

YOGA MAIL

The Industry Journal For Yoga & Human Potential

PP15266/06/2012(030063)

VOLUME 4 ISSUE 2

COMPLIMENTARY COPY

Jul - Sep 2011 ISSUE

**Slim Down,
Shape Up &
Be Happy**

**Wonders Of
Oiling Massage**



Message from Master Mani

The Malaysian International Yoga Competition (MYIC) 2011 is finally here!

The whole project started spontaneously and yet, was very ambitious. Our project team were surprised to discover that many venues were already been fully booked by early March when we started planning for this project. It shows how many plan way ahead of time, especially for weddings - the mind does start to work triple hard for pleasure!

As the story goes, 1 Utama Shopping Centre becoming our fully sponsored venue for MYIC came almost like a gift. I am amazed by the generosity of 1 Utama management and praise them for their conscientiousness, and being genuinely concerned corporate citizens. Kudos to 1 Utama indeed!

With the venue of the big event all set, we were now able to focus on the promotion and publicity campaign activities. As we were informed that most of sponsors who wanted to set up booths in conjunction for the event preferred a two day event, the planning team was now posed with the challenge of putting our heads to figure out a way to overcome issues involving allocating manpower, judges and defining the competition categories for the extended duration.

Finally, we arrived at the decision to hold the four adult age categories on Saturday and the four children age categories on Sunday, whereby each category would have the same panel of judges. A standardisation of guidelines for judging was also finalised (ie. participants are to be awarded marks based on the art of going into the posture, holding the posture, the ease with which they come out from the posture, and the facial expression maintained throughout the entire routine).

All in all, this is meant to be an occasion for yoga enthusiasts from all over the country and globally to get together to enjoy the two days of festivities and to have the opportunity to showcase their chosen five personal favourite postures. In a way you can say that this whole experience can definitely be defined as a fun activity for everyone present!

A question I always ask myself is "What is the purpose of human life?". Surely it cannot be just to eat, be merry, sleep, procreate, work, etc. - it just doesn't make complete sense. In light of this question there are the two ends of the spectrum; one of complete indulgence and the other is of complete austerity. Both seem too dogmatic, mechanical and superficial; it is



*Master
Manisekaran*

usually advocated by a group of people whose adherents have a tendency to follow blindly, without using any reasoning power. They do not delve into the philosophy of these two extreme suggestions, and as such no one at either ends of the spectrum benefits in the purest sense.

This in turn brought us to our burning question...

We wondered. Will this programme do something to trigger a march towards this mysterious, ever elusive purpose of life?

Every single philosopher trying to unravel the purpose of life has left some key indications but never the full and complete answer. As I sat one day as usual to ponder on this question, and suddenly I was awakened by a blow from my deep slumber - with the answers to life, inspired by the saints and seers of the past.

I awakened to my own exceedingly, satisfactory realisation of knowing that no answer will ever be satisfying. And I finally made a decision to continue making yoga available to as many individuals that I can possibly reach in my lifetime. I have seen the benefits of yoga unfold in my life, and what more does it take to convince me that this is the path to take.

The tradition of yoga competitions is to help everyone get an exposure to yoga, ranging from the 1st time participant to the 1st time observer of yoga. The question of life and yoga, and therein, the competition almost seem interwoven.

It seems to reflect the reality of our struggle filled life, is this not so? The only difference is that unlike the struggles of life, the yoga competition may trigger a search for the meaning of life, provide an avenue for one to seek higher knowledge and expose the seeker to a magnificent way of life called yoga.

Therein lays the success of the competition, in the way it intricately, subtly, inculcates a subterranean higher purpose.

I would like to thank everyone from the bottom of my heart, those who have worked so hard to make this event possible. May we see light in our lives by giving light to others..

Visit us at Facebook:

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

Content

❁ Message from Master Mani	2
❁ Slim Down, Shape Up & Be Happy	5-6
❁ To Compete Or Not To Compete	7
❁ Events	8-9
❁ Wonders of Oiling Massage	11-12
❁ Asana Of The Month	14
❁ Articles By Practitioners: Glancing into the Psychology of Devotion	15-16
❁ Yogic Wisdom For Daily Living	17
❁ At Your Finger Tips: Tumeric, the Spice of My Life	18-19
❁ Yoga Therapy for Diabetes	20
❁ Eco's Echo: Body-Our Delicate Ecology	21-22
❁ Inner Insights - by Anant Sharmah	24
❁ Poem-The Tree Yeshe	25
❁ Super Yoga Kids Column	26
❁ Awaken Your Latent Faculties and Tremendous Powers Through Dhyana (Meditation)	28
❁ Chef Yogi's Food Notes!	29
❁ Schedule of Courses for 2011 (Jul-Sep)	30



Advisor:
Master Mani

Chief Editor:
Navanesan

Editorial/Writers:
Surya Tay, Mei Wan,
Raji
Vijaya
Other contributors

Advertising & Circulation:
Nisha Chang, Lee Yan

Graphic Designer:
Danny Kwok

Cover photo by:
Bryan Lee

Printed by:
KIP Online Printing Sdn Bhd,
No 1-G Persiaran KIP 3,
Taman Perindustrian KIP,
52200 Kuala Lumpur

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



Guided by one of
the world's leading
yoga expert

Manisekaran

Fully sponsored by:



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

malaysianyogainstructors@gmail.com

attention to THE EDITOR

Advertise with Yoga Mail

Yoga Mail is a quarterly publication fully sponsored by 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.

Check it out ----> To meet your advertising needs, special discount rates are accorded to long term advertising partners. Call us to find out more about our special advertising packages today!!

Contact: 03-2260 5322
Nisha Chang

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



Slim Down, Shape Up & Be Happy

Malaysians spend billions of dollars a year on diets and weight-loss products, yet nearly half of the adult population is overweight — a trend that's inching upwards as steadily as our waistlines expand. A research carried out in 2006 indicates that more than 40% of Malaysians could be overweight or obese, and therein rank 6th highest in Asia. It is alarming indeed.

General signs of overweight include feeling lethargic, suffering from knee and lower back pain, numbness in the pelvic and knee area, lack of stamina; difficulty in walking and climbing stairs, irregular eating and craving, shortness of breath or even more obviously, when your regular clothes seem to feel tight.

The easiest way to tell is if you're being overweight is to have a look at your waist. Do you have extra fat around the waist? —If you do, chances are that you are overweight and being overweight increases the chances of contracting many diseases and conditions.

Those are aware have tried various ways to shed the extra weight and are willing to do so at any cost, even if it means compromising on their health and well-being. This is ironic, and definitely heads towards the wrong direction. -The very weight loss that is meant to improve health ends up doing more damage instead during the process.

For most people, it seems to be a losing battle. They did not achieve a permanent, lasting effect, and gained weight again when they

stopped the slimming methods they were using, most complaining that they were worse off than when they first started.

Think of the body as a home. When everything is running smoothly in the house, we can create delicious meals in a well-organized kitchen, we can entertain, host our guests, we can feel the sunlight beaming in through the windows. We feel peace, happiness, spontaneity and generosity.

