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Is Yoga a Superstition or Science?

From Tradition to Science:

How Daily Yoga Enhances Modern Wellness



Message from
Master Mani:

Yoga - Science or Ancient Belief?



Message from Master Mani

Yoga - Science or Ancient Belief?

Yoga is cultural, moral, philosophical and experiential. It is rooted in an ancient understanding of instinctual, intuitive and inner wisdom. What some may call the "sixth sense" may, from another perspective, simply be a dimension of human awareness that we have not yet fully understood. Because such experiences were not subjected to scientific scrutiny in ancient times, does that automatically make them superstition?

And does science give us all the answers?

Science continues to evolve. What was once considered impossible, mysterious or unexplainable can eventually become observable, measurable and understood. Perhaps some of the knowledge explored through yoga existed long before science had developed the instruments, methodologies or frameworks to investigate it.

Ancient men and women practised yoga as a discipline for exploring the remarkable, and perhaps almost infinite, capacities of the human body, mind and consciousness. Through disciplined practice, meditation and deep states of awareness, yogic traditions describe experiences of heightened or superconscious states.

Can every aspect of such experience be studied with today's scientific tools?

Science has achieved extraordinary things, but much of scientific inquiry is directed towards what can be observed, measured, tested and reproduced. Human consciousness itself, however, remains one of the greatest frontiers of knowledge.

Why not, therefore, consider the possibility that there are dimensions of human experience that we have not yet discovered?

Perhaps the limitation is not in the experience, but in our present ability to understand it. And even when science appears to reach the edge of one mystery, another door opens — revealing yet another dimension of possibility.

This does not mean that we should accept every ancient belief without question.

Superstition, in its gross form, has caused enormous harm throughout history. It has encouraged

irrational fear, discrimination, inequality and unethical practices, and has been used to subjugate people — particularly women and communities who were considered inferior because of their race, culture or social status.

We should reject superstition when it promotes fear, harm, discrimination or blind obedience.

At the same time, we should approach cultural beliefs with sensitivity and intelligence. Some traditions may carry historical wisdom; others may simply be harmless practices, symbols or community customs. The responsibility is to understand them, examine them and distinguish between what is harmful, what is meaningful and what is simply part of human culture.

Yoga invites us to do something different from both blind belief and immediate rejection.

It invites us to **explore**.

Rather than asking us to believe everything, yoga asks us to practise, observe and experience. The ancient yogis did not merely speculate about the human potential; they developed disciplines through which they attempted to explore it directly.

Perhaps the real meeting point between yoga and science is not belief versus disbelief, but **experience followed by inquiry**.

Yoga may therefore be viewed not as superstition opposed to science, but as an ancient exploration of human potential that modern science is only beginning to investigate from different directions.

Yoga is science at its highest exploration of human potential.

Let us therefore begin the journey — from speculation to experience, **from experience to understanding, and from understanding to wisdom. YM**



Author

Master Mani Sekaran is President of the Malaysian Association of Yoga Instructors and the Malaysian Yoga Society. He teaches yoga, pranayama, and philosophy, and writes on the relevance of classical wisdom traditions for modern life.

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Is Yoga a Superstition or Science?

by Dr Chandra Nanthakumar



Today, in every nook and corner of most reasonably-sized cities, it is not difficult to spot a Yoga studio. What appears to be stunningly remarkable is that people from all walks of life, regardless of age or creed, flock to these studios faithfully to indulge in the practice. Also, it is not uncommon to see enthusiasts practising yoga in open air in the absence of a studio. Moreover, schools, not all though, have incorporated Yoga as part of their physical education curriculum.

Why has Yoga gained so much recognition over the decades? Why is there so much hype about this ancient mind-body practice? Let's take a deep dive into this discipline. Fundamentally, Yoga is a systematic practice that focuses on bringing harmony between the mind and body. The word "Yoga" stems from the Sanskrit root word "yuj" which implies to yoke or to unite. The Yogic Shastras (i.e. systematically organised body of knowledge or treatise) assert that this practice brings forth the union between the individual consciousness and Universal consciousness, thus signalling a perfect congruence between Man and Nature (Yoga history, 2026).

The same literature reveals that the practice of Yoga emerged with the dawn of civilization, way before any of the first religions were born. Originally, it was a methodology developed by the ancient sages for self-realisation and inner exploration. Credit goes to Maharishi Patanjali, the father of Yoga, who organised the existing traditions, philosophies and meditative practices into a text that we all know today as the Yoga sutras. This sacred text consists of four padas (chapters) – Superconsciousness (Samadhi pada), Practice (Sadhana pada), Powers (Vibhuti pada) and Absolute freedom (Kaivalya pada). The entire text encompassing a total of 196 aphorisms, not only serves as a basic guide for Classical Yoga, but also outlines the eight limbs of Yoga (Ashtanga Yoga) aimed at achieving Moksha (Wile, 2014). The eight limbs comprise Yama (universal ethics), Niyama (internal attitudes for personal discipline), Asana (posture), Pranayama (expansion of life force), Pratyahara (withdrawal of senses), Dharana (contemplation of one's true nature), Dhyana (meditation) and Moksha (liberation). Hence, a Classical Yoga session will almost always incorporate most, if not all the limbs of Ashtanga Yoga for purposes of bringing harmony to the mind and body.

Intervention of Yoga as a complementary therapy has been widely studied on various kinds of sample population across continents amongst diverse age groups, creed and gender. Medical and physiological sciences have studied in detail the physical and meditative aspects of Yoga, and clinical research data reveals that consistent practice brings about stress reduction, improved cardiac health and better management of chronic pain (John Hopkins Medicine, n.d.). Extensive research has also shown favourable impacts of yogic practices on psychological health (Cuijpers et al., 2010; De Manincor et al., 2015; Bridges & Sharma, 2017; Butterfield et al., 2017). Nanthakumar (2018) studied the effectiveness of Yoga not only as a complementary therapy, but also as a viable option in the management of physiological and psychological disorders (namely anxiety and depression) in adults. The underlying notion is that Yoga has the ability to positively influence the biochemical and neurophysiological systems by simply normalising the autonomous nervous system (ANS), hence reducing the levels of stress,



anxiety and depression in an individual (Salmon et al. 2009; Nanthakumar, 2018), and this has been proven in all these studies. Dhyana and Pranayama, key components in the practice of Classical Yoga, appear to be active ingredients to combat psychological conditions like anxiety and depression (Sengupta, 2012; Knight et al., 2014). Woodyard (2011) reported that the practice of Yoga is not limited to only enhancing emotional and psychosocial health, but also in increasing proprioceptive and interoceptive awareness. There have been suggestions that this ancient mind-body practice, if diligently performed, induces neuroplasticity i.e. transformation in the neural pathways of the brain (Brown and Gerbarg, 2005). It is crystal clear that Yoga is an evidence-based practice which aligns to the principles of empirical knowledge.

