a range of benefits, from improving digestive health and supporting heart health to providing a complete protein source and aiding in weight management. Backed by scientific research, the health benefits of millets and grams make them invaluable additions to any diet, particularly in a world where sustainable and nutritious food choices are increasingly important. **YM**

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International Day of Yoga 2024



On June 21, 2024, the 10th International Day of Yoga was celebrated with enthusiasm and vigour in our community. Jointly organised by the Malaysian Yoga Society and MAYI, the celebration featured a unique blend of virtual and in-person events to promote holistic well-being. The highlight was the full-day web-based Yogathon, which stretches from 6:30am till 9:45pm, offering a variety of yoga sessions to foster a sense of unity and wellness to health enthusiasts.

On the same weekend, at Lake Gardens' Bamboo Playhouse, a picturesque venue conducive to tranquility, a public yoga session unfolded. Over 120 yoga enthusiasts registered for the event. The group gathered, eager to embrace the physical and mental benefits of yoga amidst nature's serene backdrop. Participants, ranging from seasoned practitioners to newcomers, enjoyed a guided session that emphasised relaxation, wellness, and mindfulness.

The event exemplified harmony and shared commitment to health, underscoring yoga's universal appeal in fostering inner peace and physical vitality. As we reflect on the significance of this event, we look forward to continued participation and growth in yoga's transformative journey.

Here's what Winnie Ooi Phaik Yi, a participant of the Yogathon, has to say about the virtual event: *I used to be a marathoner from the age of 21 until I was met with a car accident 3 years ago which resulted in knee bone contusion, which took about 2 years to recover. It was quite depressing as I had to stop running. One day, there was an urge in me that I needed to try out yoga, and I decided to attend a yoga*

class. It was an amazing experience after the first yoga class, as I was feeling tremendous peace in my mind. After practicing a year of yoga, I decided to enroll in the yoga course IYIC at MAYI, to deepen my knowledge about yoga along with the aim to help more people physically and mentally through the practice of yoga.

MAYI organised an event called Yogathon during International Day of Yoga 2024, which intrigued me as it was my first-time hearing about it. I decided to participate and took half day off work, to attend 5 hours of classes which is body tone, yoga nidra, healthy ageing, pranayama and dhyana, and asthanga yoga.

In body tone class, I learned many new poses which were held for longer durations and used body weight as resistance to strengthen various body parts. In healthy ageing yoga class, the pace of the class is gentler and slower, and more relaxed. Attending the asthanga yoga class for the first time was challenging for me as a beginner - I've learned a lot of new advanced poses, and the pace is faster, challenging the body's endurance. There were moments during this class where I doubted my abilities, but I remembered the teachings of my MAYI teacher - do it according to your capacity, every individual is different, embrace our current abilities, and never give up to keep trying! While for pranayama and dhyana and yoga nidra class, I learned that this is the moment that I have to bring my awareness to my breath, my body in the moment of stillness, and gradually into the sense of tranquility.

Yogathon conducted by MAYI brought an amazing experience for me which I've never encountered before. I'm truly grateful for that!

YM

The Real Wealth Of A MAYI Retreat

by Vijaya

"When things are not moving and you suddenly find them shooting up in sparkles, fires and lights, behind that significant transformation is a really great retreat."

If you know how to be busy with this and that - endless chores, children, work, errands for others, family matters, etc. - and also most of the time, you let yourself enter states of self and body damage and harm, because simply you don't have time for yourself. This is where a great, rejuvenating and fresh energy-inducing retreat of your life becomes the most valuable thing ever.

MAYI Mindfulness Yoga Retreat at Kedah in March 2024 was a unique experience for me. For the 3 days 2 nights there, all 23 participants blended with each other and experienced the oneness within. The whole spectrum of engaging activities was simply exhilarating for me.

I felt that I was able to transcend some of my limiting beliefs about the body and emotions. I came back from the retreat as a brand-new person full of determination to go beyond the imaginary boundaries.