When all the major systems are in balance, we not only feel good, but our adrenal glands are able to protect us, our hormones relay their messages smoothly, our digestive system can adequately nourish us, and we can efficiently "detoxify" the things we don't need. All of our systems depend on one another and if one of them is out of balance, the others can suffer, making weight loss a miserable uphill battle. Many would not have thought that simple changes to their daily lifestyle, such as being more careful in the choices of their food intake and increasing their actdaily movement activities can help in combating overweight issues.

At Natural Slimming Rejuvenation (NSR) Centre, we believe in educating our students on how to care for their body. We help you to understand, be more aware and attentive to the body and mind so that you can easily regain control of your weight. All this can be achieved with our specially tailored programme which draws on yoga and ayurvedic techniques.





Our students have experienced more peaceful, deeper sleep, noticed that their shortness of breath has gone, daily stress levels reduced, old eating patterns having changed without much effort, and more importantly, they were praised and commended by their family members, relative and friends on how good they look.

Thus, their overall confidence and self-esteem level also increased.

They also felt better and lighter, developed a toned, slimmer body, and experienced increased overall flexibility. All of which were achieved during the duration of the programme.

The NSR programme will not only help you lose weight, but it will also help you to detoxify your body. Over eating, and a sedentary lifestyle can be a contributing factors that pack our bodies with harmful toxins while piling up weight along the way. Thus it is important to have a healthy weight by learning to detoxify our body with safe and effective way.

NSR Slimming programme also addresses weight gain issue caused by hormonal imbalance, such as thyroid gland disorder or inactive thyroid, cushing's syndrome, and polycystic ovarian syndrome amongst others. With regular practice, NSR techniques will aid student to regain hormone balance in their pituitary, adrenal, thyroid, endocrine, pineal, and thymus glands and will eventually lead them to their healthy weight.

If you have experienced the misery of a weight loss programme that was both painful and ineffective, trust that you are not alone. Our programme includes group support and fosters confidence and self esteem among students.

This is our priority and we understand that this is an important factor in contributing to the success of all students' ideal weight loss journey. Weight loss does not need to involve popping pills, undergoing suffering, or killing yourself in workout sessions.

The NSR approach to weight loss is a holistic, natural way that respects the body in the process, and as such produces long lasting effects. The NSR method is not just about the process, it is also about a paradigm shift. You will find that you perceptions about your relationship with your body, and food and the overall health greatly shifted. This is precisely why the NSR method works. It is about implementing changes internally and externally.

Healthy living becomes a way of life, and in the process, extra weight is shed naturally.

Consider your search ended here. **YM**

For more details, please call
03-7724 1072 / 03 - 7724 1079



To Compete Or Not To Compete In A Yoga Competition - That's The Question

By Alice Chan,
Chairperson of MIYC
committee

I humbly attempt to shed some light on this question as the time draws nearer to Malaysian Yoga Society's (MYS) very first **Malaysian International Yoga Competition (MIYC) 2011**, scheduled to take place on *9th and 10th July in 1 Utama Shopping Mall, Highstreet , Ground Floor.*

In India, the land where yoga traces to as far back as two millennia, they have been and continue to hold yoga competitions. Yoga masters, yogacharyas, sadhus and yogis all come together annually to participate in yoga competitions. *Why?* Because yoga competitions are part of the tradition. The Indian government supports and promotes yoga sport. Almost every day, a yoga competition is taking place in a town, on a state level or national level in India. In the United States of America and South America, yoga competitions too are organized annually. Many yoga practitioners eagerly look forward to and participate in them.

Even in the ancient yoga sastras Baghavad Gita, where Lord Krishna taught Arjuna on the battlefield about life and yoga, we learn to understand what is attitude in action, which is what yoga competition is all about.

*Without competition, there is no ambition...
Without ambition, there is no life...*

Therefore, yoga competitions aim at establishing whether or not a practitioner is competent physically, mentally, spiritually, socially, culturally and in many other aspects. Competitions help participants to discover and heighten their awareness as to how well they can control their emotions, feelings and passions in the face of stress, competing in public. It is a preparation and confirmation to themselves and no other, that they are able to overcome obstacles.

For younger participants (children), by competing it will spark a healthy motivation towards self-discipline mentally and physically. All participants search within themselves to be the best they can be, respectively, and also, to encourage others to do the same

Yoga competitions also serve to demonstrate and educate the public on the life renewing properties and many benefits of yoga. When they see healthy, strong and flexible bodies, the calmness and serenity of the participants' minds during competition, they come to understand the holistic benefits of yoga and what yoga can do for them.

I hope I am able to clarify somewhat the benefits of competing in yoga competitions. At the end of the day, it is about competing to improve oneself, mentally and physically. It's all about sportsmanship, a union with all at the competition.

All are welcome to participate in MYS' very own yoga competition, kindly check for competition details in our websites:

www.myyogacompetition.com ,
www.malaysianyogasociety.org

Trivia on the origins of the word "**compete**". Compare the common definition used these days (of the rat race culture) with its ancient Latin root words :

compete [kəm'pi:t] vb

(intr; often foll by with) to contend (against) for profit, an award, athletic supremacy, etc.; engage in a contest (with)

[from Late Latin **competere** - to strive together, from Latin: to meet, come together, agree, from **com-** together + **petere** - to seek]

Collins English Dictionary – Complete and Unabridged © HarperCollins Publishers 1991, 1994, 1998, 2000, 2003

EVENTS

Empowering school teachers, volunteers and caregivers with yoga

On 28th May through 1st June in KL, the Malaysian Yoga Society (MYS) organised and successfully conducted the “Learn to Teach, Teach to Learn” programme for the third time with full support of Yoga Franchise and a volunteer team of MAYI certified instructors led by Master Manisekaran. The five days fully sponsored foundation level of International Yoga Instructor Course (IYIC) is to empower shortlisted candidates with the tools of yoga which does not only improve their own health but also can be applied to help others under their responsibility and care.

A total of 70 candidates were shortlisted and many are school teachers, volunteers and caregivers of various NGOs (Hospis, NASAM, MAKNA, Sai Fund group, YWCA) coming from as far as Johor, Sabah and Sarawak to attend the programme held in Sekolah Jenis Kebangsaan (T) Fletcher. Those who completed the course were evaluated and received full certification as Foundation Level yoga instructors.

There were many positive feedbacks from participants on significant health improvements by the end of the intensive training, including better awareness, improved communications skills and greater self confidence. They were motivated and made a resolution to share this new knowledge with others.



The next intake is in November this year and will be a 5 days 4 nights residential programme at Batu Arang. Those interested are encouraged to call Vivien (03-77276682) for further information.



EVENTS

Introducing yoga as therapy

On the 26th of March, a free yoga therapy consultation day for back ailments and digestive disorders was held at Yoga Franchise, Damansara Utama studio. It was open to the public as a social service endeavour and the limited 20 seats for personal consultations were quickly snapped up prior to the set date. In attendance to those who came in, were a team of yoga therapists trained under the endorsement by Malaysian Association of Yoga Instructors (MAYI).

Interestingly several of the attendees were already taking yoga lessons and even those who were new to yoga, were mostly unaware of the therapeutic aspects of yoga techniques until they read the announcements of this consultation day. They got to learn and experience yoga as a non-invasive, all natural alternative or complementary treatment system which integrates asana, breathing techniques, relaxation and visualisation towards healing. Their lifestyles and habits which are often stumbling blocks to getting better were reviewed through yogic counselling.