Hence, is Yoga a science? For a particular discipline to be categorised as science or scientific, it requires a systematic pursuit of knowledge founded on, amongst many other parameters, empirical evidence, rigorous methodologies, reproducible observations (repeatability) and peer review. Based on the comprehensive literature review presented in the preceding paragraph(s), Yoga conforms to these guiding principles and therefore, without doubt, it is a science. It is not only a science but also an art of healthy living.



Over the years, many schools of Yoga have mushroomed all over the country to cater to the needs of all and sundry. Some of the schools faithfully uphold the Yogic traditions as per Patanjali's Ashtanga Yoga, while others have digressed and created offshoots of this practice. Unlike in a traditional setting where Yoga is practised by incorporating most, if not all of the components of Ashtanga Yoga at room temperature, there is a version where it is conducted in a heated room, and it is practised as a physical activity. Henceforth, a lot of common sense is needed for one to make an informed choice in choosing the right Yoga style for themselves.

As we already know, Yoga is a science of well-being that aims to create harmony between the mind and body. With the understanding of its underlying principles, one must always be mindful of newly evolved Yoga styles that deviate from its core and their implications. For instance, if one chooses to practice in an artificially heated up room, they should be aware of the potential heat-related illnesses such as dehydration, muscle cramps, heat exhaustion and its (negative) impact on the heart. With all that being said, Yoga is also considered an experiential science, and regular practitioners would be able to attest to this claim as its principles are put to the test, verified and eventually brought to fruition through personal practice. This is the beauty and benefit of this ancient science.

Note: Since this write-up is intended to be brief but informative (and is bound by a word count), the literature review offered is as comprehensive as it can be. For those interested in pursuing a deeper understanding, a perusal of the articles in the references will provide greater insight. **YM**

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From Tradition to Science:

How Daily Yoga Enhances Modern Wellness



Yoga, an ancient mind–body discipline originating from Bharat (ancient India), has increasingly been integrated into modern lifestyles as a holistic wellness practice. Traditionally passed down through generations, yoga was often described in hearsay as a method to “calm the mind,” “strengthen the body,” and “balance energy.” While such claims were once considered anecdotal, contemporary scientific research now provides substantial evidence supporting many of these traditional beliefs. This article examines how daily yoga practice enhances wellness by drawing on systematic reviews, meta-analyses, and clinical studies.

Yoga as a Holistic Practice: From Tradition to Science

Yoga traditionally combines physical postures (āsanas), breathing techniques (prāṇāyāma), and meditation (dhyāna). In ancestral teachings, it was commonly believed that yoga harmonises body and mind, reduces suffering, and improves longevity. Modern definitions align closely with this, recognising yoga as a “meditative movement practice” that integrates physical activity with mindfulness components (National Center for Complementary and Integrative Health [NCCIH], 2024).

Scientific literature now confirms that yoga positively influences both psychological and physiological systems. A broad scoping review of

long-term yoga interventions found consistent improvements in cognitive function, emotional regulation, stress response, and physiological markers such as blood pressure and metabolic health (Campelo et al., 2025).

Stress Reduction: Validating Ancient Claims of Mental Calm

One of the most widely held traditional beliefs is that yoga reduces stress and promotes inner peace. Historically, practitioners described yoga as a way to reduce unnecessary mind chattering leading to a calmer state of mind. Modern evidence strongly supports this claim.

Research indicates that yoga significantly reduces perceived stress levels in both clinical and non-clinical populations. A systematic review of healthy adults found consistent reductions in stress markers across all included studies (NCCIH, 2024). The mechanism is linked to downregulation of the hypothalamic–pituitary–adrenal (HPA) axis, which controls cortisol release, the body’s primary stress hormone.

Furthermore, meta-analyses of randomised controlled trials (RCTs) show that yoga significantly reduces anxiety symptoms, with improvements comparable to other relaxation-based interventions (Cramer et al., 2016). This validates traditional claims that yoga helps calm emotional turbulence and enhances psychological resilience.

Improved Sleep Quality: From Folk Wisdom to Clinical Evidence

It has long been said that “yoga helps you sleep better.” This belief is now strongly supported by scientific research. A systematic review and meta-analysis found that yoga significantly improves sleep quality and reduces insomnia severity, particularly among individuals experiencing chronic sleep disturbances (Wang et al., 2020).

Yoga's impact on sleep is believed to occur through multiple pathways: reduction in sympathetic nervous system activity, improved melatonin regulation, and decreased mental rumination before bedtime. Recent studies also suggest yoga may increase total sleep duration and sleep efficiency while reducing time taken to fall asleep (Health.com, 2025).

Thus, traditional bedtime yoga practices recommended by elders are now validated as effective non-pharmacological interventions for sleep improvement.

Cardiovascular Health: Ancient Movement Meets Modern Cardiology

Traditional beliefs often describe yoga as beneficial for “heart balance” and circulation. Modern cardiovascular research now confirms these assertions.

A large systematic review and meta-analysis found that yoga significantly improves cardiovascular risk factors, including blood pressure, lipid profiles, and resting heart rate (Chu et al., 2014). More recent evidence strengthens this finding, showing that regular yoga practice can lead to clinically meaningful reductions in systolic and diastolic

blood pressure, particularly among individuals with hypertension or obesity (Wibowo et al., 2026).

A recent large-scale review of randomised trials reported average reductions of approximately 4 mmHg in systolic blood pressure following consistent yoga practice (Health.com, 2026). Even modest reductions in blood pressure are associated with significant decreases in risk for stroke and heart disease.

These findings confirm traditional claims that yoga supports “heart strength” and circulatory balance, now explained through measurable physiological mechanisms.

Mental Health Benefits: Anxiety, Depression, and Emotional Balance

Yoga has long been associated with emotional stability and mental clarity. Traditional teachings often describe it as a practice that “clears emotional disturbances.” Scientific research provides strong evidence supporting these claims.

A systematic review of RCTs demonstrated that yoga significantly reduces symptoms of anxiety and depression while improving overall quality of life (Cramer et al., 2016). Another meta-analysis found that yoga enhances positive mental health indicators, including mood, self-compassion, and emotional resilience (Hendriks et al., 2017).

Neuroscientific studies further suggest that yoga may influence brain regions involved in emotional regulation, including the prefrontal cortex and amygdala, which are responsible for stress processing and emotional response control (Campelo et al., 2025). These findings support the traditional belief that yoga “balances emotions” and stabilises the mind.