Master, as usual, created the magical environment needed for one to go deeper into oneself and discover the inner strength, power and vitality. You just have to be ready for such experiences, for they can come to you at such retreats.

What is so great about retreats? Why are they so important?

For one thing, it is a getaway from normal, mundane and routine life patterns. For another, it may be an opportunity for a whole new possibility to learn, discover and rise above our expectations.

The retreat at the Brahma Vidyanam Ashram, amazingly became the very catalyst I was looking for as a trajectory to the next level of experiencing the self, in this wonderful path of



understanding and realising oneself. Some people may experience this at famous spiritual places but for me it happened at this local Ashram hidden behind our daily views of palm plantations. The view was so lovely, with the skies spread out before us; trees and flower plants to provide greenery; and a very calm and serene environment.

What I learnt from my journeys so far is that spiritual experiences are not really connected to the places outside, but the place inside. It goes with you, wherever you go. Trained by one of the best, our Master. The Ashram was a perfect spot.

Here, the simplicity of the place and also its caretakers was remarkable in itself. They were very humble, hospitable, helpful, kind and reliable, with only service in their hearts and minds. A total contrast to luxury hotels or residential services where even every bat of the eyelid is paid for dearly. The food was so delicious, cooked with love.

My fellow participants

Some of the participants were new to me, but it was amazing how we became like a family in that short span. If the world was able to do that, we will not be having those wars right?

Lavaniya's mother was a great sport. Vedha's mother was friendly and encouraging. It was so uplifting to have had meaningful conversations with Vedha, Pavithra, Murali, Meera, Phi Phi, Dato Suriya, Lavaniya, Chea, Pagwant, Vatsala,

Ee Von and Durga. Jayanthi had me enthralled with her profound experiences. Kogi is my constant companion always. Valar was so engaging with her lively chatters. She is one of the kindest and most beautiful persons I know in my life. Vijaya (Sai) is a natural teacher full of knowledge and wisdom due to long years of serving the community.



What we learnt

We learnt to be in harmony with ourselves and our surroundings, and about the unlimited wealth of energy, power and potential within each of us.

Mei Wan's session with Harmony on Earth colouring activity and explanation was something to remember always. When all of us there came together to put the pieces of Jigsaw puzzles together, we actually became one as well, in total harmony. In Joti's session, I captured the essence of the positive affirmation building technique and felt my positive side shining forth. I have taken Ayurveda Massage Therapy Course from Mona before. The Netra Vasti she did with the team was superb. It helped to heal my shooting headaches and eye pains. Sumi was as usual behind the scene yet making sure things were going according to plan.

I had very enlightening conversations with my room mates Valar and Vijaya, and also Kogi and Pagwant. Late at night, when most of the world had gone to sleep, we ventured into our amazing journeys in life. The light we got via our learnings,



had illuminated our paths, and we were astounded by the sight of our awakened spirits.

How to evaluate these things with money? For the meagre sum we paid for the transport, food and great lodgings, what we got back was immeasurable by any worldly knowledge of wealth.

Our Master

I don't have words to describe Master and what he is doing for this world. The breathing techniques, yoga sessions, Chakra activations, Rasa Sadhana, and deep explanations, etc. done by Master gave us a clear heart and mind to work with. All the treasures of the world combined are not even close to the wealth of the Self. I was blessed to have taken part in the retreat and I have come back very wealthy indeed.

Thank you to the MAYI family for organising the retreat. I wish for everyone the wealth of this experience. Every last Saturdays of the month, at 5pm at the MAYI Centre, we have the Harmony on Earth gatherings. For harmony's sake, please do take part. And keep track of all our other activities as well. The MAYI products have very high medicinal value, don't miss out on them, and every education you get here, at the meetings, conferences, trainings, etc, will help you to discover yourself more. **YM**



HATHA YOGA



MINDFULNESS



AYURVEDA & DETOX



VEGETARIAN MEALS

MAYI

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13th - 15th December 2024

at Brahmavidyaryanam Ashramam, Sungai Kob, Kedah

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Featured Asana

Bandha Hasta Uththanasana (Locked Hand Raising Pose)



STEP by STEP

1. Starting position: Stand with the feet together and the arms by the side. Keep the whole body relaxed and balance the body weight equally on both feet.
2. Cross the wrists in front of the body.
3. Inhale as you slowly raise the arms above the head, keeping the wrists crossed, and at the same time bend the head slightly backward and look up at the hands.
4. Exhale as you lower the arms straight down so that they are once again in the starting position, and look forward.
5. This is one round.