After the session, the patients left obviously more relaxed and lighter than when they arrived. For future free yoga therapy personal consultations, look out for announcements by Yoga Franchise and MAYI.

Sunny Sojourn by the Sea

March 27th was a sunny Sunday that saw a chirpy group of yoga practitioners from K.L. heading out to the nearest seaside for a day trip, along with their family members of all ages. Exiting the Plus North - South Highway, the comfy coach continued zipping along the Seremban Port Dickson Highway with the forty odd picnickers to arrive by mid morning at Blue Lagoon in Port Dickson.

The weather couldn't be more perfect for a relaxing picnic day on beige sands. While mats were being rolled out under the balmy shade of trees, pastel sea waves broke on to the shore into frothy white surf. Who could resist stretching out on the beach on a soothing breezy day like this, letting go of the lingering stresses that had stowed away? In a short time, everyone had settled into their shaded or sunny spots and chatted away, renewing old acquaintances or making new ones.



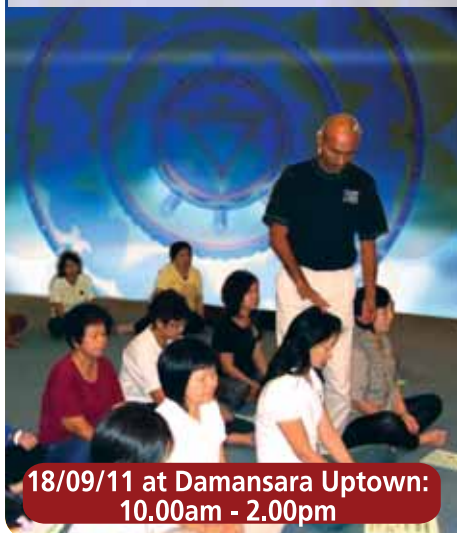
With everyone warmed up, event organiser "cuticutiisland.com" set about grouping everyone into four well mixed teams and kicked off a series of team building games that soon had the team members letting down their hair to put their heads together to tackle the rip roaring, tricky challenges placed before them. It's no wonder that such great appetites were worked up by the time the teams finished trying to fill up the most number of balloons with sea water without using any tools or containers and gathering "treasure" items from A-Z within the shortest time!

After demolishing a generous, healthy picnic lunch spread, some continued to enjoy the afternoon splashing around in the salty sea. Those who were up for more action and a good drench found themselves bucked off the wild banana boat ride and tossed into the sea. Others remained safely on shore chatting away with friends, snapping photos, building sand castles, inventing new games with sand and bits of driftwood or simply chilling out, licking away a melting "Sen-Sen" classic triple scoop ice cream in a wafer cone.

The sojourn came to an end with everyone packing up into the coach before the sunset to head back to KL, sun soaked and refreshed.

(Day trip organised by Yoga Franchise)

Spontaneous Physical Movements & Universal Yoga Healing



Manipuraka Awakening & UniYoga Healing

Manipuraka & UniYoga Theories Covered:

- Introduction to the inner energy centres (chakras) and channels (nadis) within your body
- Philosophy behind the practice and guidelines for practice

Benefits:

- Enhance your well being and positive energy field
- Awaken healing energy within 30 minutes
- Learn to sustain energy levels by tapping into the unlimited universal source
- Experience self healing potentials
- Learn how to heal others
- Rediscover latent intuitive powers
- Tap into inner knowledge
- Experience movements of energy with full consciousness

**18/09/11 at Damansara Uptown:
10.00am - 2.00pm**

Enhancing Sexual Health & Anti Aging

Urdhva Retas

Harness your energy for perfect health & youthfulness
& reproductive health

Benefits:

- Youthfulness & radiant countenance
- Increased energy & vitality
- Tones & strengthens the male/ female reproductive system to reduce the risk of problems related to prostate, menses (irregularities, PMT, etc.), menopause, sexual dysfunctions/ phobias & weakness of the bowel system
- Cures premature ejaculation
- Gaining mastery over the sexual impulse
- More joyful physical relationships
- Improved fertility for conception & a natural way of contraception
- Sense of inner peace & balance
- Heightened mental capacity and memory
- Weight loss

Before



After



**18/09/11 at Damansara Uptown:
4.00am - 6.30pm**

Contact:

**03-2260 5322
03-7726 6682**

Email: theyogafranchise@yahoo.com
Website: www.yogafranchise.com.my

Organised by:



Endorsed by:



Wonders of Oiling Massage

"The body of one who uses oil massage regularly does not become affected much even if subjected to accidental injuries, or strenuous work. By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts and becomes strong, charming and least affected by old age."

Charaka Samhita (Ancient Ayurveda Literature)

The Sanskrit word sneha can be translated as both "oil" and "love". It is believed that the effects of ayurveda massage are similar to those received when one is saturated with love. Like the experience of being loved, it can give a deep feeling of stability and warmth. Sneha is subtle; this allows the oil/love to pass through minute channels in the body and penetrate deep layers of tissue.

In Ayurveda, it is believed that there are seven layers of tissue in the body (called dhatus). Each successive layer is more concentrated and life-giving. For sneha to reach the deepest layer, it is believed that it must be massaged into the body for 800 matras, roughly five minutes. To give this kind of attention to your entire body, you may need about fifteen-minutes. Considering the benefits that have been gained by people for thousands of years, fifteen-minutes per day is a minimal amount of time.

The Beginnings of Oil Massage

In the world of massage therapy, natural healing was looked upon as a sacred system dating back more than 5000 years. Used chiefly as a liniment or medicine, it is estimated that Indian culture began practicing oil massages around 3000 BCE and possibly much earlier than this. Traditional holistic medical systems associated divinity with generations of oral traditions. Backed by centuries of studies, experiments, and meditation, it was the influence of ancient seers and natural scientists that helped develop the foundation of Ayurveda healing.

Texts that mention oil massages date back to between 1500 and 500 BCE. These describe Ayurvedic principles and practices of the past and describe a time when Ayurveda was widely embraced throughout Southeast Asia and India. In the ancient Ayurveda healing system, Indian Head Massages have been practiced in India for more than 1,000 years. In traditional times, Indian women would use this kind of massage to keep their scalp healthy and ensure thick hair, as it stimulates circulations to the scalp and provides nourishment for hair roots.



The benefits of oil massage therapy

Ancient and traditional healers were far from wrong. Adding warm massage oil to the experience of a massage can be blissfully relaxing and wonderfully comforting; rejuvenating your mind and body. Not only does it enhance the relaxing nature of the massage, but it also aids in the healing process. The smooth gliding motion that massage oil helps to achieve nourishes the skin and helps to dissolve accumulated toxins and stress, which promotes general good health. Oil massage is recommended as an integral part of Ayurvedic holistic approach to overall health and well-being. A daily full-body warm oil massage acts as a powerful recharger and rejuvenator of both mind and body.

There are a whole host of other benefits to oil massage therapy. All kinds of pains and muscular aches such as rheumatism arthritis, headaches, migraines and chronic back pain can be treated by massage therapy, helping to relieve muscle tension and stiffness. It also increases blood circulation, decreasing blood pressure in people with hypertension and cures tension-related headaches.