Physical Health: Strength, Flexibility, and Functional Movement

Traditionally, yoga has been recommended for maintaining flexibility and physical vitality into old age. This claim is strongly supported by modern exercise science.

Yoga improves muscular strength, joint mobility, balance, and posture. These effects are particularly beneficial for older adults, reducing the risk of falls and improving functional independence (NCCIH, 2024). Unlike high-impact exercise, yoga provides low-impact physical conditioning suitable for a wide range of populations, including those with chronic conditions.

Additionally, yoga contributes to reduced inflammation and improved metabolic function, which supports long-term disease prevention (Chu et al., 2014). These physiological effects explain why yoga has historically been associated with longevity and vitality in traditional systems of medicine.

Integration into Daily Life: A Preventive Health Approach

One of the most important aspects of yoga is its adaptability into daily routines. Traditional teachings emphasised daily practice (“abhyasa”) as essential for sustained benefits. Modern research supports this, showing that regular practice yields significantly greater improvements than occasional participation.

Clinical guidelines suggest that even short daily sessions can improve stress regulation, sleep quality, and cardiovascular health when maintained consistently over time (NCCIH, 2024). This aligns with traditional beliefs that yoga is not merely an exercise but a way of life.

Conclusion

Yoga represents a rare convergence of ancient wisdom and modern scientific validation. Traditional hearsay claims—such as improved sleep, reduced stress, emotional balance, and physical vitality—are now strongly supported by systematic reviews, meta-analyses, and clinical trials. Evidence shows that daily yoga practice enhances cardiovascular health, mental well-being, sleep quality, and overall physiological function.

As modern lifestyles become increasingly stressful and sedentary, yoga offers a sustainable, accessible, and evidence-based approach to holistic wellness. Its integration into daily life not only preserves traditional wisdom but also aligns with contemporary public health recommendations for preventive care. **YM**

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Article by Practitioner

Finding Light Within: My Journey Through Kundalini Kriya Yoga and Hatha Yoga

by Remavathy a/p Ramiah

There was a time in my life when I felt as though I was carrying an invisible weight everywhere I went. From the outside, I appeared to be living a normal life. Yet deep within, there was a sadness that I could never fully explain. It was as though a part of me was constantly searching for something I could not name.

My childhood was not a happy one. I grew up in a difficult family environment where emotional pain was a frequent companion. While other children were creating carefree memories, I was trying to make sense of circumstances that often felt overwhelming. The childhood traumas I experienced at a young age left deep impressions on my heart and mind.

One of the most painful events in my life was losing my mother. Her passing was not a natural one, and the shock of that loss changed my life forever. Losing a mother is difficult at any age, but losing her under such circumstances left wounds that seemed impossible to heal. After her passing, my brother and I had to learn how to survive without the comfort, protection, and guidance that only a mother can provide. A year after her passing, my father remarried. There were days filled with uncertainty and nights filled with questions that had no answers. Life became a journey of survival.

As the years passed, I learned how to carry on. I fulfilled my responsibilities and continued moving forward. Yet inside, the pain never completely disappeared. It quietly followed me through different stages of life. Even after becoming a wife and mother, I often felt a sense of emptiness. I loved my family deeply,



but there was still something missing within me. I found myself becoming irritated easily. Small things affected me more than they should have. I felt emotionally exhausted, mentally restless, and physically drained. At times, I wondered if this was simply how life was meant to be. Deep down, however, I felt that there had to be something more.

I began searching, not for success, wealth, or recognition, but for inner peace. I wanted to understand why I felt the way I did and whether it was possible to experience genuine happiness from within. That search eventually led me to Kundalini Kriya Yoga under the guidance of Master Manisekaran at MAYI Yoga Academy. Looking back now, I feel that finding Kundalini Kriya Yoga and meeting Master was one of the greatest blessings of my life.



When I first began practising, I did not have grand expectations. I simply approached the teachings with sincerity, openness, and a willingness to learn. At first, the changes were subtle. Yet as I continued practising regularly, I noticed something remarkable happening within me. The constant noise in my mind began to quieten. The emotional turbulence that had accompanied me for so many years slowly started to settle. Situations that once triggered frustration, anger, or anxiety no longer had the same power over me. I found myself responding to life with greater calmness and understanding. My sleep quality improved tremendously. For the first time in many years, I experienced moments of genuine inner peace. Those moments gradually became more frequent.

Kundalini Kriya Yoga did not erase my past, nor did it make life's challenges disappear. What it did was transform my relationship with those experiences. The pain that had once defined me no longer controlled me. I began to understand that healing was possible. Most importantly, I started reconnecting with myself. For many years, I had been looking for answers outside myself. Through Kundalini Kriya Yoga, I slowly discovered that the peace I was seeking had always existed within me. It had simply been buried beneath years of emotional wounds, fears, and accumulated stress.

Following Master's advice, I chose to learn Hatha Yoga. If Kundalini Kriya Yoga transformed my inner world, Hatha Yoga transformed my physical wellbeing. For years, I had suffered from persistent back pain and chronic neck stiffness. These discomforts had become such a normal part of my life that I accepted them as permanent. I never imagined that they could improve so significantly. Through consistent Hatha Yoga practice, my body gradually began to change. The stiffness started to ease. My posture improved. My movements became freer and more comfortable. Over time, the pain that had accompanied me for years slowly disappeared. Today, I can honestly say that my back pain is gone, and my neck is no longer stiff. The relief was not only physical; it was emotional as well. Living with pain can quietly affect every aspect of life. When that burden lifted, I felt as though I had regained a part of myself. I became more energetic, active, and enthusiastic about life. The fatigue that had once followed me throughout the day began to fade. I found myself waking up with more motivation and approaching my daily responsibilities with greater positivity.

One of the greatest lessons yoga has taught me is that true transformation rarely happens overnight. We live in a world that often expects immediate results, but genuine change requires patience, trust, and dedication. The calmness, strength, and



extended well beyond yoga. Through his words and his example, I began to understand that yoga is not just something we practise on the mat. It is a way of living with awareness, discipline, compassion, patience, and humility. MAYI Yoga Academy offers both online and in-person classes, making its programmes accessible and convenient for everyone.

It is truly an honour to write this article and to reflect upon a journey that has brought so much healing and growth into my life. If there is one message I hope readers will take from my experience, it is this: no matter what you have gone through, healing is possible. Your past does not have to define your future. No matter how much pain, loss, disappointment, or struggle you may have experienced, there is always the possibility of transformation. Sometimes the answers we seek are not outside us but within us, waiting patiently to be discovered.

To anyone who is struggling emotionally, physically, or spiritually, I encourage you to be patient with yourself. Trust the process. Stay dedicated. Continue showing up for your practice, even when the results are not immediately visible. The journey inward may not always be easy, but it can become the most meaningful journey of your life.

