

YOGA MAIL

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July - Sept 2009 ISSUE



Natural Slimming & Rejuvenation

Joy of Motherhood
with Yoga

Be A
MAYI Member

ALL NEW! Yoga Kids
Corner

Message from Master Mani

Yoga banned in Malaysia

The very misleading headline, 'Yoga Banned in Malaysia!' splashed across international media late last year caused a stir that led to controversy and social unease around the world regarding this ancient art of exercise. At this time, Malaysians (both VIPs and regular folks) travelling abroad were bombarded with embarrassing questions regarding this issue. Many were red-faced and caught by surprise as they were either unaware or unprepared for the reaction that the controversy at home generated. It pulled in such glaring publicity that our country was in the limelight of international yoga fraternity discussions and forums, exposing Malaysians for the first time to the immense popularity of yoga worldwide. This in turn renewed interest in yoga internationally, making the ancient practice a power to be reckoned with. Practitioners and non-practitioners alike are becoming aware of the positive influence of yoga amid the holistic consciousness sweeping the world over today.

Yoga is a science and science doesn't require arguments to stay alive. Yoga will exist as long as the sun shines and air is still in the atmosphere. This was pronounced thousands of years ago from mouths which spoke unconditional truth.

We do not need to classify yoga as belonging to a certain sect, religion, country, race or spirituality. It is a standalone science, a science of mind-body balance and an advanced mind development tool. Books have been written about yoga, ancient Sanskrit scriptures abound with commentaries in English, yet they may not necessarily give the correct and complete picture of what yoga is about.



Master Manisekaran

Yoga is and can only be known by practise; it is too abstract to be known by philosophical discussions, debates, study of the yogic texts, worship of gurus, following a certain belief system, hearing speeches, nor by intellectual musings. It can only be experienced. There are different branches of yoga, that can be independent from each other as much as they can be intricately linked with each other. This depends on the practitioner and is not a condition of the practice of yoga. Yoga brings about a state of experience which is undeniable, unquestionable yet extremely difficult to describe with precision. Therefore any attempt to write, speak or externally communicate the state of yoga will surely end up in confusion; worse still, it may lead to dogma, controversy, mystery, occultism, misunderstanding and sectarianism.

Yoga cannot be modified in any form because doing so will not give the time-tested benefits in their entirety. Many special influences to our immune systems, cells, nervous systems and consciousness may be lost if modified. Calls to make it suit certain demands by ill-informed crusaders, new wave exercise ideology and persons who have too much destructive time on their hands will not benefit the new world. The new world needs yoga to heal, and yoga is at its best a healing science. It is not at all a corruption to any religion, ideology, sect, nor to those who are free thinkers. Yoga is for one and all to enjoy, to reap its benefits and best of all it's here to stay!

Mail Us!

Calling all yoga enthusiasts, we are currently seeking your contributions either written or photographs (with catchy captions) on anything and everything about yoga. Selected works will be published in our next issue. In every issue, there will be a lucky winner who will receive a whole month of free Hatha Yoga Classes worth RM90! So get those pens and cameras out and start snapping and writing. All works should be emailed to

yogamail@malaysianyogasociety.org

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Guided by one of
the world's leading
yoga expert

MANISEKARAN

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Yoga Mail is a quarterly publication of The Yoga Franchise and has a total of 10,000 copies printed each time. Copies are distributed all over the Klang Valley, Penang, Johor and East Malaysia. You can find a copy of Yoga Mail in restaurants, health centres and specific retail outlets, condominiums and apartments. We send copies directly to members of the Malaysian Yoga Society (MYS) & Malaysian Association of Yoga Instructors (MAYI). House to house delivery is also available in specific suburbs. Recent and past copies of Yoga Mail can be obtained via our website.

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Contact: Nisha Chang 016-348 6169

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

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MAYI Membership

We are inviting all MAYI certified graduates to become the first members of an exclusive society, MAYI (Malaysian Association of Yoga Instructors), the only body in Malaysia that standardizes authentic yoga teachings. You will be entitled to various benefits by becoming a member, such as:

- Being a part of an elite teaching community
- Strong network support with a team of experience Yoga Acharyas to help your development
- Special privileges accorded to members
- Eligibility for incentives when participating in marketing projects
- Opportunity to collaborate in projects and workshops
- Assistance in organizing and executing workshops
- Membership Card



The Mind-Body Experts

Registered Under The Societies Act Year 1966 (2358-07-WKL)

Details of member fees, registration form and terms & conditions, please contact us at **03-22605322**. We look forward to welcoming you as a member soon. Thank You.

Sample of MAYI membership card:



Asana Of The Month

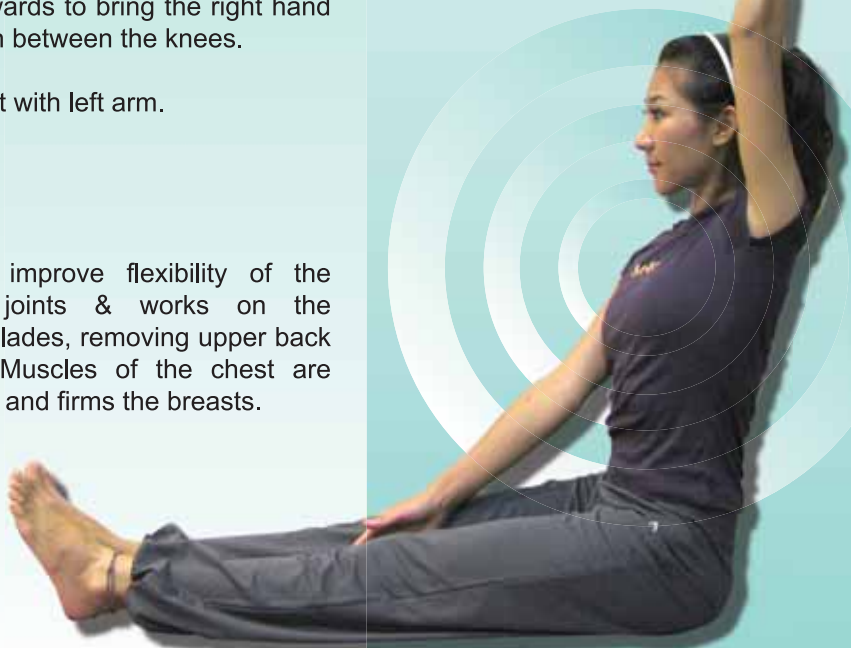
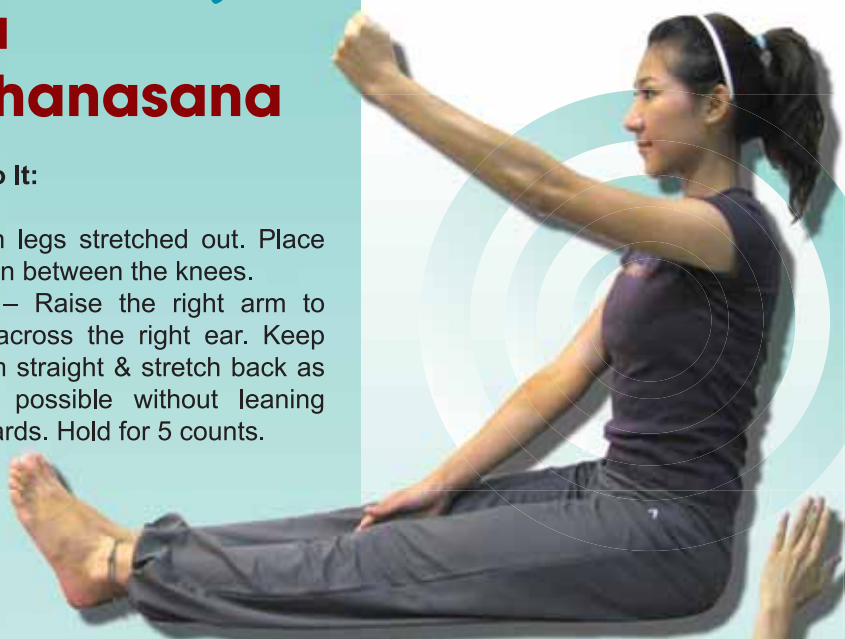
Rajju Karshanasana

How To Do It:

1. Sit with legs stretched out. Place hands in between the knees.
2. Inhale – Raise the right arm to brush across the right ear. Keep the arm straight & stretch back as far as possible without leaning backwards. Hold for 5 counts.
3. Exhale – clench the right fist as though holding a rope & pull downwards to bring the right hand back in between the knees.
4. Repeat with left arm.