Massage therapy enhances athletic performance by preventing injury and speeding up the healing of existing injuries. It provides greater joint flexibility and range of motion by reducing muscle tension and stiffness. It even increases levels of stamina and tones the muscles and an athlete's entire physiology.

Regular massage also helps to stimulate the digestive system and activates the urinary system. Deep-seated toxins in the joints and tissues are loosened and released into the system for elimination through natural toxin-release processes, thereby improving the elimination of impurities from the body. Oil massages also guarantee softer, smoother skin.

Beyond just physical benefits, massage therapy is able to increase life span and provide a general sense of well being by reducing stress and inducing sound sleep. Regular massage relieves mental stress and is good for healing unstable emotions, satisfying the natural need for a caring nurturing touch. Massage also creates body awareness and enhances the capacity for calm thinking and creativity. Enhanced circulation throughout the body helps to revitalize a lethargic body and mind.

Ayurvedic oil massages today

Today, oil massages are widely-recognized as a legitimate healing therapy that can cure myriad ailments and physical problems. It is often recommended as a daily practice for overall health and well-being; a daily full-body warm oil massage acts as a powerful recharger and rejuvenator of the mind and body. Not only is it blissfully relaxing and wonderfully comforting, the smooth gliding motion of the act of massaging the oil into the body nourishes the skin and helps to dissolve accumulated toxins and stress.

The use of oil actually facilitates the gliding motion of the hand on the skin in order to prevent abrasion, friction and pain. But there are myriad benefits to the various oils employed for this purpose. Different oils contain a number of ingredients to nourish the skin and promote better health. Essential oils (fragrant oils distilled from plants, trees, roots, seeds) can be added to further enhance the treatment. In Ayurveda, some of the more commonly used oils include olive, sesame, mustard and coconut, depending on the treatment needed for each individual. Other oils such as chamomile and coriander are used to treat specific ailments such as to relieve muscular pains and remove excess body heat.

Some Ayurveda practices include the application of massage oils to the navel before going to sleep to cure the body's dryness. Massage oils are also applied at the junction of spine and skull to calm the entire nervous system, strengthen memory and improve the eyesight. Massage oils in themselves are a nutrient for the skin and strengthen the nerve fibers connected to hair follicles.

Oil massage therapy near you...

There is no end to the number of benefits oil massage therapy can bring you. Regular treatments will leave you glowing through newly softened, smoother skin as you heal emotional and mental stresses inside and repair physical ailments on the outside.

The NSR centre is a great place to begin your journey into Ayurveda oil massage therapy. With a good range of options and treatments to meet your specific problem or need, our professional therapists will be able to provide you with appropriate yet discreet advice on the best solution to your ailments. **YM**

For more information contact NSR Natural Slimming at **03 77241072 /1079**



JUNE / JULY PROMOTION

Abhyanga Snanam (Herbal Oil Massage)

RM80 Only ~~RM150~~

Abhyanga is defined as rubbing of the oil on certain part or on the whole body in the direction of hair. Daily performing of Abhyanga of the whole body makes the skin strong, prevents Vata disorders, makes the body firm and enables the skin to withstand the stress and physical exercise. The skin becomes soft, charming, and well nourished, the muscles become strong and overall personality becomes attractive. It helps to relief fatigue, promotes the eyesight, longevity, sleep and nourishes the body.

Save the earth! Preserve the future and savor the now!



MOTHER'S CORN
Baby™



Quality Non-Toxic.
No Environmental Hormone and Biodegradable
Corn Plastic products

MyEcoSense Sdn Bhd (891461-X) 113, Jalan Tempua 3, Taman Puchong Jaya 47100 Selangor, Malaysia
Tel +6019 275 2782 Fax +603 5882 9844 www.mycosense.net mycosense@gmail.com

MOTHER'S CORN™

A sana Of The Month

Naukasana (Boat Pose)

Methods

1. Sit on the floor with your legs straight. Press your hands on the floor a little behind your hips, fingers pointing toward the feet. Lift through the top of the sternum and lean back slightly. As you do this, make sure your back doesn't round back; continue to lengthen the front of your torso between the pubis and top sternum. Sit on your two sitting bones and tailbone.
2. Exhale and bend your knees, then lift your feet slightly off the floor. Lengthen your tailbone into the floor and lift your pubis toward your navel. Slowly straighten your legs.
3. Stretch your arms alongside the legs, parallel to each other and the floor.
4. While the lower belly should be firm, it shouldn't get hard and thick. Try to keep the lower belly relatively flat. Press the heads of the thigh bones toward the floor to help anchor the pose and lift the top sternum. Breathe easily. Tip the chin slightly towards the sternum so the base of the skull lifts lightly away from the back of the neck.
5. Hold for 5-10 counts. Repeat 3 times

Anatomical Focus

- Thyroid

Benefits

- Strengthens the abdomen, hip flexors and spine
- Stimulates the kidneys, thyroid, prostate glands and intestines
- Helps relieve stress
- Improves digestion

Contraindications and Cautions

- Asthma
- Diarrhea
- Headache
- Heart Problems
- Insomnia
- Low blood pressure
- Menstruation
- Pregnancy
- Neck injury: Sit with your back near a wall to perform this pose. As you tilt your torso back, rest the back of your head on the wall.



Modifications and Props

Often it's difficult to straighten the raised legs. Bend your knees and loop a strap around the soles of your feet, gripping it firmly in your hands. Inhale, lean the torso back, then exhale and lift and straighten your legs, adjusting the strap to keep it taut. Push the feet firmly against the strap.

Deepen The Pose

Full Boat is often presented as an abdominal strengthener, which it is to a certain extent. But more importantly, this pose strengthens the deep hip flexors that attach the inner thigh bones to the front of the spine. Learn to anchor the heads of the thigh bones deep in the pelvis and lift from that anchor through the front spine. Remember that the lower front belly should never get hard.

G

Article By Practitioner: 'Worshipping' India Lancing into the psychology of devotion

by Vijaya

A personal journey in worship

All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark.
— Swami Vivekananda.

India is heaven, for reasons concerning the inner universe. When we are privileged to be there, we can't help but wonder about the immense possibilities we each carry with us every living present moment of our lives.

With Master, that is something I would not miss for anything in the whole wide world, not even if I had to miss the plane (which I did), and not even if I had to pay RM400 extra for the next plane to Kolkatta. Which I did.

For this reason, the train ride to Varanasi was personally gratifying. Alone in a moving train, bus or plane, I sink into the irony of the whole situation. The sheer contrast is overwhelming — an external that is in motion and an internal that is super solid, steadfast and unmoving.

It's also pretty content, despite the seeming chaos on the outside. There's a volcano erupting on the outside but the inside is extraordinarily calm, extremely composed and icy cool like the Varanasi stretch of mother Ganga.

The inner journey, propelled by yoga and enhanced by the visits to this amazing country of saints and sages, is what the act of worshipping is supposed to induce.

In Varanasi, my first destination was the Sarnath Stupah. The old but capable Mr Patel, our guide, was expansive and long-winded in his descriptions and accounts of history, or whatever it was he presented as facts.