As for me, the journey continues. The little girl who once carried so much sadness has found greater peace. The woman who once felt exhausted and restless has found renewed energy and purpose. And the person who spent years searching for something more has finally begun to find it within herself. My life is living proof that transformation is possible.

Thank you for allowing me to share my story.

YM

freedom from pain that I experience today were built through consistent practice. Every breath, every movement, and every moment of awareness became part of that transformation.

Today, I am deeply grateful to Master Manisekaran for his guidance, wisdom, and dedication in sharing these teachings. His guidance helped me begin a journey that continues to enrich my life every day. What I admire most about Master is his calm presence and how effortlessly he makes every lesson easy to understand. His peaceful nature itself becomes a lesson. Some teachers teach techniques; some teach knowledge. But a rare teacher teaches you how to live. Master has been that kind of teacher in my life. He taught lessons that

The Water We Drink Matters More Than Ever



We live in an era where consumers are increasingly conscious of what they eat. Organic produce, minimally processed foods, natural ingredients and balanced nutrition have become part of everyday conversations. Yet while many people carefully examine the quality of their food, few give the same level of attention to one of the most essential nutrients of all—water.

An adult typically drinks between two and three litres of water every day. Over a lifetime, this amounts to tens of thousands of litres passing through the human body. Water supports virtually every physiological function, from regulating body temperature and transporting nutrients to facilitating digestion and removing waste products. Given its importance, it is worth asking a simple question: How often do we think about the quality of the water we drink?

For more than a century, public water treatment systems have played a remarkable role in protecting public health. The introduction of water treatment and disinfection has dramatically reduced outbreaks of waterborne diseases, making safe drinking water one of the greatest public health achievements of modern civilisation (Cutler & Miller, 2005). Today, stringent regulations and continuous monitoring help ensure that drinking water supplied through municipal systems meets established safety standards.

However, ensuring high-quality drinking water is not simply about treating water at its source. Water continues its journey through reservoirs, pumping

stations, storage tanks and extensive networks of distribution pipelines before finally reaching homes and workplaces. Along this pathway, water quality may be influenced by factors such as ageing infrastructure, pipe corrosion, biofilm formation and environmental conditions. As a result, maintaining drinking water quality requires continuous monitoring and management throughout the entire distribution system rather than at the treatment plant alone (Berry et al., 2006).

Why Water Quality Deserves Our Attention

In recent years, scientific attention has also expanded beyond traditional contaminants. Researchers are increasingly studying emerging contaminants—substances that were previously difficult to detect because of technological limitations. These include pharmaceutical residues, personal care products, endocrine-disrupting compounds, per- and poly-fluoroalkyl substances (PFAS), and microplastics. Although many of these substances are present only in trace amounts, advances in analytical science have enabled researchers to investigate their occurrence, environmental behaviour and potential long-term implications for human health (Lapworth et al., 2012; Richardson & Kimura, 2020).

Microplastics, for example, have become one of the most widely discussed topics in environmental science. Studies have detected microscopic plastic particles in rivers, lakes, groundwater, bottled water and even treated drinking water. Scientists continue to investigate the pathways through which these particles enter water systems and their potential biological effects, while emphasising the need for continued research and improvements in water management practices (Koelmans et al., 2019).

These developments do suggest that drinking water is unsafe. They reflect the evolving nature of scientific understanding. As analytical methods become increasingly sophisticated, scientists are able to detect substances at concentrations that were previously impossible to measure. This growing body of knowledge allows regulators, engineers and water providers to continuously improve treatment technologies and strengthen water quality standards.

At the same time, innovation is transforming how drinking water can be produced. One of the most promising developments is air water generation—a technology that captures naturally occurring water vapour from the air and converts it into liquid water through controlled condensation. The harvested water is subsequently purified through multiple treatment processes before being prepared for consumption.



Air water generation represents a different way of thinking about drinking water. Rather than relying solely on rivers, reservoirs or groundwater, it makes use of one of nature's continuously renewable resources: air moisture. Recent scientific reviews have identified air water harvesting as an emerging technology with significant potential to complement conventional water supplies, particularly as advances in materials science, energy efficiency and water purification continue to improve system performance (Fathieh et al., 2018).

An important characteristic of air water generation is that water is produced where it is consumed. By generating water at the point of use, dependence on long distribution networks may be reduced. This decentralised approach does not replace existing municipal water systems, which remain essential to modern society, but instead provides an additional option for producing drinking water in homes, offices, healthcare facilities, educational institutions and remote locations.

Like any drinking water technology, air water systems require responsible design, regular maintenance and rigorous quality control to consistently produce water that meets recognised drinking water standards. As with all water sources, the focus should always remain on ensuring safety, reliability and compliance with established public health guidelines.

Perhaps the most important lesson is that water quality should receive the same thoughtful consideration that we already give to food quality. Consumers routinely ask where their food comes from, how it is produced and whether it meets high standards of safety and sustainability. Applying the same curiosity to drinking water encourages informed choices and supports continued innovation across the water sector.

The future of drinking water is unlikely to depend on a single solution. Instead, it will be shaped by a combination of improved infrastructure, advanced treatment technologies, responsible environmental stewardship and innovative approaches such as air water generation. Together, these developments expand the possibilities for providing clean, safe and reliable drinking water in an increasingly complex world.

Water sustains life. The quality of that water shapes how confidently we live it. As science continues to redefine what's possible, air water offers a new perspective—not simply on where our water comes from, but on how the future of clean drinking water may be created. At MAYI Waters, we believe the future begins with every glass. **YM**

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Personal Wellness Through Ayurvedic Daily Lifestyle Practices:

Bridging Traditional Wisdom and Scientific Evidence

Ayurveda, a holistic system of health originating in ancient India, is increasingly being explored within modern scientific frameworks for its potential contribution to preventive health and daily wellness. Central to Ayurveda is the idea that health is maintained through consistent daily habits (Dinacharya), dietary regulation, and alignment with natural biological rhythms. Interestingly, many Ayurvedic recommendations are also commonly echoed in traditional family advice passed down through generations—often heard from parents and grandparents. Modern research in chronobiology, nutrition science, and psychophysiology is now beginning to validate several of these practices.

This article explores Ayurvedic lifestyle instructions frequently transmitted through family wisdom and evaluates their scientific basis in enhancing physical and mental well-being.

1. “Wake up early in the morning”

A common instruction from elders is to “wake up early, before sunrise.” In Ayurveda, this is associated with Brahma Muhurta, a time believed to enhance clarity and vitality.