Benefits:

Helps to improve flexibility of the shoulder joints & works on the shoulder blades, removing upper back tensions. Muscles of the chest are developed and firms the breasts.



Chef Yogi's Food Notes!

FRESH TOMATO PASTA SAUCE

- 1 medium onion,
finely diced
- 2 cloves garlic, chopped
- 3 tbsp olive oil
- 1 capsicum - diced
- 2 cups mixed vegetables
- 1 bunch fresh basil leaves,
chopped finely
- 8 ripe tomatoes
(recommended Roma type),
cut to bite size pieces
- 6-8 black olives,
sliced (optional)
- crushed red
chillies, to taste
- Parmesan /
ricotta cheese

Method:

Saute onions and garlic in olive oil on medium flame, till tender & translucent. Add capsicum & mixed vegetables, stir and cook for 3 minutes. Add basil, tomatoes and olives. Then sprinkle in red chillies and cook for 5 minutes. Serve over your favourite pasta and add cheese on top.



Pregnancy Yoga -Yoga Mama's Advice

by Vaishnavi Joanne

As a mother of two healthy girls, having benefited from yoga during pregnancy, it is my dearest wish to share my joyful experience into motherhood with all mothers-to-be. At childbirth, I had the rare experience of a very brief labour which lasted only 30 minutes both times and attribute this to the wonderful benefits of consistent basic yoga practice throughout pregnancy! Within 3 months after birth, my body made a smooth recovery and I was back in shape with postnatal yoga.

Pregnancy is a time in our lives when we face the most challenges physically, emotionally and socially. Mothers-to-be will know very well, the feeling when observing their feet gradually disappear from view, as the belly continues to grow.

Then you begin to wonder when was it that you had actually agreed to sponsor a kick-boxing tournament in your own belly, at the same time discover if you are really that sexy Mama depicted in the pages of magazines. But most of all, where you can seek reliable information to guide you on the impending birth.

Let's just say I found my answers through yoga. Yoga helps you feel better, look better, and live better. It can help you to strengthen muscles, manage stress, and maintain weight. So how does it work for pregnancy?

Well, pregnancy yoga actually gives you all the benefits of regular exercises plus a little bit more. It helps you manage all of those little discomforts that come

along with pregnancy, like nausea, weight gain, and stiff muscles. It can also increase your stamina, helping to prepare you for labor and delivery. Just 60 minutes of moderate yoga sessions, three times a week, can do wonders, and this includes:

1. **Reduction of water retention and cramps.** In the last month of pregnancy, yoga will relieve the cramps and fluid retention that most women experience.
2. **Restoration of peace of mind.** Yoga raises the energy levels and can help you slow down metabolism which restores your peace of mind and focus.
3. **Reduction in feelings of nausea.** While pregnant, many will experience nausea, morning sickness and mood swings. Practice of yoga combined with pranayamas (breathing techniques) will help reduce these symptoms.
4. **Engaging the baby's birth position.** You can influence the baby's positioning through yoga techniques guided by an experienced teacher.
5. **Alleviate constipation and loss of appetite.** The massaging action and abdominal strengthening effect of yoga also helps you to stimulate appetite and bowel movement.
6. **Relieving cervical tensions.** Tensions around your cervix and birth canal can be relieved so that the pelvic girdle can open up to facilitate a quicker and easier birthing process.
7. **After birth joys.** Post-natally, yoga will help you to restore the pelvic floor, uterus and abdomen. This will help you to relieve upper back tensions and also breast discomfort.



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The practice of yoga empowers a pregnant woman to breathe well and relax. This in turn can help her adjust to all the physical demands of pregnancy, labor and most importantly - motherhood.

During the entire period of pregnancy, there are lots of changes in the body, namely hormonal, physical, emotional & social. Yoga calms the three states; mind, body and soul. Hence, it provides the relaxation from physical and emotional stress that a pregnant woman is usually very much in need of.

The two stages of yoga that a pregnant woman passes through are classified as prenatal (during pregnancy) and postnatal which is after birth. Taking a prenatal yoga class will indeed be helpful to deliver a healthy child.

Here are two prenatal yoga asanas that can be beneficial to pregnant mothers throughout pregnancy:

Marjari-asana (Cat stretch pose).



Method:

1. Start on all fours
2. Bring wrists beneath the shoulders and knees inline with the hips
3. Inhale, while raising the head, slowly concave the spine, lowering belly towards the floor
4. Exhale, dropping the head downwards, gently tuck in the tailbone, arch the spine up towards the ceiling to gaze at the stomach. Repeat 3-5 rounds

Pregnancy is a whole new world of emotions that opens up within you. Disbelief, acceptance, joy, trepidation, fears, elation and the list goes on. But for most women, they are ultimately distilled into an eagerness to find out all they can about the challenges to be faced over the next few months.

Let us walk with you through this incredible journey, guiding you as a miracle of life forms within you. Call us today at **03-22605322** for more information on our pre and post natal classes!

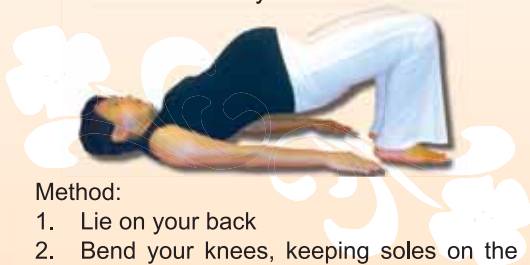
Benefits are :

- Improving flexibility of the neck, shoulders and spine.
- Gently tones the female reproductive system

Kandharasana (Shoulder pose)

Also known as the "half-wheel" pose has the following benefits:

- strengthens the spine
- expands the chest,
- stimulates the thyroids



Method:

1. Lie on your back
2. Bend your knees, keeping soles on the floor
3. Bring heels close to the buttocks, feet and knees parallel, hip width apart
4. Firmly place your hands with palms down on the floor close to your ankles
5. Inhale, slowly raise the buttocks off the floor, keeping shoulders and back of head still on the floor
6. Exhale, slowly lower the upper, middle and then the lower back down to the ground. Relax before repeating 1-2 rounds

Note: It is always advisable to seek the guidance of a qualified yoga teacher before attempting to perform any asanas on your own.

Discover your Aroma-Therapeutic Spiritual Pathway and Healing through Yoga

By Krissy Gee aka Pooja

What is Aromatherapy?

- The use of therapeutic oils extracted from natural plants for good health, equilibrium and well-being.
- A holistic treatment for the body with pleasant-smelling botanical oils such as rose, lemon, lavender and peppermint. Essential oils are added to the bath or massaged into the skin, inhaled directly or diffused to scent an entire room.
- Essential oils in aromatherapy are used to relieve pain, alleviate tension/fatigue, invigorate the entire body and for skin care. They work on the brain and nervous system through stimulation of the olfactory nerves.

Essential oils

Essential oils used in aromatherapy are truly holistic as they have a powerful and positive effect on the mind, body and spirit. Although spiritual practices vary greatly, it's no coincidence that many involve the use of fragrances.

Evenings in spiritual India are permeated with the aroma of smoldering resins. Frankincense and Myrrh fill the air in Ethiopian Coptic and Orthodox Christian churches, Muslims use lavish quantities of sweet-smelling rose water to impart fragrance in mosques and other holy places. Even in Native American sweat lodges (for ritual purification and spiritual connection) herbs such as sage, cedar and sweet grass are placed over hot rocks to release aromatic molecules into the humid atmosphere. And it goes on...