As he spoke, I heard my buddhist friend Ah Eng's voice. "BE MINDFUL".

"Be heedful of what you think; of what you feel; of what you see or what you don't; on what you form opinions on and whether they are true?; whom you speak of; what you listen to; what you absorb, what you don't ..."

For instance, is it okay to gossip? When we receive a piece of information, whether through visual or auditory means, do we analyse the truth behind it? Is it worth passing on to another person?

Be mindful also means, to be totally aware of the



Varanasi

present moment. Of every breath I take and every exhalation. Be wholly aware in the moment and enjoy it for what it is ... utter preciousness.

Not being here, now, is the greatest loss of all, nevermind the endless details given by Mr Patel or the historians.

To me, there's only one figure in the history of mankind who is still present. The interpretation of the person differs according to planetary time, understanding, language and evolvement.

Shiva, Krishna, Christ, Buddha, Swami Vivekananda, Swami Sivananda, Swami Yogananda ... They looked and sounded so different. But were they in fact?

Eventually deep inside we are all one and the same; in fact there is no need to go deep inside, just going under the layer of the skin, the similarities will be revealed. — Master

When such figures present themselves to us, we prostrate and helplessly worship. When we worship, what do we worship? What do we question? Whether Buddha was looking like a Chinese or like an Indian? The stories, facts, mysteries and myths surrounding the sages? The chronology of the events? The miracles they are said to have performed?

Endeavour to behold, behind the veil of form, the real hidden consciousness. -- Swami Sivananda

However many holy words you read, however many you speak, what good will they do you if you do not act on upon them? — Gautama Buddha

(I hope I can add here, however many holy places you visit.)

Utter fascination. We are fascinated with the temples, stupahs, ancient structures, monuments, figures, the stories, the sacrifices and the chronological events. Fine.

Fine indeed. But do we move on from there? Deep within we are probably yearning to.

Worshipping has to penetrate deeper than the structures or places of worship built by human minds and hands; or the figures humans put up on the pedestal to worship.

As Mr Patel, a self-pronounced buddhist himself, was quite enthusiastically and expansively drumming out the facts about buddhism and how it came to be rooted in a caste-conscious India, supposedly propagated by Hinduism, I looked pass him at yet another huge Stupah at the background.

Whether Hinduism propagated caste consciousness — which is a fallacy — or whether Buddhism champions equality is immaterial ... at a certain stage of evolution.

Is the "value" of worship higher in one group compared to another? Am I better off worshipping (through) one structure compared to another?

Temples are sacred and deeply interwoven with the essence of worship within each and every one of us. At the Bodghaya Mahabodhi Temple, where Lord Buddha attained enlightenment, hundreds of Tibetan monks and nuns were very deep and serious in their sadhana, unwaveringly practising certain postures.

It was a show of worship, perhaps in a more disciplined manner compared to the crowd at the Kalighat Kali temple or the more managed one at the Dakshineswar temple. I was heartened, but the question is, wherein lies the God millions worship in their many colourful and creative, but exclusive, ways?

Is Bakti Yoga happening in it's real sense? Where is God? Is He with the sages? Sitting on a cloud?

As long as there are a million divisions and distinctions blocking the view, how to see (Him/Her/It)?

Diversity is a natural law. We should accept and embrace diversity, but at the same time we should recognise that the underlying unifying force is one. — Master

What does worship mean to me?

A day or two before leaving India, eight of us MYS students cramped into a taxi and made our way to Belur Math. What I comprehended there does not belong to an Indian just because he was born there. Swami Vivekananda came to me when I was still a child — hungry.

In my environment, the polished and important-looking people who sang thevarams (collection of hymns) and won medals at such competitions looked arrogant. Some temple priests, who practically threw the vibuthi (sacred ash) onto my obediently upheld palms, were not good exemplars. I didn't have singing talents nor prowess in reciting mantras that I did not understand.

Desolate and heart-broken, one day, I entered a tiny library at the temple quarters and got glued on a most colourful and attractive book. The story of Swami Vivekananda left me wondering endlessly of the unknown faculties within. The Self that is nearer to me than even the breath I take?

In a style that is only his, he thundered, "Arise! Awake! Stop not till the goal is reached!"

To succeed, you must have tremendous perseverance, tremendous will. "I will drink the ocean," says the persevering soul, "at my will mountains will crumble up." Have that sort of energy, that sort of will, work hard, and you will reach the goal.— Swami Vivekananda

My journey, my learning on the planet, what I was created for is to "Arise! and Awake!" and see myself for what I am. And so was you and so was the beggar you so careless dismiss to be filthy or untouchable.

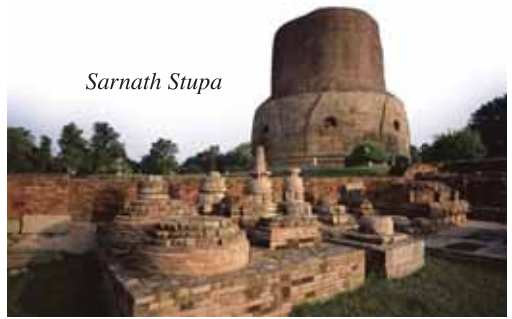
Who's qualified to brand whom? There's only one.

This is the gist of all worship: To be pure and to do good to others. He who sees Siva in the poor, in the weak, and in the diseased, really worships Siva, and if he sees Siva only in the image, his worship is but preliminary. He who has served and helped one poor man seeing Siva in him, without thinking of his caste, creed, or race, or anything, with him Siva is more pleased than with the man who sees Him only in temples. — Swami Vivekananda.

It is impossible to find God outside of ourselves. Our own souls contribute all of the divinity that is outside of us. We are the greatest temple. The objectification is only a faint imitation of what we see within ourselves. — Swami Vivekananda

YM

Sarnath Stupa





Yogic Wisdom For Daily Living

Yoga Sutras of Patanjali - Yogas Citta Vritti Nirodhah I.2

The Mother of all Yogic texts is the Yoga Sutras of Patanjali. The pinnacle of the entire Yoga Sutras is found in verse 2 right in the beginning. Yogas Citta Vritti Nirodhah. [Yoga is the annihilation of (identification with) mental modifications] The interesting thing about Patanjali is that he gives you the ultimate answer right at the start. In fact, many Rishis (Seers) follow this exact formula. They go right to the heart of the matter and then work their way backwards. There are beings in the world who have read this text, meditated on it and then had their lives changed forever. They intuitively could understand what Patanjali was saying. For the rest of us, he does the favour of giving us hundreds of additional verses to assist us in understanding verse 2. That is the entire scheme of the Yoga Sutras. The remaining verses exist only to help us understand verse 2.

The first thing we should notice in this verse is the strict definition of Yoga. In today's age, we see a lot of self-proclaimed Yogis and Yoginis existing, but according to the definition of Yoga by Patanjali, they may not be qualified to name themselves as such. What more do we say about the Yoga classes existing in every fitness/health centre virtually on the entire planet? Are they really classes that are teaching us how to annihilate the identification with mental modifications? Only the students will really know the answer. Now we should not take an aggressive stance here. It is human nature to dump everything down to its lowest denominator and virtually drain the life out of something so sublime. It is what it is. We should just understand the Yoga society thinks it understands, but it could actually be so much more.