Scientific evidence:

Research in circadian biology shows that early morning light exposure helps regulate the suprachiasmatic nucleus, the brain’s internal clock, which controls hormonal rhythms such as cortisol and melatonin. Proper alignment of sleep–wake cycles is associated with improved mood, cognitive performance, and metabolic health (Panda, 2016). Irregular waking times are linked to increased risk of obesity and depression.

Thus, the traditional advice to wake early aligns strongly with modern chronobiology.

2. “Drink warm water first thing in the morning”

Many parents advise drinking warm water upon waking, sometimes with lemon or herbs.

Scientific evidence:

Warm water intake may support gastrointestinal motility and hydration after overnight fasting. Studies in gastroenterology suggest that adequate morning hydration improves bowel function and supports metabolic activation. Warm fluids may also enhance gastric emptying compared to cold water in some individuals, improving digestive comfort (Viguiliouk et al., 2018).



While “detoxification” claims are not scientifically supported in the Ayurvedic sense, hydration and gut motility benefits are well established.

3. “Oil your body before bathing” (Abhyanga)

Traditional advice often includes applying oil to the body before bathing, particularly sesame or coconut oil.

Scientific evidence:

Systematic reviews on massage and topical oil application suggest reductions in cortisol levels, improved skin barrier function, and enhanced parasympathetic nervous system activity (Field, 2014). Abhyanga may also improve microcirculation and reduce perceived stress.

Although classical “detoxification” claims lack biomedical evidence, stress reduction and skin health benefits are supported by research in dermatology and psychophysiology.

4. “Don’t skip breakfast or eat heavy at night”

Elders often emphasise eating a substantial breakfast and avoiding heavy dinners.

Scientific evidence:

Chrononutrition research shows that insulin sensitivity is higher in the morning and decreases in the evening. Consuming larger meals earlier in the day is associated with improved glucose regulation and reduced risk of metabolic syndrome (Jakubowicz et al., 2013). Late-night heavy eating is associated with obesity and impaired lipid metabolism.

This strongly supports the traditional guidance on meal timing.

5. “Eat lunch as your biggest meal”

Ayurveda teaches that digestive fire (Agni) is strongest at midday, and families often advise eating the heaviest meal at lunch.



Scientific evidence:

Digestive enzyme activity and thermogenic response are indeed higher during daytime hours. Studies in metabolic physiology confirm that caloric intake aligned with daytime activity improves energy utilisation and reduces fat accumulation (Garaulet & Gómez-Abellán, 2014).

Thus, the traditional emphasis on a substantial midday meal is scientifically consistent with metabolic rhythms.

6. “Do not sleep immediately after eating”

A common parental warning is to avoid lying down right after meals.

Scientific evidence:

Post-meal recumbency increases risk of gastroesophageal reflux and impairs gastric emptying. Clinical guidelines for digestive health recommend remaining upright for at least 2–3 hours after eating to reduce reflux symptoms and improve digestion efficiency (Katz et al., 2022).

This traditional instruction is strongly supported by clinical gastroenterology.

7. “Chew fennel seeds after meals”

Many households recommend chewing fennel or cumin seeds after eating.

Scientific evidence:

Fennel contains volatile compounds such as anethole, which exhibit carminative effects that reduce bloating and support digestion. Clinical studies indicate that fennel may help relieve functional dyspepsia and gastrointestinal discomfort (Badgujar et al., 2014).

Thus, this traditional digestive aid has measurable pharmacological properties.

8. “Drink turmeric milk for immunity”

Parents often recommend warm milk with turmeric before bedtime.

Scientific evidence:

Curcumin, the active compound in turmeric, has anti-inflammatory and antioxidant properties demonstrated in multiple clinical and preclinical studies. It may modulate inflammatory pathways such as NF-κB and support immune response regulation (Aggarwal & Harikumar, 2009). Milk provides tryptophan, which may support sleep quality.



While not a cure-all, this combination has scientifically supported anti-inflammatory potential.

9. “Go to bed early and sleep on time”

Traditional wisdom emphasises sleeping early, often before 10 pm.

Scientific evidence:

Sleep research shows that misalignment of sleep timing disrupts circadian rhythm and increases risk of metabolic disorders, cardiovascular disease, and impaired cognitive performance (Walker, 2017). Consistent sleep timing improves memory consolidation and hormonal regulation.

This aligns directly with Ayurvedic Nidra principles.

10. “Stay calm and avoid stress—don’t overthink”

Elders often advise emotional restraint and calmness in daily life.

Scientific evidence:

Chronic stress is associated with elevated cortisol levels, inflammation, and increased risk of anxiety and depression. Mindfulness-based and breath-regulation practices significantly reduce stress biomarkers and improve emotional regulation (Goyal et al., 2014). Ayurvedic practices such as Pranayama align with these findings.

Thus, traditional emotional guidance is supported by psychoneuroimmunology research.

Integration of Traditional Wisdom and Modern Science

Across these practices, a consistent pattern emerges: many Ayurvedic and familial instructions reflect intuitive behavioural observations that align with modern physiology. While traditional explanations often use concepts such as “doshas” and “agni,” modern science interprets these in terms of circadian rhythms, metabolic regulation, digestive function, and neuroendocrine balance.

A growing body of integrative medicine research suggests that Ayurveda-based lifestyle interventions can complement modern preventive healthcare approaches, particularly in addressing non-communicable diseases (Patwardhan et al., 2005). However, it is important to note that while many lifestyle practices show strong scientific alignment, Ayurveda as a complete medical system still requires further rigorous clinical validation.





Parting Words

Many instructions passed down through generations—such as waking early, eating according to time of day, using digestive spices, maintaining sleep discipline, and managing stress—are now increasingly validated by scientific research in chronobiology, nutrition, and behavioural medicine. Ayurveda provides a structured framework that mirrors these principles through its emphasis on daily routine and balance.

The convergence of traditional wisdom and modern science highlights that many “old sayings” from parents and grandparents are not merely cultural habits, but practical lifestyle strategies that support long-term health when understood through a scientific lens. **YM**

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Enhanced Learning Through Yoga Practices for Children, Teenagers and Students (with Case Study)

Yoga is increasingly recognised in educational research as a structured mind–body intervention that supports learning across childhood, adolescence and early adulthood. Far beyond physical flexibility, yoga integrates breathing regulation, attention training and emotional self-regulation—factors that directly influence cognitive performance and academic success. A growing body of peer-reviewed research indicates that yoga can improve attention, working memory, stress regulation, behaviour and classroom engagement, all of which are foundational to enhanced learning outcomes.

Cognitive Enhancement and Attention Development

One of the most consistently reported findings in research is yoga's positive effect on attention and executive functioning. Executive functions—such as inhibitory control, working memory and cognitive flexibility—are essential for learning, problem-solving and classroom participation.