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The plants' essential oils aromatic molecules released by these practices help people to connect with and feel the Divine. Fragrance is believed to act as a link, alerting the gods to our presence and signaling that the human mind is focused and receptive to spiritual guidance. In many cultures, sweet-smelling aromas are still associated with divinity-gods, heavens, angels and saints. All are attributed with delightful fragrance. Thus fragrance and spirituality mingle as one in the spiritual traditions globally.



*Bottled
Essential
Oils*

Spiritual connection

When using essential oils for subtle healing or spiritual enhancement, create a special time to link with the divine energy of the universe (Universal Energy). Empty your mind of negativity, focus on the positive and recognize the divinity in the energy that pervades all living things. Breathe in deeply, slowly and rest in the infinite peace within yourself (Pranayama).

Meditation

The way to meditation is to create stillness, beyond the usual chatter and clutter that usually invades the mind. This is not to say meditation is about nothing. On the contrary, it is about everything.

Although most forms of meditation have Eastern religious roots, the pure techniques have been extracted for non-religious, non-sectarian purposes and used by thousands of people to help with relaxation from emotional stress and pain management.

During meditation, the vaporization of essential oils may also help to create an even more relaxed atmosphere, since some oils have therapeutic properties that may be conducive to relaxation and meditation.

ESSENTIAL OILS FOR CHAKRA HEALTH

- **Mooladhara, Base (Root) Chakra:**
Patchuli, cedarwood, sandalwood, vetiver
- **Swadhisthana, Second (Sexual) Chakra:**
Rose, rosemary, ylang-ylang, juniper, sandalwood, jasmine
- **Manipura, Third (Solar plexus) Chakra:**
Juniper, lavender, bergamot, rosemary, vetiver
- **Anahata, Fourth (Heart) Chakra:** Cedarwood, rose, sandalwood
- **Vishuddhi, Fifth (Throat) Chakra:**
Lavender, patchuli
- **Ajna, Sixth (Third eye) Chakra:**
Geranium, lavender, rosemary, spearmint
- **Sahasrara, Seventh (Crown) Chakra:**
jasmine, frankincense

(Chakras are subtle energy centres within the body)

Questions on Aromatherapy are welcome.
Please email to
theyogafranchise@yahoo.com (Attn: Krissy)



Events - Fraser's Hill Detox Programme

On the 20th - 22nd June 2008, 16 participants and our team of MYS instructors drove up to Fraser's Hill Pine Resort for a Yogic Detoxification Retreat. After a complete flushing of the body's internal system, they enjoyed precious moments of peace and quiet while taking in the fresh air and being close to nature. Even their minds were renewed. This was a rare experience for most who are usually caught up in stressful city life. Every one returned home with body and mind feeling tranquil, fully refreshed and rejuvenated.



EVENTS - SYK ASANA COMPETITION 2008

The Super Yoga Kids Asana Competition held on 17th August 2008, was a 'joint-bending' success with more than 80 children, ranging from ages 6 to 18 years outdoing each other by displaying skills of agility and flexibility in various challenging yoga poses. The wheel pose proved to be the favourite asana of the day. All participants were presented with certificates of participation at the end of the competition however it was only the best that went home with trophies. The overall winner's title for 2008 was taken by Amuthan of Desa Mentari. Well done and congratulations to all participants!!



Testimonial - Way of Yoga

By Ms Nair a.k.a Daisy Lopez

Namaste, my name is Ms Nair a.k.a Daisy Lopez and this is my journey into the "Way of Yoga". Although I did not know it at first, it all began with my mom telling me stories of trips at a very young age, to India the Mother Land of Yoga. How I used to follow her around when she went to the temples there and how she would find me trying "stunts" at home after watching some folks in yellow robes doing the morning exercise routines.

Back in Malaysia with the rat race going on and my preoccupation with attaining a Degree from the University of Abertay Dundee, Scotland, yoga had to take a back seat. But all was not lost as after a bout of back ailments and poor eating habits, I eventually joined a fitness centre again to perk up my health. This is how my interest in yoga was revived. Although I was initially shy in trying these yoga classes, as there were a lot of students, I didn't give up. After trying out many different instructors and learning as much as possible, I ended up having more questions than answers as to correct techniques that I should follow. Hence began my quest for a suitable Yoga Master.

It took me 4 years (all the while still practising yoga on my own), to find such a Yoga Master, Master Manisekaran of MYS. It was at MYS that I finally came upon the structured and systematic 'International Yoga Instructors Course' and to my delight it was conducted by Master Mani himself. To me, this was a once-a-lifetime opportunity.

Now with most questions answered and new ones created, my hunger for yoga has only just begun. Trying everything that has been taught, my daily routine centers around yoga: waking up at 4.00am, practising meditation followed by asanas, almost 365 days. Yoga is something that has easily grown on me and is my way of life.

Ultimately my goal is to learn various forms of yoga teachings, practise and teach while incorporating them with modern day science and share with everyone the beauty and miracle of yoga. Om.

Quote to Ponder

"Society has become too technological to realize that certain primal functions are of a purely natural order and therefore wisdom is gained through their respect and study. Unfortunately in our society we respect those with degrees and status, and the more scientific and technological the data, the better. The study of medicine and nutrition has also been advancing in this direction, which can sadly take us further from the truth regarding many physiological functions. As living beings, we are far more complex than the sum of our chemical reactions. It is necessary to take into account the concept of life forces and many other facets of human life which are invisible to the eye or the computer."

Testimonials

As a coach, I know that mind-body-emotion (energy) alignment is the goal to achieve success consistently. Through **Kriya Yoga** practices taught in the **Self Mastery (SM) Course**, I understand now how through body and energy we can tap deeper into our mind and awaken its wondrous powerful potential. This ancient knowledge and wisdom has taught me to be centred and calm in life's unfolding drama. Like Master Mani always says, you control your wandering mind (and emotions) and pull it back to you, so you have clarity and focus always. This mastery makes me the creator of my life experiences. It's total freedom. I learnt it, I use it and now I am free!"



Sharmini Hensen,
Life Coach NS-NLP Master Practitioner

SYK Instructor Course has given me a strong foundation to continue my development as an effective kids' yoga instructor. It has added depth to my kids' classes without sacrificing the fun elements. My connection with children of all ages has been enhanced as I now have a greater awareness of their emotional needs. Teaching children is such a joy as they don't judge and can open us to so many new ideas.



Grace Tan
Full time yoga instructor

After attending the **Manipuraka Workshop**, I found myself experiencing self healing and could feel the flow of universal energy through me when healing others. With each practice I encounter new positive experiences. This has deepened my understanding of universal energy or what is known as chi or prana.

I have found myself evolving spiritually through **Kriya Yoga** (the key technique in the SM Course). Within me, my thoughts, emotions and intuition seem much clearer, like what one calls "self-realisation". During the practice there is such a feeling of inner peace and beauty that is so amazing. The best part is it's sustainable.

Mentally I have developed a more objective view on work and personal matters which helps me to be focused and able to find solutions. This even extends to helping others in crisis.

My deepest gratitude to Master Mani for his teaching and guidance which has led me to a higher level of spiritual and self development.

Sharon Loo

I was suffering from cervical spondylosis for 3 years which caused me severe neck pain and was unable to take any medication due to allergy. It was amazing for me to experience immediate relief during the **Manipuraka** workshop practical and I am now fully cured. Headstands are no longer a risk for my neck when I practise yoga. Urdhva Retas cured my chronic constipation and I now have a clean bill of health.

My poor health and temperament made a total turn around ever since I signed up for the **International Yoga Instructor Course (IYIC)** by MAYI. It has brought me a very positive outlook on my career as a full time yoga instructor regardless of the economy and I have the support of a team of pure yoga experts at MAYI.

By furthering my yoga training with Master Mani in the Self Mastery Course, all that I learnt in **IYIC** has taken on a deeper new meaning. I feel more receptive and have rediscovered my ability to capture and comprehend new concepts and ideas quickly. I also feel more effective when dealing with work situations or with family.

Nisha Chang
Full time yoga instructor



I was surprised by my memory improvement after learning and practising the deep relaxation techniques taught in **IYIC** and could memorise all the Sanskrit yoga terms taught in the syllabus. Chinese is my fluent spoken tongue but by the time I completed the 3 levels of **IYIC**, I could instruct in English and Sanskrit terms with confidence.