BENEFITS

1. Helps to rectify round shoulders and removes stiffness from the shoulders and upper back.
2. Improves breathing capacity through the deep and synchronised breathing.
3. Influences the heart and improves blood circulation. The whole body, especially the brain, receives an extra supply of oxygen.



Coconut Water, Lime, Mint, Mojito with Spiced Pineapple (non-alcoholic, Ayurvedic refreshing drink)

by Nicole Yong

Ingredients (1 serving)

- 6 mint leaves
- 2 tablespoon pineapple mince, mixed a pinch of cinnamon powder, turmeric powder and salt
- 1 teaspoon lime juice
- 3 slices of lime for garnish
- 1 slice of pineapple for garnish
- 2 slice of coconut meat for garnish
- 250ml coconut water

Directions:

1. Lightly muddle the mint at the bottom of a sturdy, heavy-bottomed, tall cocktail glass until aromatic.
2. Add the pineapple mince, lime juice, coconut water and coconut meat.
3. Garnish with lime slices, pineapple slice and more mint.



MYA Calendar: OCT - DEC 2024

OCTOBER

19/10/2024	Pranayama Workshop
20/10/2024	Teaching & Finetune Yoga with Precision Workshop I (Inversion)
26/10/2024	YogaAsana - Backbend for Beginners
26/10/2024	Advanced Dharana Course

NOVEMBER

03/11/2024	Yoga Therapist Certification Course
10/11/2024	Super Yoga Kids Certification Course
10/11/2024	Pregnancy Yoga Certification Course
11/11/2024	Dhyana (Meditation) Certification Course
16/11/2024	Shatkarma - the 6 Cleansing and Detox Techniques Workshop
17/11/2024	International Yoga Certification Course - Advanced

DECEMBER

02/12/2024	International Yoga Certification Course - Foundation
07/12/2024	Dance Yoga Certification Course
10/12/2024	Yoga Therapist Certification Course
13/12/2024	MAYI Mindfulness Yoga Retreat at Ashram



MAYI INFINITY

(AJL932227)

I'm a blend of goodness both small and grand,
I fuel your body with nutrients so planned.

A healthy surprise, I'm on my way,
With millet and grams, I'll make your day!

Stay tuned for my arrival!



MAYI

YOGA ACADEMY

Continuous yogic studies deepen understanding and practice, allowing for personal growth, self-awareness, and inner peace. It also ensures that practitioners stay connected to the evolving wisdom of yoga, enabling them to apply its principles more effectively in daily life. Let's explore the vastness of yoga!



PRANAYAMA (BREATHING TECHNIQUES) CERTIFICATION COURSE

Pranayama is essential for enhancing lung capacity, reducing stress, and balancing energy. It promotes mental clarity, emotional stability, and overall physical well-being.



DHYANA (MEDITATION) CERTIFICATION COURSE

Meditation is vital for mental clarity, stress reduction, and emotional balance. It enhances focus, fosters inner peace, and promotes overall well-being and self-awareness.



YOGA THERAPIST CERTIFICATION COURSE

Yoga therapy techniques is crucial for personalised health management, addressing specific health issues, and promoting holistic well-being by integrating physical, mental, and emotional care.

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Damansara Utama
Selayang
Subang
Klang**

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89B (2nd Flr), Jalan SS21/37, D'sara Utama, 47400 PJ, Selangor.

8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, 68100 Bt. Caves, Selangor.

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