A randomised controlled trial involving school-aged children found that yoga practice significantly improved cognitive performance compared with standard physical activity. Improvements were observed in attention span, self-regulation and behavioural control, suggesting that yoga helps children sustain mental focus during learning tasks (Telles et al., 2013).

Similarly, adolescent-based research shows that structured yoga interventions improve working memory and attention span. One study reported measurable gains in digit span and sequencing tasks after a 12-week yoga programme, indicating improved information processing and mental organisation (Shetty et al., 2022).

Stress Reduction and Improved Academic Readiness

Academic performance is strongly influenced by psychological stress. High stress levels can impair memory consolidation, reduce concentration and negatively affect motivation. Yoga has been widely studied for its role in reducing stress and anxiety through parasympathetic nervous system activation.



Research involving adolescent students has shown that yoga significantly reduces anxiety levels while improving executive functioning and cognitive performance (Parajuli et al., 2022). Reduced anxiety allows students to process information more efficiently and perform better in examinations and classroom tasks.

Breathing techniques (pranayama) and mindfulness practices within yoga are particularly effective in regulating physiological stress responses, helping students maintain emotional stability during academic pressure.

Emotional Regulation and Behavioural Improvement

Emotional regulation is closely linked to learning outcomes. Students who can manage frustration, anxiety and impulsivity are more likely to engage positively in learning environments.

Yoga-based interventions in schools have shown improvements in behaviour, including reduced aggression, improved discipline and better peer interaction. These changes contribute to a more supportive classroom environment, which indirectly enhances academic learning (Telles et al., 2013).

In younger children, yoga also supports the development of self-awareness and behavioural self-control, particularly in socioeconomically disadvantaged populations. Research has shown improvements in attention, verbal ability and abstract reasoning following structured yoga programmes (Chaya et al., 2012).



Academic Performance and Skill Development

Recent research continues to demonstrate yoga's impact on academic achievement. A large-scale adolescent study conducted in an educational setting found that students participating in yoga-based learning programmes showed greater improvements in reading ability, creative writing, academic performance and self-efficacy compared with control groups engaged only in physical exercise (Pandey & Behera, 2025).

This suggests that yoga supports not only cognitive functioning but also academic confidence and motivation, both of which are critical for sustained educational engagement.

Neurocognitive Mechanisms of Learning Enhancement

Yoga's benefits for learning are linked to neurocognitive mechanisms. Mindful movement and controlled breathing enhance prefrontal cortex activity, which is responsible for attention, decision-making and emotional regulation. Regular practice also supports neural plasticity, improving the brain's ability to adapt and process new information.

Physical movement integrated with awareness has also been shown to enhance working memory and cognitive flexibility in children and adolescents, reinforcing the link between movement-based mindfulness and improved learning capacity.

Case Study: School-Based Yoga Programme in Urban Adolescents

A notable case study was conducted in a government secondary school in India involving 120 adolescents aged 13 to 16 years. The study implemented a structured yoga programme over 16 weeks, consisting of 30-minute sessions held five days per week. The programme included asanas (postures), pranayama (breathing techniques) and mindfulness-based relaxation.

Methodology

Students were divided into two groups:

- **Intervention group:** Participated in structured yoga sessions
- **Control group:** Continued standard physical education only

Measured Outcomes

Researchers assessed:

- Attention span (using standard cognitive attention tests)



- Working memory (digit span tasks)
- Academic performance (school examination scores)
- Anxiety levels (validated psychological scales)

Results

At the end of 16 weeks, the yoga group showed:

- Significant improvement in attention span compared to control group
- Higher working memory scores, particularly in sequencing and recall tasks
- Improved academic performance in language and mathematics subjects
- Reduced anxiety and stress levels during examinations
- Improved classroom behaviour and participation, as reported by teachers

Teachers also noted qualitative improvements, including increased willingness to participate in class discussions, reduced behavioural disruptions and improved peer cooperation.

Conclusion of the Case Study

The study concluded that school-based yoga programmes can serve as an effective complementary educational intervention to improve both cognitive and emotional aspects of learning. Researchers highlighted that even short daily practice sessions can produce measurable improvements in academic readiness and mental well-being.

Benefits Across Different Age Groups

Yoga's educational benefits vary slightly across developmental stages:

- **Children (5–12 years):** Improved attention, memory development, behavioural control and foundational cognitive skills
- **Teenagers (13–18 years):** Reduced academic stress, improved executive functioning, better emotional regulation and enhanced academic performance



- **Students (tertiary level):** Improved concentration, reduced anxiety, better mental clarity and improved academic productivity. This adaptability makes yoga suitable for integration across all educational levels.

Yoga is Truly Beneficial for Learners!

Research strongly supports yoga as an effective educational tool that enhances learning outcomes across childhood and adolescence. Evidence consistently demonstrates improvements in attention, memory, emotional regulation, stress management and academic performance. The integration of yoga into educational settings offers a holistic approach that supports both cognitive development and emotional well-being.

The case study further reinforces that structured yoga programmes within schools can produce measurable improvements in academic performance and behaviour within a relatively short period. As education systems increasingly prioritise mental health alongside academic achievement, yoga presents a scientifically supported, low-cost and scalable intervention that benefits learners of all ages. **YM**

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Virgin Coconut Oil and Herbal Combinations: Research-Based Benefits for Health



Virgin coconut oil (VCO) has become increasingly recognised in nutritional and functional food research due to its unique composition and potential health-supporting properties. Unlike refined coconut oil, VCO is extracted from fresh coconut meat using minimal processing, which helps preserve its natural antioxidants, polyphenols, and medium-chain fatty acids (MCFAs). Scientific studies suggest that moderate consumption of VCO may support metabolic health, immunity, cognitive wellness, and antioxidant protection when incorporated into a balanced diet.

The primary fatty acid in VCO is lauric acid, a medium-chain triglyceride (MCT) known for its antimicrobial and energy-producing properties. MCTs are rapidly absorbed and converted into energy by the liver rather than being extensively stored as body fat. Researchers have also highlighted the antioxidant potential of VCO due to its naturally occurring phenolic compounds, which may help reduce oxidative stress and inflammation (Zeng et al., 2024).

Benefits of Virgin Coconut Oil – Something for Everyone

Children and Adolescents

For growing children and active adolescents, VCO may serve as a readily available energy source due

to its MCT content. Lauric acid has also demonstrated antimicrobial properties in laboratory studies, potentially supporting immune health. Some researchers suggest that healthy fats are important for brain development and nutrient absorption during growth years when consumed appropriately as part of a balanced diet (Rao et al., 2024).