Secondly, we need to understand what is meant by mental modifications. What is a mental modification? What does the state free from mental modifications look like? For this we need some examples. Actually, we get a glimpse of

the Yoga state quite regularly. Anytime we are totally involved in an action, thought or feeling, to the point of losing our individual awareness, we are in that state. Now think back to a time when you were naturally in this state. It probably happened while you were doing something you love to do such as a hobby, etc. Then notice how you felt before, during and after that activity. A good sign that you've experienced that state is if you felt more energized, refreshed and happy after the activity (even if the activity required you to expend physical energy).

What do we mean when we say "We lose our self"? Do we cease to exist? Of course we know that we still are physically and even mentally present. However, what has dropped (or at least lessened) is the "I" thought. We get so involved that we no longer have the running commentary of "I am doing this", "I really like this", "I think I'll do this more", etc. Instead, we are just doing it with no thought of being the "I" that does it. That is losing yourself even though physically you still exist.

Our own examples from above should give us complete confidence that this state IS attainable by normal mortal beings. In fact, I think one of the drawbacks of all spiritual autobiographies is that they make us believe these states are virtually impossible to achieve. This is not to say it is easy. It takes constant effort and remembrance of reality. We have to begin to see things as they really are and not how we would like them to be. Once we can approach the Yoga Sutras with that kind of openness, Patanjali is right there waiting to hold our hand.



A

At Your Fingertips

Turmeric, the spice of my life

I believe ultimately, all we wish for is good health and happiness. We wish to be well and happy by being free of diseases that accumulate in the body and mind. In recent years, there has been a growing awareness of natural remedies and a growing concern about the side effects of western medicine and its effectiveness, as viruses increasingly grow immune to pharmaceutical drug treatment. More and more we find ourselves turning towards the age old, time-tested systems of natural cures. One of them is turmeric. I call it the spice of life.

This spice, also known as Haridra, is a common ingredient used in Middle Eastern and Asian cuisine. It is often used as a substitute for saffron because of its similar flavour and ability to infuse its natural golden yellow colour to the recipe. It adds zest to any dish and is frequently used along with a number of other spices to create a curried flavour. Turmeric often has a slight taste of orange and ginger with a subtle bitter undertone, but it certainly has a pleasant smell and authentic flavour.

The turmeric plant comes from South Asia, particularly from India. It's a very attractive plant of the ginger plant genome and produces an orange red flower. In Okinawa, Japan, it is popularly drunk as tea.

Curcumin is a yellow-orange pigment and is the most important active ingredient in turmeric. It makes up about 2% to 6% of the spice. In the latter half of the 20th century, curcumin was identified to be responsible for most of the biological effects of turmeric. Curcumin gives turmeric its effectiveness in healing skin, soothing digestive upsets and relieving arthritis. It's no wonder herbal medicine practitioners often use turmeric as a main ingredient in topical ointments prescribed for psoriasis, skin inflammation and joint inflammation. Presently, turmeric is being investigated for possible benefits in Alzheimer's disease, cancer, arthritis and other clinical disorders.



In Ayurveda, turmeric is used as an anti-inflammatory agent and remedy for gastrointestinal discomfort associated with irritable bowel syndrome and other digestive disorders. It is even recommended for use in skin creams as an antiseptic agent for cuts, burns and bruises.

Turmeric is also a powerful antioxidant. It helps diminish the spread of harmful free radicals (that cause damage to healthy cells and can cause cancer cells to increase) in the body. Many believe that turmeric delays the aging process because of this.

Traditionally, women who have just delivered are offered specific foods during confinement in the first 40 days after childbirth. Eating raw young turmeric is believed to speed up recovery and provide vital nutrients to the new mother. It also helps to eliminate postpartum 'wind' in the body, improves blood circulation and allows the uterus to contract to its original size.

In the island of Bali and Java, Indonesia, locals depend on Jamu (natural herbal drinks) to sustain their health, energy, strength, body-mind balance, as well as their internal and external radiance. Its origin remains a mystery but its impact on the lives of these people is enormous. Jamu kunyit asam is one of those Javanese Jamu drinks meant for ladies. It is believed to keep the body in shape and is also good for the skin.

Allow me to share with you the recipe.

Peel and blend about ½ kg fresh turmeric and put it in a pot, add 2L water and ½ kg tamarind paste, ¼ kg brown sugar to taste and bring to the boil for 3-4 minutes. Lower flame and continue simmering until the herbal aroma is obvious. Let cool and take a sip to check the taste. Drink half a glass twice a day to relieve cramps, especially during premenstrual periods.



I have got few more incredible home turmeric remedies for you that you could try.

Fever, sinusitis & cold

– take a steam inhalation with about ½ tsp of turmeric 3 to 4 times a day. This will help you reduce body ache and fever. It also helps in opening up the sinuses and is very effective in a head cold

Cough and phlegm

– Drinking hot water with turmeric 2 times a day

Sore throat

– Gargling water with a pinch of turmeric, salt and 2 drops of ghee soothes sore throat. Repeat 3-4 times a day

Open cuts & wounds

– As soon as you have some kind of injury, sprinkle turmeric over it. It has antiseptic qualities and hardens the healing of wounds. You can use it for healing of burns. It will not leave behind any scar tissue or unsightly marks after healing

Affordable flexible skin

– Especially applicable for women who look forward to a pregnancy. Turmeric, when mixed with malai or curd, can be applied on the stomach and the abdomen area for 15 to 30 minutes before bathing. When done regularly, this mixture helps the skin to be much more flexible. Stretch marks after birth can be avoided

For acne

– Make a paste from one teaspoon of turmeric and oil like coconut, sesame or jojoba. Dab the paste onto acne, including surrounding areas, and leave it on for at least twenty minutes. Try not to leave it on your skin for too long as it might dry up your skin

While they say an apple a day keeps the doctor away, I say spice up your life with turmeric to live a healthy, tasty, colourful and happy life! **YM**

Diabetes affects the body's ability to produce or respond to insulin. Insulin is a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy.

Combining diet, exercise, and medicine will help control weight and blood sugar level for diabetics. Exercise is good for you because:

- **It lowers blood sugar by speeding the transport of glucose in the cells (known as invisible insulin)**
- **It helps promote weight loss and maintenance of ideal body weight**
- **It decreases cardiovascular risk by making heart pump more efficiently**
- **It improves circulation**
- **It reduces demands on the pancreas**
- **It improves our muscular tone**
- **It reduces stress**

Here are some asanas (yoga postures) that are used in yoga therapy for diabetes:

Sun Salutation (set of yoga postures performed in a flowing sequence) practiced slowly and regularly gives all the benefits of good exercise for diabetics. It improves the blood supply to various parts of body, improving insulin administration in the body

Yoga Mudra



Sarvangasana



Halasana



Majari asana



Pranayama (breathing techniques) is found very useful in diabetes therapy. Nadi

Shodhana Pranayama (alternate nostril breathing) has calming effect on nervous system, which reduces stress levels, helping in diabetes treatment. Also diabetes research has shown that Bhramari and Bhasrika Pranayama help. Bharamari has calming effect on mind, brain and nervous system. Bhastrika is revitalizing as it increases oxygen levels and reduces carbon dioxide levels in the blood. But before practicing these techniques one must learn and practice deep breathing, fast breathing, alternate nostril breathing and bandhas from a qualified yoga therapist.