The holistic knowledge taught in the course has opened my mind and uplifted my consciousness. **IYIC** has given me a strong foundation to further develop my teaching career. I feel a better person now and have a deeper understanding of my students, especially those who are more senior in age.

I would like to say thank you to my teachers.



On Manipuraka

After attending the **Manipuraka Workshop**, I can now feel the energy flow within me when practising and my mother felt relief when I performed **Universal Energy healing** for her as she suffers from leg pain. I feel more in tune internally, more positive and my intuition has sharpened as I go about my daily activities.

Peggy Goh
Full time yoga instructor

I feel energised after practising **Manipuraka** and am also able to heal my strained legs.

Kelly's Mum, Madam Teoh



Working in the advertising line which is highly stressful, I usually find it difficult to sleep at night after a long day at work. But now I find that after a short practice of **Kriya Yoga**, I sleep like a baby through the night, feeling fresh and well-rested the next morning.

Manipuraka

Wearing high heels is the norm in our industry and this tends to weaken the ankles, so much so that I have often twisted my ankles. With **Manipuraka**, I discovered that I could heal my twisted ankle in 10 minutes. One time I had severe gastritis and I tried practising **Manipuraka** to see if it works. Indeed after 30 minutes, the pain went away and I felt good again.

Kelly Gee

Yoga Family

Last year before 16-year-old Kiran Jacob enrolled for the Self Mastery Course, his parents Prasana Devi and Jacob Verghese were worried about their son's lack of priority and focus in studies. At his age, they felt he could easily fall under negative influence if he mixed with the wrong crowd. They were all ready to support and encourage young Kiran when he chose to take up this self development programme.

Almost a year later, Devi is happy to remark, "I can see the positive changes in Kiran and he is definitely now much more interested and can concentrate better in his studies. My son tends to be sceptical in many ways as he has a scientific mind but what he learned in the course has opened his mind. He is very motivated to attend the weekly SM classes and it's a blessing for us to have met Master Mani."

"What drew me to the SM Course was the yogic mind control techniques offered and Master Mani is able to explain all this scientifically

and clearly during the classes. I can concentrate much better now and the practices relax me. My stress is reduced while studying and I also find the yoga asana (postures) section very enjoyable," said Kiran who will be sitting for his SPM exams later this year.

Both parents, who are engineers by profession, were so impressed that they decided to enroll themselves in SM course this year.



Kiran and his sister Haritha

Nigel Heng on the other hand, who is going on 18 this year, has always been unusually focused and organised even as a small child. For his mother, Amy Goh, it was not difficult to convince Nigel to start his yoga training from the age of 13 with Super Yoga Kids (SYK) weekly classes. When Nigel grew out of the SYK programme, he continued his yoga training with the Self Mastery course at 16 and he could feel further progress to another level in his continued development. Earlier this year, he emerged as one of the top two students in Form Five at his school, scoring 11A1's for SPM examinations.

"The yoga memory training helped my memory powers tremendously and I can speed read faster than any of my friends. For example, last year while preparing for SPM exams, my studying time was cut down as I could concentrate very well and would finish revising a 200 page text book effectively within 5 hours. And all took effect since I started practicing SM higher yoga techniques," Heng shared.

"Socially I find myself having this knack of dealing well with the most difficult of people, even getting close to them. I used to get irritated very fast two years ago especially with my younger sister, but now I am much more cool and calm and this has certainly improved my bond with her," he continued.

Goh said happily of her son, "Nigel is now even helping his sister formulate a plan for the next few years towards her success in the future. What I noticed is that these days he always wakes up fresh and fully rested with the practice of Yoga Nidra (yogic deep relaxation)."

"He would always practise the SM positive visualisation technique and sure enough he had the last laugh when sitting for SPM EST paper last year," she added.

Goh first joined Master Mani's yoga class in 2004 and also enjoys similar benefits of a clear mind, feeling calmer and being able to deal with stress better.



Nigel (2nd from right) and his family

Awaken the natural rhythm of your internal system for an efficient, healthy and slimmer body...

Natural Slimming & Rejuvenation

3-month Yoga Programme

Forget the use of machines, body wraps, herbs & supplements.

In just 3 weeks experience the lasting visible results of a slimmer new you through our 5-fold holistic approach:

- 🌸 Natural Slimming Asanas
- 🌸 Muscle Tone Maintenance For A Firm & Supple Body
- 🌸 Reduce Excess Body Fat With Yogic Internal Heat Generation
- 🌸 Positive Mind Training For Perfect Figure
- 🌸 Essential Detoxification - Internal System Rejuvenation

*Ladies only.
Terms and conditions apply*

Your Ability To Enjoy Excellent Health long into your senior years is enhanced when you achieve your ideal body weight and know how to keep it!

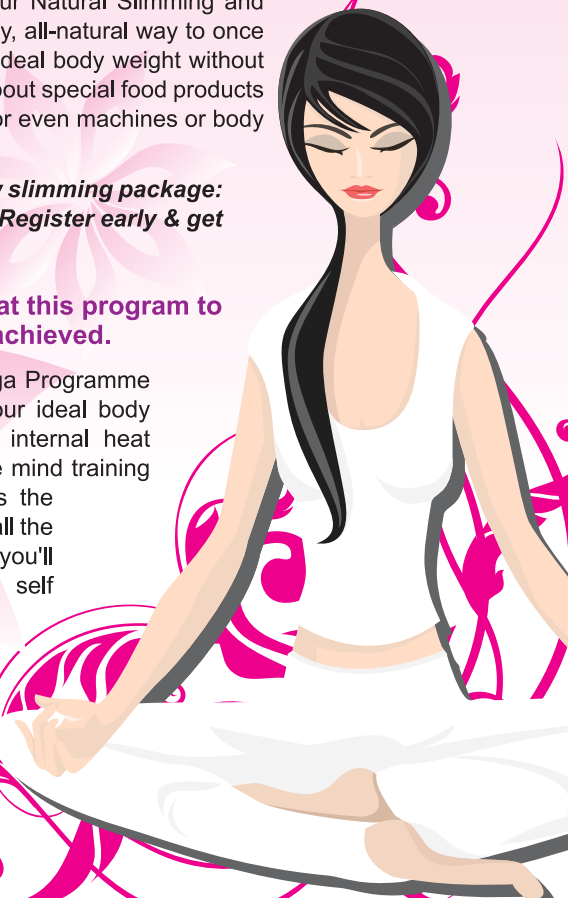
Healthy Weight Loss couldn't be easier if you're looking for a simple, cost-effective weight loss program that will help you safely achieve your ideal body weight, improve your youthful appearance and inject renewed energy and vitality into your life. Check out our Natural Slimming and Rejuvenation Yoga Programme that is a healthy, all-natural way to once and for all help you to get on the way to your ideal body weight without hunger, cravings or counting calories. Forget about special food products or supplements to maintain your ideal weight, or even machines or body wraps. You only have to attend:

***A slimmer you in just 12 weeks with our new slimming package:
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Best of all, you don't ever have to repeat this program to maintain your ideal body weight once achieved.

In the Natural Slimming and Rejuvenation Yoga Programme you will learn **step-by-step** how to attain your ideal body weight with natural slimming asanas, yogic internal heat generation to reduce excess body fat, positive mind training and essential detoxification. All you need is the desire to lose weight and we'll supply you with all the information, guidance, motivation and support you'll ever need to reclaim your health, your self confidence and your ideal weight.

For all enquiries on this programme please refer to our main office contacts on back cover.



Young Masters

in the Making

Moulding the young is every parent's priority and various education institutions have been striving to provide a multitude of programmes to meet the needs of parents' ideals. But what does it actually take to mould our young ones? When enrolling for a programme, most parents would usually weigh their options in relation to what they want their children to achieve in future. More often than not, academic achievement is top of the wish list. Although academic achievement is of importance without a doubt, should it be the primary focus when it comes to children? Neglect to children's real needs during their crucial developmental stages could result in some imbalances which can then manifest into something more severe in later years. Hence, we can see some highly intelligent children facing difficulties in expressing themselves appropriately and displaying signs of undesirable behavioural patterns.