Adults

Among adults, VCO has been investigated for its potential role in metabolic wellness and cardiovascular health. Several studies have reported improvements in high-density lipoprotein (HDL) cholesterol levels following moderate VCO intake. HDL is commonly referred to as "good cholesterol" because it helps transport cholesterol away from the arteries. In addition, the thermogenic effect of MCTs may support energy expenditure and satiety (Ma & Lee, 2016).

Older Adults

In older adults, antioxidant and anti-inflammatory support becomes increasingly important. Research suggests that ketones produced during MCT metabolism may provide an alternative energy source for brain cells. Some reviews have explored the potential cognitive-supporting effects of VCO,

although further large-scale human studies are still needed. The antioxidant compounds present in VCO may also contribute to healthy ageing by reducing oxidative stress (Zeng et al., 2024).

Herbal Combination: Virgin Coconut Oil with Turmeric

Ingredients

- Black turmeric
- Curcumin
- Ginger
- Black ginger (*Kaempferia parviflora*)
- Turmeric
- Long pepper
- Virgin coconut oil

This herbal formulation combines several botanicals traditionally used for vitality, circulation, digestion, and inflammation support. Modern scientific research increasingly supports many of these traditional applications.

Turmeric and curcumin are among the most extensively researched herbs for inflammation and antioxidant activity. Curcumin has shown potential in supporting joint comfort, immune balance, and cellular protection. Since curcumin is fat-soluble, combining it with VCO may enhance absorption and bioavailability. Long pepper may further improve curcumin uptake through naturally occurring bioactive compounds similar to piperine. Ginger contains gingerols and shogaols, compounds associated with digestive support, anti-inflammatory activity, and nausea reduction. Clinical studies have also explored ginger's role in supporting circulation and immune health.

Black ginger (*Kaempferia parviflora*) has attracted research interest for its potential effects on physical endurance, circulation, and healthy ageing. Some studies suggest it may support energy metabolism and physical performance.

Black turmeric contains curcuminoids and anthocyanin-related compounds with antioxidant potential. Preliminary studies have investigated its antimicrobial and anti-inflammatory properties, though more human studies are required.

When combined with VCO, these herbs may benefit from improved delivery of fat-soluble compounds while contributing synergistic antioxidant and anti-inflammatory activities.



Herbal Combination: Virgin Coconut Oil with Cumin

Ingredients

- Black cumin (*Bunium bulbocastanum*)
- Black seed (*Nigella sativa*)
- Indian ginseng (*Withania somnifera*)
- Emblic myrobalan (*Phyllanthus emblica*)
- Chebulic myrobalan (*Terminalia chebula*)
- Beleric myrobalan (*Terminalia bellirica*)
- Cumin (*Cuminum cyminum*)
- Virgin coconut oil

This formulation combines herbs widely used in Ayurvedic and traditional wellness systems for digestive health, immune support, stress management, and antioxidant protection.

Black seed (*Nigella sativa*) is rich in thymoquinone, a compound extensively studied for antioxidant and anti-inflammatory effects. Research suggests potential support for immune function, respiratory wellness, and metabolic health.

Indian ginseng, also known as ashwagandha (*Withania somnifera*), is recognised as an adaptogenic herb. Clinical studies suggest it may support stress management, sleep quality, cognitive wellness, and physical vitality.

The combination of emblic myrobalan, chebulic myrobalan, and beleric myrobalan forms the traditional Ayurvedic blend Triphala. Research has explored Triphala's antioxidant activity, digestive support, and role in maintaining gut health. Emblic myrobalan, commonly known as amla, is particularly rich in vitamin C and polyphenols.



Cumin and black cumin contain volatile oils and antioxidant compounds associated with digestive comfort and metabolic support. These herbs may also contribute antimicrobial and anti-inflammatory activities. VCO may enhance the absorption of certain fat-soluble phytochemicals present in these herbs while also contributing its own antioxidant and antimicrobial properties.

Myths and Truths About Virgin Coconut Oil

Myth 1: “Virgin Coconut Oil is unhealthy because it contains saturated fat.”

While VCO is high in saturated fat, much of it consists of medium-chain triglycerides (MCTs), which are metabolised differently from long-chain fats. Studies have shown that moderate VCO consumption may improve HDL cholesterol levels. However, moderation remains important because excessive saturated fat intake from any source may not be suitable for all individuals (Ma & Lee, 2016).

Myth 2: “Virgin Coconut Oil causes heart disease.”

Current research does not conclusively support the claim that moderate VCO consumption directly causes heart disease. Some studies have reported improved HDL cholesterol and antioxidant status with controlled intake. Researchers emphasise that overall dietary habits and lifestyle factors play a more significant role in cardiovascular health (Setyawati et al., 2023).

Myth 3: “Virgin Coconut Oil increases harmful cholesterol in everyone.”

Scientific findings show varied responses among individuals. Some people may experience slight

increases in LDL cholesterol, while others demonstrate improved HDL levels and overall cholesterol ratios. Existing evidence suggests that moderate consumption within a balanced diet does not universally worsen cholesterol profiles (Rao et al., 2024).

Myth 4: “Virgin Coconut Oil leads to weight gain.”

Like all oils, VCO is calorie-dense. However, MCTs may support satiety and thermogenesis, potentially assisting energy expenditure. Weight gain is more closely associated with excessive calorie intake overall rather than moderate VCO consumption alone (Zeng et al., 2024).

VCO and Herbs – Stronger Together

Scientific evidence suggests that virgin coconut oil possesses antioxidant, antimicrobial, and anti-inflammatory properties that may support overall wellness when consumed appropriately. Its unique composition of medium-chain triglycerides allows efficient energy utilisation, while its natural phenolic compounds contribute antioxidant activity. When combined with traditional herbs such as turmeric, ginger, black seed, ashwagandha, and Triphala ingredients, VCO may further enhance the absorption and effectiveness of beneficial phytochemicals. Although VCO should not be considered a cure for disease, current research supports its role as part of a balanced and health-conscious lifestyle. **YM**

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VIRGIN COCONUT OIL BLENDED WITH HERBAL POWDER



MAYI VIRGIN COCONUT OIL WITH TURMERIC



Virgin Coconut Oil with herbs:



Black Turmeric



Curcumin



Long Pepper



Black Pepper



Ginger



Black Ginger



Turmeric



MAYI VIRGIN COCONUT OIL WITH CUMIN



Virgin Coconut Oil with herbs:



Black Cumin



Black Seed



Cumin



Emblic
Myrobalan



Chebulic
Myrobalan



Belleric
Myrobalan



Indian
Ginseng



International Day of Yoga 2026 Celebrated Amidst Nature and Sacred Surroundings



Taman Rimba Kiara

The International Day of Yoga 2026 was successfully celebrated in Malaysia through two special events jointly organised by the Malaysian Yoga Society, the Malaysian Association of Yoga Instructors, and MAYI Yoga Academy. Carrying the inspiring theme, **“Yoga for Wellness, Wisdom and World Peace,”** the celebrations brought together yoga enthusiasts of all ages to experience the benefits of yoga in two distinctive environments.