Further recommendations

Diet: A low carbohydrate, sugar free diet recommended.

**Medical treatment should be continued as usual.*

**Ardha
Matsyendrasana**



Vajrasana



Yoga Therapist Certification Course

Date: 28 July 2011 at D'sara Uptown

23 Sept 2011 at Bangsar

Time: 7.15pm - 9.45pm

Duration: 10 sessions

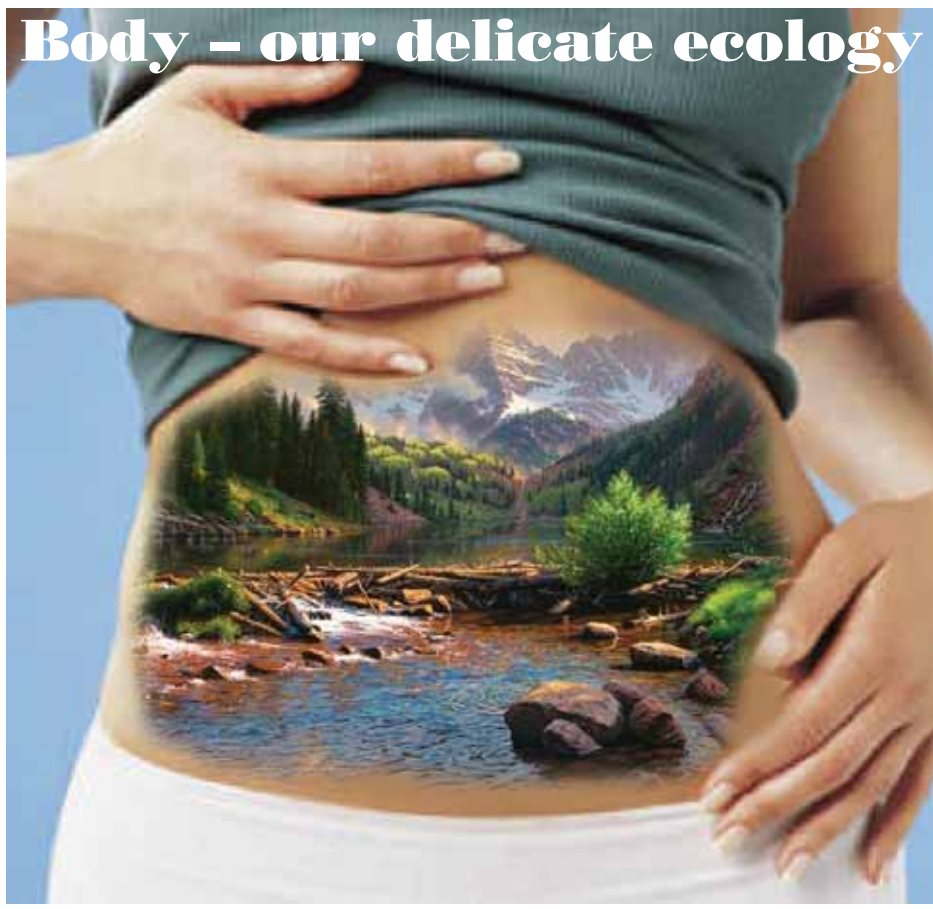
Yoga Therapy for Diabetes

**Yoga Therapy for Cardiovascular Conditions
Consultations (by appointments only)**

For more information, call 03-2260 5322 or 03-7726 6682

Eco's Echoes

Body – our delicate ecology



To be healthy, one needs to remember to go “back to nature”, not to the great outdoors only but to the great indoors: back to the nature inside ourselves and to listen, and get to know our body signals intimately.

Sometimes we forget that we are intimately connected to nature; we tend to think of nature as the flowers, the birds, the rivers, the mountains, and the stars. Somehow we've convinced ourselves that “human nature” is something separate and distinct.

We take vacation ‘to be in nature’, but we often forget that nature is in us. Our body is much like our planet: a complex interaction of several

ecosystems, in which various types of cells and organisms struggle to survive in a delicate, yet strictly-controlled, fluid environment. Most of the problem starts when one is not paying attention to the signal / message the body is sending to us.

We must remain in touch with our bodies in order to have direct access to all the valuable information that they can communicate. The older we get the more we tend to ignore the wisdom of our bodies. If we listen, our bodies have a great deal of valuable information to share with us. When nature is in a perfect balance, everything is beautiful, healthy, and wonderfully efficient.

The slightest disruption or imbalance can bring dis-ease to our body. We always read about the environmental ecosystem that is in danger from all the pollutants in this world but not about the ecosystem within us! Our body's internal ecosystem is in danger from all the medications, pesticides, and environmental pollution that is so prevalent in these modern times. The latest research has found that our human body is being bombarded daily with thousands of harmful environmental toxins, of which hundreds are from the food that we consume, and the cosmetic products that we are using.

Most cosmetics products contain dangerous hormone disrupting chemicals such as hormones that behave and mimic oestrogen in our body. These environmental oestrogens are stored in body fat and have long lives which can magnify their individual effects by 100-1,000 times. Carcinogens including ingredients toxic to the human body such as: sodium laureth sulfate, parabens, propylene glycol, fragrance, colourings and hormonal drugs such as cortisone are especially detrimental to the body's ecosystem. This synthetic additives or preservatives are even capable in altering our body's natural hormones.

These are dangerous toxins to the human body and chemicals are reported to have replaced bacteria and viruses as the main threat to our health and yet, our body is strong and fights so hard to stay healthy that you may not notice the imbalance for years.

When our body ecosystem has been disturbed, we might also invite harmful guests known as parasites to flourish in our body. We are in fact heavily parasitized beings. Our bodies are large enough to provide food and shelters to these free loaders. If they could settle outside where we can see them, parasites such as like lice or ticks, we would get rid of them in a flash. -Nothing is more distasteful to the imagination than the vision of hordes of these crawling, chewing, sucking creatures on our flesh.

But what about those "WITHIN" our flesh? We cannot see inside ourselves, so we mistakenly assume nothing is in there. With over 3000 known parasites, it is hardly surprising that according to the Worlds Health Organization, 3.5 billion people are suffering from some type of parasitic infection.

Once parasites take up residence in our system, they are able to steal the nutrients from our food, alter our natural pH levels by creating an acidic environment in our body, cause irritation and release toxins. These manifest as chronic digestive problems, fatigue, food and chemical intolerance, unexplained joint and muscle pain, itching skin, difficulty gaining or losing weight, loss of appetite, depression and many others.

The best way of balancing out and improving our body ecosystem is by eliminating toxins and parasites in our body with a systematic body cleanse or detoxification programme such as the Natural Slimming and Rejuvenation (NSR) Total Body & Parasite Detox programme.

This programme will serve as a preventive care to reduce the body's burden and strengthen the function of the organs. As our body ecosystem is restored to its optimum level, our immune system and resistance to allergies and ailments strengthen.

We will also experience great benefits after a cleanse, which will manifest as increased vitality improved skin complexion and a youthful appearance, healthier body weight , balanced hormones, better concentration, being able to think clearer , feeling of general wellbeing and an increase in overall fitness and energy.