Every child's needs have to be fulfilled in a holistic way. Physical, mental and emotional needs should not be separated nor given undue attention. A child who is physically well built could easily make use of his/her appearance to manipulate other children, whereas a frail child would most likely have problems adapting in social gatherings with peers. At times, when a child is not performing in one area, parents get anxious, thinking that something is wrong with their young one. But what they may not realise is that there is a possibility that he/she has not been provided with the means of natural expression. So it would be unfair to fault the child for not meeting expectations. We can rectify this by helping our children understand and control their emotions and behaviour through providing them with the necessary training instead of the short-term effect scolding or lecturing may have, which in any case could eventually lead to rebellion or in most scenarios, merely fall on deaf ears!

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The Young Masters 2 Days programme developed by Super Yoga Kids (SYK) caters to school going children from the age of 4 to 17 years. It is designed with a holistic approach in mind and it aims to provide students with the tools that they can use to guide them in life and especially in school. Here in SYK, we understand that integration of the mind and body is of utmost importance when it comes to self progress and development. First and foremost children should be taught to understand the mechanism of their own bodies in order to cultivate respect for others. With this they can then enjoy healthy and positive social development. The vision of SYK is to help lay a strong foundation in children so that they can progress to a lifetime of physical, mental and emotional health.

Classes are categorised into 3 age groups: pre-school (4-6yrs), primary school (7-12 yrs) and secondary school (13-17yrs). Lessons are designed to support the different developmental stages of the respective age groups in a well-rounded manner. Many think that additional activities like yoga are unnecessary as physical education is allocated at school and children are naturally active as it is. However, a standard physical education routine usually comes in the form of fast, energy-burning activities. Lots of walking, running and climbing do not necessarily mean that the child's body is supple and flexible. A quick and simple test will show you the degree of your child's flexibility - just ask your child to reach for his toes by bending forward without bending his knees. Some parents are shocked to discover that their seemingly active children are unable to do this simple task. Having said that, closer observation would also reveal that many children suffer from bad postures such as hunched back and lopsided shoulders (as a result of carrying heavy school bags!). When left uncorrected, these bad postures lead to discomforts of the body.

as well as mental blockages that interfere with their studies and subconsciously, the stability of their emotions. Hence having a bad posture is more than just carrying an unsightly physique-it equates to poor energy circulation. One of the easiest ways to improve the posture is by practising yoga. Yoga practices are essential to ensure our children's young bodies remain healthy and strong yet supple. And with the integration of mental activities, it will help develop attention span and concentration vital for their upbringing. Besides that, constant stimulation of the various glands in the body while performing different yoga poses could regulate their hormones, strengthen the digestive system, and believe it or not, tap into their hidden creative abilities.

The diversity of the Young Masters Programme is what makes it unique. The programme offers a wide array of techniques which aim to strengthen the different areas of development as well as to provide children with a means of channelling their energy in a healthy, positive and conducive manner.

See Page 19



PHYSICAL DEVELOPMENT:

- Various yoga asanas (postures) to promote strong joints, physical flexibility, coordination and steady balance
- Awareness and understanding of one's own body which encourages good posture

MENTAL DEVELOPMENT:

- Relaxation techniques which help to sustain focus and concentration
- Speed learning and memory stimulations
- Left and right hand dexterity training (stimulating the right and left brain centres)

EMOTIONAL DEVELOPMENT:

- Concentration techniques to sharpen and sensitise emotions for a calmer self
- How to alleviate restlessness and poor concentration
- Develop personal awareness as a tool for dealing with life and decision-making

DAILY LIFE:

- Emphasis on good conduct and values to live by which promotes respect for self and others
- Various cleansing techniques (age appropriate) to ensure good health and to create awareness of personal hygiene
- Education of balanced and nutritious diet for strong healthy bodies

Students who participate in the Young Masters Programme will be given step-by-step guidance and receive a manual which they can use as a guideline when doing their practices at home. Follow-up sessions are also offered to keep the students' progress up to date and to ensure continuity of their practices.

So far the Young Masters Programme has been successfully conducted in collaboration with various educational centres across Malaysia, with encouraging reception and exceptional results!

The next Young Masters Programme is scheduled for 22nd & 23rd Aug 2009. To enrol your children or for further information on educational centres collaboration opportunities with SYK, call 03-22605322 (Sumi, Keng Leng, Mei Wan), 03-77266682 (Milian), visit www.mayi.org.my or email theyogafranchise@yahoo.com.

Here is what a parent has to say about the Young Masters Programme:

"I have been practising yoga for the past year which led to a lot of benefits for my well being, and so I very much wanted my teenage children to also learn yoga. Initially they were not keen to join any yoga class as none of their peers were interested. But after a lot of encouragement, they agreed to give the SYK Young Masters 2 Days Programme (which is yoga based) a try.

Imagine my surprise when they came home after the first day with so much enthusiasm, positivity and eagerness for the second day. They told me that the fun element of games and activities helped them break the ice with other kids and opened their minds to the world of yoga.

The Young Masters Programme has provided my children a holistic view on what yoga has to offer. I had not expected them to learn so much nor master what they learned within two days.

Now that the seed is sown I anticipate observing all the positive transformations that will surely follow!"

Satisfied parent, Mdm. Chow Soo Fong



WELCOME

to SUPER YOGA KIDS corner



Do you know...

YOGA is not only about stretching and breathing. It consists of other aspects too. Yoga has eight limbs (branches). Let us begin with the 1st limb of yoga, Yama. Yama is a combination of 5 aspects of universal ethics. They are

AHIMSA, SATYA, ASTEYA, BRAHMACHARYA, APARIGRAHA

Now let us look into **AHIMSA** or **Being Kind**. All year long, older people teach us to be kind to all beings surrounding us. But do you know why ?



The moral of the story is : "Kindness brings its own reward." Conduct is one's personal behaviour towards others in daily life. The sum total of one's virtues forms one's character. It is character that gives real force and power to man. They say, "Knowledge is power" but the wise man says "Character is power". Without character the attainment of knowledge is impossible. A man of character is expected to be kind, merciful, truthful, forgiving and tolerant.

By Swami Sivananda



A few months later, the slave was caught by his master's men. He was taken before the king who ordered that the slave should be thrown before a hungry lion. The day was fixed. Thousands of people came to see the slave, Androcles. The poor slave was put in an enclosure. A hungry lion was let in. the lion roared terribly and rushed towards him. But upon reaching the slave, the lion recognized the man who was his old friend. The lion at

once fell down at his feet, licked his hand and wagged his tail. At this strange sight, the king and all his courtiers were filled with astonishment.

The king called the slave, Androcles, to him. The slave related the whole story of their friendship. Hearing it the king was so pleased that he set both the slave and the lion at free.

... Here is a story on Being Kind or "AHIMSA" (Sanskrit)

Kindness Brings Its Own Reward

Once a master used to treat his slave, named Androcles, very badly. He beat him with a whip for the slightest fault. Moreover, he was half-starved. The slave was so tired of his life that one day he ran away into the jungle.

He heard a painful cry from some bushes. He went towards it. He saw there a lion groaning. The lion was holding up and showing him his paw. A big thorn had pierced his paw. The slave went near and took the thorn out. He then bound the wound with a piece of cloth. The lion felt relief. He lay at Androcles' feet, began to wag his tail and lick his hands like a pet dog. They became friends and began to live together in the same cave.



A few months later, the slave was caught by his master's men. He was taken before the king who ordered that the slave be thrown before a hungry lion. The day was fixed. Thousands of people came to see the slave, Androcles. The poor slave was put in an enclosure. A hungry lion was let in. The lion roared terribly and rushed towards him. But upon reaching the slave, the lion recognized the man who was his old friend. The lion at once fell down at his feet, licked his hand and wagged his tail. At this strange sight, the king and all his courtiers were filled with astonishment.