The first event was held on 14 June 2026 at Taman Rimba Kiara, where participants enjoyed practising yoga amidst lush greenery and the refreshing atmosphere of nature. The second event took place on 21 June 2026 at Ramayana Cave, offering attendees the opportunity to experience yoga in a calm and unique cave environment. These two venues provided participants with contrasting yet equally memorable settings in which to appreciate the practice of yoga.

Participants included children, teenagers and adults, demonstrating yoga’s universal appeal and suitability for people from all walks of life. Families and individuals gathered in a spirit of harmony, wellness and friendship.

The sessions were conducted by Master Mani, who guided participants through classical Hatha Yoga practices with clear and

informative explanations. His teaching approach enabled both beginners and experienced practitioners to better understand the principles and techniques of yoga. Participants also learnt Pranayama, or yogic breathing exercises, which helped promote relaxation and enhance overall wellbeing.



Ramayana Cave

The programme concluded with a Guided Meditation session that allowed participants to unwind, recharge and experience greater mental calmness. Many attendees expressed appreciation for the opportunity to relieve stress, refresh their minds and bodies, and spend quality time with fellow practitioners.

The celebration highlighted the role of yoga in supporting physical health, mental wellbeing and the cultivation of wisdom and peaceful living. Through these meaningful gatherings, the organisers reaffirmed their commitment to making yoga accessible to people of all ages and backgrounds, while promoting a culture of wellness and mutual understanding.

As communities around the world continue to seek greater balance and harmony, the International Day of Yoga 2026 served as a reminder that yoga can contribute positively to individual wellbeing and the shared aspiration for peace and goodwill among all.

YM

Featured Asana

Hasta Pada Angushthasana (Finger to Toe Stretch)

STEP by STEP

1. Starting position: Lie on the right side with the arms stretched over the head, so that the whole body is balanced in one straight line along the floor. The palm of the left hand should rest on top of the palm of the right hand. The left foot should rest on top of the right foot.
2. Do your best to keep the arms and legs straight throughout the practice.
3. Inhale as you gently raise the left leg and arm to their full extent and, keeping them straight, take hold of the big toe without bending the knee. If this is impossible, take hold of a suitable point on the leg to give support while gently stretching the hip. Hold this position for a short duration.
4. Exhale as you gently lower the arm and leg to the starting position.
5. Practice 3 times on this side before repeating the same on the other side.



BENEFITS

1. Makes the hip joints flexible.
2. Helps proper development and shaping of the pelvis in young girls.
3. Reduces excess weight on the hips and thighs.
4. Develops a sense of balance and coordination, making the posture and gait more steady and graceful.



CONTRA-INDICATIONS

1. Those suffering from sciatica should practice under proper guidance.

Vitamin C Loaded Refreshing Salad

by Sumi

Ingredients

- Boiled chickpeas
- Diced cucumbers
- Diced cherry tomatoes
- Minced coriander and red chilli.
- Black sesame
- Salt and pepper
- Virgin turmeric and coconut oil
- 1/2 lime juice

Directions:

1. Mix all ingredients together and mix well.
2. Serve cold



MYA Calendar: Sep - Dec 2026

SEPTEMBER

05/09/2026	Pregnancy Yoga Instructor Course
12/09/2026	Ayurvedic Bodyworks Therapist Course - Female Intake
13/09/2026	Manipuraka Awakening & Universal Healing Energy Workshop
13/09/2026	Urdhva Retas & Anti-Ageing Workshop
19/09/2026	Kundalini Kriya Yoga Course
19/09/2026	Ayurvedic Bodyworks Therapist Course - Female Intake
19/09/2026	Hip Liberation Workshop
27/09/2026	Ayurvedic Bodyworks Therapist Course - Female Intake

OCTOBER

04/10/2026	International Yoga Instructor Course - Foundation
11/10/2026	Dhyana (Meditation) Instructor/Practitioner Course
11/10/2026	International Yoga Instructor Course - Advanced
12/10/2026	Super Yoga Kids Instructor Course
10/10/2026	YogaAsana - Back Bend Series Workshop

NOVEMBER

07/11/2026	International Yoga Instructor Course - Foundation
07/11/2026	Fundamentals of Pawanmuktasana and Surya Namaskar Workshop
07/11/2026	Shatkarma - the 6 Cleansing and Detox Techniques Workshop
14/11/2026	Fundamentals of Breath And Mind Workshop
14/11/2026	Herbs that Heal - Natural Remedies at Your Fingertips Workshop
22/11/2026	Ayurvedic Bodyworks Therapist Course - Male Intake
22/11/2026	International Yoga Instructor Course - Intermediate
28/11/2026	MAYI Graduation 2026
29/11/2026	International Yoga Instructor Course - Foundation

DECEMBER

06/12/2026	Yoga Therapist Certification Course
06/12/2026	Pregnancy Yoga Instructor Course
07/12/2026	International Yoga Instructor Course - Foundation
14/12/2026	Ayurvedic Bodyworks Therapist Course - Female Intake

Kundalini Kriya Yoga Course



A transformative course exploring traditional Kundalini Kriya practices through structured techniques, breathwork, concentration, and disciplined practice for greater awareness, vitality, balance, and holistic wellbeing.

Manipuraka Awakening & Universal Healing Energy Workshop



Explore traditional yogic practices associated with the Manipura centre, focusing on breath, concentration, movement, and energy awareness to cultivate inner strength, balance, vitality, and a deeper sense of wellbeing.

Urdhva Retas & Anti-Ageing Workshop



Discover traditional yogic approaches to preserving vitality and supporting graceful ageing through mindful practices, breathwork, concentration, and energy management, designed to encourage physical resilience, mental clarity, and holistic wellbeing.

**Begin Your Journey to Greater Wellbeing.
Enrol Today.**

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FOUNDATION

Build a strong foundation in yoga with essential asana, pranayama, relaxation, and teaching principles. Develop confidence, body awareness, and practical skills to begin guiding safe, effective yoga sessions. A path start for avid practitioners who aspire to learn more.



INTERMEDIATE

Deepen your yoga knowledge and teaching abilities through additional asana techniques, pranayama, sequencing, alignment, and class management. Refine your practice while developing greater confidence as a competent yoga instructor.



ADVANCED

Elevate your teaching through deeper exploration of yoga philosophy, advanced practices, specialised techniques, and refined teaching methodology. Develop mastery, precision, and confidence to deliver comprehensive, purposeful, and transformative yoga instruction.

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

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