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By Swami Sivananda



Word Search

Humility

Forgiving

Purity

Charity

Kindness

Compassion

Helpful

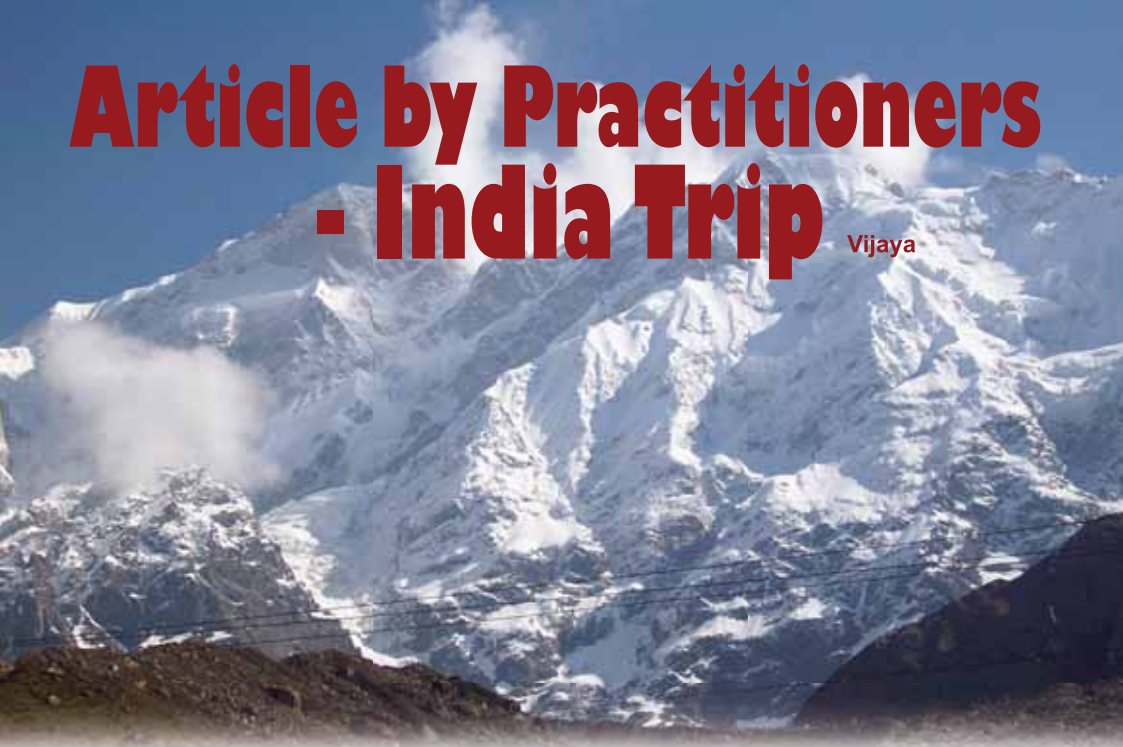
Ahimsa

Self Control

Love

B	N	S	E	H	K	L	G	G	E	N	G
R	E	D	A	N	C	D	N	M	L	D	N
D	B	N	H	U	M	I	L	I	T	Y	M
N	C	H	M	V	V	S	K	I	T	T	E
H	U	N	K	I	B	I	M	I	O	I	R
H	Y	I	G	C	X	Z	R	U	L	R	C
K	L	R	M	O	P	A	R	K	L	U	T
L	O	C	E	N	H	D	G	T	M	P	S
F	E	S	D	C	E	M	F	C	U	J	S
S	D	E	D	E	S	S	N	M	J	K	E
H	E	L	P	F	U	L	D	F	B	N	N
C	B	F	E	R	S	C	E	S	C	S	D
C	N	C	O	M	P	A	S	S	I	O	N
S	O	O	N	J	M	H	M	U	K	M	I
E	B	N	R	H	Y	I	I	E	R	B	K
E	D	T	V	N	D	M	D	E	C	X	M
K	V	R	E	C	G	S	R	G	B	N	M
V	N	O	H	K	U	A	W	H	J	K	L
O	L	L	L	J	E	E	I	G	D	Q	W





Article by Practitioners - India Trip

Vijaya

There were two sides to my journey in India. A physical one and a spiritual one. Not so much to indulge, but to look for an ancient secret... that which the country painstakingly hides behind its mask of poverty and vibrant politics. Still very much hidden from the tourists looking only to feel exalted in elegance, style and comfort.

This is what Brunton, a journalist and spiritual explorer of the twentieth century, said of his journey in India. "Those who close their minds to the entrance of all Eastern ideas, close them also to fine thoughts, deep truths and worthwhile psychological knowledge. Whoever will poke about among this musty lore of the Orient in the hope of finding some precious gems of strange fact and stranger wisdom, will find his quest no vain one."

The Char Dam tour comprising 40 of us Malaysian Yoga Society students and our yoga instructor, Mr Manisekaran, proved to be a greatly blessed one. We visited the 4 main temples in the Uttarakand state along the Himalayan range in Uttar Pradesh and other tourist favourites like Rishikesh, Uttarakashi, Guptakasi and Moussouri.

My spiritual journey started from the foothills of Himalaya at Haridwar, "the gateway to heaven". True to its meaning, the place was an opening into another world altogether. I felt honoured to have my mum's company to witness the daily aarti or prayers offered to Mother Ganga along with millions of others perched along the banks.

The atmosphere was nothing short of electrifying with non-stop chanting, prayers, music and songs. The experience was one of a kind.

From Haridwar we went on to Yamounotri, where I experienced my first mild hailstorm and for my mum, a painful 7km pony ride.

From there we visited the very attractive and exquisite temples at Gangothari, Kedarnath and Badrinath. There was an irresistible, magnetic pull towards these places....

My personal favourite was Kedarnath, of course. It dazzled and mesmerised me with its snow-peaked mountains, magical voices at the temple, mind-blowing coldness and spiritual atmosphere.

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The view at Gangothari National Park was heaven descended on earth. The fragrance of the pine trees and the rippling of the waters along our 1km walk was enough to make us wonder if living anywhere else on earth is really worthwhile.

But then, if I want to talk about beauty, I can't possibly leave out the colourful, cold and eternally beautiful Chandrapuri, Badrinath, Lake Theri, Moussouri, the frozen mountains, the people even, the simple food and the list goes on.

The Himalayas was heart-stopping. Unpredictable weather, climbing, trekking, pony riding and the long bus journeys did not matter compared to the novel experience the mountains offered.

The enchanting experience continued throughout the trip right up to Joshimath where we were able to meditate at the cave the great saint Athisankarar meditated in.

Our stay at each of the places was very brief, so it was difficult to immediately comprehend the subtle awakening that was taking place within.

This could have been caused by the sheer magnificent sight of the Himalayas, the brutally cold weather, like in Kedarnath, the blissful dip in the therapeutic Ganga water or the silent reflection of life and meaning at the Sivananda ashram.

Whether it was the peaceful and harmonious surroundings, or proof of the miracles documented in the sacred texts, or the kind



and loving guidance of our guru, or the simplicity of the mountain life itself, we were all affected to a certain extent.

Master Mani did say that it was going to be a life-changing experience for some of us.

We each got a glimpse of what Brunton was talking about. Spiritually, India had cast the age-old spell on me and my mum, especially. But some things can never be explained... only experienced.

Spiritually satisfied, I looked up to study, wonder and marvel at what was present before me physically, as opposed to what I already knew about the country that gave birth to great souls like Mahatma Gandhi, Mother Theresa and countless other spiritual leaders.

The ancient India and the modern one stood before me as one. The current issues, contrasts, tensions and achievements put before my eyes were not only intriguing but simply mind-boggling.



My physical journey began with a bit of a cultural shock in New Delhi. Part of the shock was the huge city's chaotic road system.

The continuous, compulsive honking and the unusual sight of motorcycles, bicycles, autorickshaws, cars, lorries and even bullock carts using the same road all at once.

Wherever the tourist bus stopped in the massive jam, monkey trainers and snake charmers crowded at the bus windows putting on hurried shows for a meager donation.

In the middle of the road, my heart wrenched as a child, hardly 8 years old, pointing pathetically at his stomach, gesturing at us for alms. Short of any skills or pet-tricks, he started to climb up the railings, hoping to impress us. The sight was haunting.

Considering the population, poverty may be inevitable, but people were finding ways to survive with whatever little they had, in any way they were able to. That was uplifting.

Besides survival, the keyword was 'FREEDOM'. Everyone is his own master... whether on the road with a 'HONK PLEASE' sign hanging at the back of the vehicle or in the tiny cone-shaped mud huts made by hands that may have never held books or a RM100 equivalent of rupees even.

In the middle of a brewing sandstorm, at a road stall or daba, being as hungry as a horse, my friends and I waited almost 2 hours for food to be prepared for the 40 of us ... there were no conveniences of microwaves, electric kettles, let alone gas stoves.

Two hours ticked by, when finally the waiter came over and practically threw the plate before me. I looked up furiously, only to see a smiling, joyful face... ever ready to serve. Well,



freedom indeed! The food, by the way, tasted like heaven, and the tea was the tastiest I had savoured ever.

My grandparents words echoed what I saw - India was a land of extremes. The richest of people in the world lived side by side with some of the poorest. Miserable mud huts stood by India's IT and economic giants like Wipro and Tata, while very organised and well manoeuvred townships were springing up amongst dire-looking environments.

What is puzzling yet fascinating, the co-existence of ancient and modern, only added more lustre to the rapidly changing face of India as tourists thronged there still, to get a first-hand account of spiritual experiences described by spiritual masters like Swami Vivekananda and Swami Yogananda, who had crossed the oceans to stir the western minds and the spiritual understanding of the whole world.

Maybe the Himalayas did show a glimpse of its secrets to some of us. As Mr Suren, the guide, put it, the experiences there are individual and somewhat mystical, "If you're here once, the mountains will be calling you back, again and again, as if a part of you is etched here forever..."

We'll see!



Yogic Scriptures

Hatha Yoga Pradipika,
Chapter 2, Verse 23

These shatkarma which affect purification of the body are secret. They have manifold, wondrous results and are held in high esteem by eminent yogis.

The shatkarma are very powerful practices that can never be learned from books or taught by inexperienced people. In India there is the tradition that only those who are instructed by the guru can teach others. One may think he has the capacity to teach, but actually, he may not have adequate experience or knowledge to guide others proficiently, and this applies to the shatkarma in particular. If unqualified people teach them,

they are likely to make serious mistakes. Mistakes can also be made if one practises them independently without the instructions of the guru.

The shatkarma are said to be secret practices as one must be personally instructed to do them and taught how to perform them and how often, according to individual needs. For this a qualified and experienced teacher is essential. Those who sincerely want to learn the shatkarma will have to find a guru of hatha yoga and they will have to search well because few teachers are experts in shatkarma. Of course, as it has been said in previous sloka, one should not divulge one's personal sadhana, one should keep it secret.

The shatkarma specifically increases the vital capacity of the practitioner. They were never designed for therapy alone, but to create harmony in the body and mind and to prepare one for further practices. As they bring about smooth and perfect functioning of the bodily system, it is inevitable that through their practice, the mind will become free from turbulence and disturbances and thus be better able to concentrate and to move towards dhyana.



The effects of shatkarma can be summed up in one word – purification. When the different systems of the body have been purified, the overall result is that energy can flow through the body freely. One's capacity to work, think, digest, taste, feel, experience, etc, increases and greater awareness develops. It is no wonder that the yogis who have achieved perfection and know the real extent of human capacity, regard the shatkarma with great esteem.

Nature's Trail - The Raptors' Return *By Serina Rahman*

For centuries, thousands of migrating raptors (birds of prey) have used Tanjung Tuan, a tiny promontory in the Straits of Malacca, as their reststop on their hazardous passage back north from winter feeding grounds.

Flying thousands of miles across vast expanses of land and sea, these awesome creatures gather in the hundreds above this last remaining patch of coastal forest on the West Coast of Peninsular Malaysia as they pause to catch the thermals (hot air columns) and continue their journey northwards.

Tanjung Tuan is a gazetted forest reserve in Melaka State, Malaysia, and is in itself a complete ecosystem supporting more than just these thousands of visiting raptors. Not only does the reserve play host to almost untouched rainforest, it is adjacent to a fisheries protected area and is bordered by rich mangrove systems which serve as nurseries to fish and other marine life off its shores. The waters off Tanjung Tuan are known to be secret harbours of rich coral reefs and thriving marine life, as well as host to fields of seagrass – necessary food sources of resident turtles and dugongs.

Raptor Watch Weekend began as a bid by the Malaysian Nature Society (MNS) to promote the conservation of birds of prey and their habitat. By holding this annual festival in the grounds of PNB Ilham Resort, MNS has kept locals and tourists alike informed and aware of the rich natural heritage in the vicinity.

Often overlooked for the razzmatazz of tourism resorts and other establishments in nearby Port Dickson, and in danger of being lost to inevitable development in the chase for the ever-popular tourism dollar, MNS used the success of several years of Raptor Watch events to convince the local authorities to continue to protect Tanjung Tuan. Their successful partnership with the Melaka State Government announced the continued

protection of the area.

It is just 10mins away from Port Dickson town in Negri Sembilan, and just over an hour away from Kuala Lumpur. This sanctuary of nature and the events that surround and celebrate the presence of thousands of migrating raptors in March is a unique festival that nature tourists and other curious locals and foreigners have been coming to since 2001.

In the background, however, serious bird-watching and even scientific research continues. Volunteer birdwatchers from MNS are trained to conduct raptor counts and station themselves in various high places to keep track of raptor numbers and species. This year the bird count will be held over 2 entire months. Regular visitors to the area include the Crested Honey-Buzzard (*Pernis ptilorhyncus*), the Black Baza (*Aviceda leuphotes*), the Grey-faced Buzzard (*Butastur indicus*), the Chinese Goshawk (*Accipiter soloensis*) and the Japanese Sparrowhawk (*Accipiter gularis*).

In the early years of raptor counting, Crested Honey Buzzard counts reached up to 160,000. Today the average number that passes through Tanjung Tuan has dropped to about half that figure. This drastic loss is largely due to the numerous threats faced by these magnificent birds.

Not only are the raptors at risk of shooting, trapping and poisoning as they travel the many kilometers home, much of the habitat that they depend on either to feed, breed or rest along their journey has been destroyed, logged or developed. A lack of awareness amongst the general public and more importantly, the big decision-makers in government and business could spell the eventual death of these spectacular species. The wild bird trade also contributes to their potential demise.

SPARROWHAWK

Photo courtesy by Laurence Poh / MNS



Education is a cornerstone of every Raptor Watch Weekend. Those who visit the event begin to understand the need to reduce the risk of the loss of these key species and to conserve their trans-boundary migratory routes. Under the guise of fun and games, the average visitor is empowered with bits of information on raptors, the mangrove and forest habitats on which they depend and the need to protect the environment as a whole. Organised school groups attend the event every year either in the form of overnight camps or day trips and they are immersed in a program that allows them full contact with the natural wonders around them.

It is a formula that works. With more people attending the event every year, word is out that this is a unique area that needs to be continually protected. More tourists and visitors are able to witness the breathtaking sight of hundreds of these strong and powerful birds of prey as they circle overhead, and more income is generated for the local community. All this helps to reinforce the political will to protect Tanjung Tuan.

To enjoy the festivities and find out more about Raptor Watch Weekend in Tanjung Tuan, Malacca, log on to www.raptorwatch.org.



Little-known facts about Tanjung Tuan

- It is the last patch of coastal rainforest on the Malaysian West Coast.
- At least 54 species of (resident) birds have been recorded in a land area of just 60.7 hectares.
- Tanjung Tuan is also home to small mammals and primates such as the shy silver-leafed monkey.
- Hawksbill and Olive Ridley turtles have been spotted playing off the shores of Tanjung Tuan and its quiet beaches are little-known turtle nesting grounds.
- The waters off Tanjung Tuan used to be thriving dugong feeding grounds. Unfortunately those vast fields of seagrass are no longer there.
- The mangroves surrounding the Tanjung Tuan forest reserve lie on private land and are not protected by any law. It could still be in danger of being developed.
- The coral reef surrounding the Tanjung Tuan peninsular is healthy and diverse in spite of the lack of clarity of the water.
- There are potentially dangerous whirlpools around the back of Tanjung Tuan due to the location and shape of the promontory and its deflection of water currents.
- Tanjung Tuan is the closest point in Peninsular Malaysia to Sumatra over the Straits of Malacca, which is why the raptors need it to safely get home.
- Raptors have an uncanny innate ability to determine weather conditions in their target destination. If the weather over Tanjung Tuan is bad (ie it rains), the raptors will know not to leave Sumatra until it improves.

Every day, we are so busy that we spend on the average 12 hours on our jobs. This leaves us with little time for anything else. Home is really just a hotel to come back to and crash. The kitchen is only a show piece. Most of us take at least two meals outside because there is just no time to prepare our food. This has become the norm and we shrug our shoulders and sigh, "Life is just like that..."

Putting our health in the back burner, we spend nearly 55 years of our lives earning money. Then for the remaining part of our lives, we have to spend all that hard-earned money on our deteriorating health. The majority of people would not be concerned with their health, unless they get sick.

Change Our Consciousness To Become Healthier

by Sun Lim

"Prevention is better than cure" seems to hold a different meaning these days. So we invest in lots of medical insurance to ensure that we have enough money to pay for the medical bills in the future and we feel secure that our health is well "taken care" of. This is the new meaning of "prevention."

Very few people seem to acknowledge that having a balanced and nutritious diet, disciplined lifestyle and regular exercise are important to prevent diseases.

Many tell me that they do not want to change their diet because they want to enjoy the delicious foods. Some even said that they would rather die than change their diet. Only those who have serious health problems are willing to make an effort to change their diet. But sometimes, it could be too late by then.

Everyone wants to become healthier but many are still leaving their health in the hands of the doctor. All of us need to take ownership and be responsible for our own body and mind.

Foods are our medicine. To obtain optimum nutrition for our body, we should eat whole, pure, fresh and natural foods. These kinds of foods are not "refined", canned, packaged and do not contain any food additives.

No doubt the invention of food processing has provided us with convenience and lots of tasty foods. But on the other hand, this invention has also contributed to many serious health problems, such as heart disease and diabetes.

Useful nutrients are removed to make these packaged foods look "white" and "tasty". These low-nutrient dense foods lead to many kinds of nutritional deficiency-related diseases when one takes them as daily meals. Besides, all food additives are considered toxic at some level of quantity. Almost no food additive is natural to the body. The sad part is most packaged foods found on the store shelves contain additives. In addition to that, the heat used to destroy germs in food packaging also destroys most of the nutrients in canned foods.

There is no blame on food corporations, restaurants or supermarkets. No one forces us to buy or eat processed foods laden with chemicals. There is actually a vast variety of whole, natural and pure foods also available on the market which we can select from.

Disease originates from our state of mind and health also comes from there. If you want to change your consciousness to become a healthy, energetic and happy person, you have to let go of all the negative impressions towards healthy foods. You also have to throw away all the excuses to have meals outside. Most healthy meals take only 15 minutes to prepare so "no time" is no excuse.

When you acquire the taste for natural foods, you will start to realize that it is the best taste in the world. Why, you do not believe it? Just give it a try. Why not?

2009 Yoga Retreat



with



Venue: Genting Permai Resort

Date: 29th - 31st August 2009

Package A: *Retreat*

A 3-day lifestyle change to relax your mind, refresh your body and recover your inner balance



Package B: *Detoxification*

Learn complete internal detoxification from nasal passage and upper respiratory tract to the entire digestive system & colon

Suitable for those suffering from acne, sinus problems, asthma, allergies, constipation, migraines, poor digestion, gastritis, sluggish liver, excess weight and other general stress-related conditions

Those with medical conditions such as diabetes, kidney or gall bladder stones, hypertension or heart problems, please specify in the registration form below.

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012-267 9621 Sumi, **012-313 3678** Milian, **010-307 6767** Keng Leng

Email to: theyogafranchise@yahoo.com
or log on to our website: www.mayi.org.my

SCHEDULE OF COURSES FOR 2009

AUGUST INTAKE

Date	Description	Duration
02/08/09	Self Mastery @ Klang (2nd, 9th & 23rd Aug, 6th & 7th Sept)	5 Days
07/08/09	Ayurvedic Bodyworks @ Bangsar 1 (7pm-10pm) NEW!	10 Days
16/08/09	Manipuraka & Urdhva Retas @ Bangsar 1	1 Day
22 & 23/08/09	Young Masters Programme	2 Days
29 -31/08/09	2009 Yoga Retreat @ Genting Permai Resort	3 Days
17/08/09	Super Yoga Kids Instructor Course Level 2 @ Damansara Uptown	
08/08/09	Natural Slimming & Rejuvenation Programme @ Bangsar 2 NEW!	3 months

SEPTEMBER INTAKE

Date	Description	Duration
07/09/09	Manipuraka & Urdhva Retas @ Damansara Uptown	1 Day
12/09/09	International Yoga Instructor Course Level 1 (part time / semi-intensive) @ Bangsar 2	3 months/ 3 weekends
20 - 25/09/09	International Yoga Instructor Course Level 1-Chinese (intensive)	6 Days

OCTOBER INTAKE

Date	Description	Duration
04/10/09	Effective Sleep @ Bangsar 1	3 hrs (2pm-5pm)
11/10/09	Yoga Sadhana Course @ Damansara Uptown NEW!	10 months

NOVEMBER INTAKE

Date	Description	Duration
01 & 08/11/09	Pranayama Instructor Course	2 Sundays
15 & 22/11/09	Dhyana Instructor Course	2 Sundays
21 & 22/11/09	Young Masters Programme	2 Days
23/11/09	Ayurvedic Bodyworks @ Damansara Uptown	5 Days

DECEMBER INTAKE

Date	Description	Duration
14 - 18/12/09	Self Mastery (intensive) @ Damansara Uptown	5 Days

Look out for our other upcoming courses intake: • Yoga Therapist Certification Course (3 months)
• Stress Management Consultant Certification Course (3 Days) • Pilates Instructor Course (3 Levels)
• Pregnancy Yoga Instructor Course (3 Days)

Our Affiliates

We are preserving the authentic contents of Yoga just as the ancient yoga teachers passed them on to us, and we in turn pass them on to you. Come and join the largest network of genuine yoga practitioners in Malaysia!

Bandar Bukit Tinggi – Klang

28-2 Batu Nilam 4, Bandar Bukit Tinggi,
Contact: Nava 012-9079545

Bandar Puteri – Klang

No.18 Jln Sanggul 1, Bandar Puteri,
Contact: Mona 012-2109110

OUG

23, Jln Lingkungan Hujan, Tmn OUG
Contact: Surya Tay Siew Leng 019-6603681

Penang

Contact: Mr. Steven 012-4886979
Naren 012-4216045

THE YOGA FRANCHISE SHOP

Yoga Mat - 6mm	RM50.00
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Yoga Mat Bag	RM25.00
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Uniform(Set)	RM90.00
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Uniform (Top or pants)	RM45.00
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T-Shirts (MYS various design)	RM28.00 - RM35.00
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Mala (Rudrasa)	RM25.00 onwards
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Mala (Tulasi)	RM15.00 onwards
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Mala (Crystal)	RM45.00 onwards
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Neti Pot	RM10.00
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Chakra Picture Set (without frame)	RM25.00
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Chakra Picture (Framed)	RM80.00
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Yoga & Philosophy Books (Catalogue order basis/ during events promotions)	Subject to titles
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Saucha Skin Essential Powder (100gm) All natural botanical herbal Skin Cleanser - Scrub - Mask	RM34.90
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Discounts only apply for yoga mats for minimum purchase quantity of 20 units

Brickfields

3, Jln Ang Seng 3, 50470 Brickfields, KL.

Bangsar 1

Bangsar 2

81A (1st Floor) & 83M (Mezzanine Floor),
Jalan Bangsar, 59000 KL.

Damansara Uptown

89A, Jalan SS21/37, Damansara Utama,
47400 PJ, Selangor.

Email: theyogafranchise@yahoo.com

Website: www.mayi.org.my

Please call for any enquiries:

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