It is worthwhile to remain in touch with our bodies and pay attention to the signal and messages the body is constantly sending out to us and.

If we just stop and listen, we will find that our bodies have a great deal of valuable information to share with us. After all, this is the one body that we have in this lifetime. **YM**



FINE ART PORTRAITURE

PORTRAIT ARTIST JEN SIOW brings his 25 years experience in beauty and fashion photography to you. With the same passion and love, his goal is to create a portrait that perfectly captures your inner emotion and personality, doing it in a way that is a work of art, from how it is lit and composed to how it is hand-finished on canvas. Make an investment in an art piece of yourself with us. A Jen Portrait appreciates in value over time. Call Jen for a private visit to our gallery.

www.jenstudio.com

Inner Insights

by Anant Sharmah

Anant Sharmah, 24, a billing officer at the Finance Dept of DHL hails from Penang but moved to the Klang Valley in 2006 to pursue a Bachelor's Degree in Business Administration.

The Beginning

In 2008, Anant came upon a flyer about yoga and immediately made an appointment to find out more as he was desperately seeking for some healing then. He was scheduled for an operation due to a severe acid reflux problem the following week. At wits end to find a way to avoid the surgery, which is very costly to begin with, he was also deeply concerned that other complications may arise from the procedure. The stress was taking its toll on his studies and he was missing out on his favourite activities with his buddies, such as cross country running and body building. His condition was rapidly becoming critical day by day. He really needed to do something about it and soon.

Following his yoga teacher's advice to try out some simple yoga therapy techniques, Anant experienced surprisingly quick and positive results. In the past when he tried some yoga classes, there seemed to be no signs of improvement at all. Perhaps he had abused his body for far too long. However, this time the prescribed methods were tremendously effective. As a result Anant avoided the surgery that he dreaded and gained full confidence in his own ability to restore health through consistent practice of yoga techniques! He is now a fully committed practitioner of yoga.

Practices

In 2009, Anant enrolled in the Yoga Sadhana Course where he learnt some valuable lessons and discovered many yoga techniques that he never knew existed. Motivated, he would arise at the break of dawn to practice yoga daily. At times he would work in an evening session as well. He experienced such an improvement within that he thirst to learn more. Eventually, he progressed to the Self Mastery Course.

As he embarked on his yogic journey, he began to learn and experience prana. In Yoga Sadhana, he began to learn and experience prana (life force), but through Self Mastery he was able to truly feel the existence of prana within himself. It was

only then that he could piece together the science that was being taught to him. With this new awareness, he started even earlier at 4.30am to dedicate 3.5 hours routinely for all his practices before reporting at work. Every session leaves him with a unique, almost inexplicable experience of yogic bliss for the rest of the day.

More Improvements

Healthwise, Anant no longer suffers from acid reflux, low blood pressure, sleep disorders or stammering. He is transformed to a calm, focused and very positive individual. His physical and mental changes are remarkable to those who know him well; no longer is he short-tempered or throwing temper tantrums. His family is happy for him to be on the right path and his new-found calm never ceases to amaze old friends.

Future Plans

Today, not only has Anant completed Yoga Sadhana and Self Mastery courses. He has continued to discover more of yoga through rare courses like Prana Vidya, Manipuraka and Urdhva Retas. Apart from yogic trainings, he also completed the entire course on ayurvedic detox at NSR centre and saw further health benefits such as better complexion, sleeping well and lightness of body. He is looking forward to train as a yoga instructor so that he may share his personal testimonial on yoga with others. He believes that in this way more people can receive the same gift and at the same time, it would give him more time for practice.

Last Words to YM Readers

Anant's key message is that yoga must be learnt from the right place. He had tried it elsewhere, but it didn't give him the hope that he needed. "Destiny brought me to a better place," he said, "I am convinced that anyone with any physical or emotional problem can find the right yoga training to restore their well-being in a very holistic way. I also wish to extend my heartiest thanks to Master Mani and all the other instructors for the continuous advice and support for all these years."

YM



The Tree

Author: Yeshe Dolma

*I am interdependent with everyone else and
everything in this world
I am not independent neither am I dependent
I am not measuring how much I am giving back and how much
I am taking
I am just growing like a tree
Who readily absorbs the abundance of resources from
Mother Nature and naturally grows flowers in spring
and fruits in summer once I am matured
I am not bothered if my tree has no flowers nor fruits in autumn
and winter for others to enjoy and admire
As I only follow my nature and grow naturally producing
flowers and fruits when the time is right
And not when people expect me to
It's not my duty to please others nor is it my pleasure to
disappoint them
I am just doing what a tree does and I will stay and be with
the tree as it grows
If someone comes along and gets upset that there is no fruit
to eat in winter
I will choose to see it that this person by his thought has
perhaps added some fertiliser to my tree to grow
more fruits next summer
Maybe my tree will respond in this way
And maybe not but what the heck
I let it go...*

Hatha Yoga

Adults • Kids • Pregnancy • Yoga Therapy



Self discovery • Strength • Flexibility • Well Being • Balance • Peace

Classes available in Taman OUG studio, off Jalan Klang Lama

019-660 3681 , 016-689 1769

MAYI certified
Yoga Instructors





The new generation of school-going children are now noticeably busier than some working adults. School, tuitions, enrichment classes, extra co-curricular activities, homeworks and revisions -- these are just among the endless list of a child's typical weekly routine. Even though they are often referred to as little balls of energy, they do sometimes 'burn out' and as a result, their level of concentration and attention span decreases, and the focus on tasks at hand diminishes. And when this happens, no matter how long they sit in front of their books, nothing seems to register. Most children find this excruciating and parents find it a nightmare as they can only watch in vain when their children are in a state of lethargy.

Let's face it. We all know that that the brain is not the only thing we need when we study. The physical and mental systems need to be in top condition to remain in synchronisation which each other. So, what are the simple ways that we can use to recharge the mind and the body? Let's try out some of the many asanas (physical postures) that can help in boosting the energy level. Try these before starting your revisions and feel the difference!

Kids Column

1. Utthita Lolasana

- Swinging the Upper Body

Method: Stand with legs wide apart. While inhaling, raise both arms above the head and allow the wrists to relax so that the hands drop forwards. Then while exhaling, bend the upper body forward and swing the trunk down from the hips, allowing the arms and legs to swing through between the legs. Repeat the raising and swinging of the upper body 5 times.

Benefits: Helps remove tiredness by stimulating the circulation and toning the spinal nerves, thus energizing the whole body.



2. Paschimottanasana - Back Stretching Pose

Method: Sit on the floor with legs outstretched and palms on the floor by sides of the hips. Inhale, and while exhaling, bend forward and hold the big toes with corresponding hands, and keep the face on the knees. Take a few normal breaths. Now, inhale and come up to starting position. Repeat 5 times.

Benefits: Tones up the abdominal organs and keeps them free from sluggishness. Stimulates circulation to the nerves and muscles of the spine.



3. Bhumi Pada Mastakasana - Half Headstand

Method: Starting with Marjari asana (Cat Pose), turn the toes under, place the crown of the head on the floor between the hands. Straighten the knees and raise the buttocks, balancing on head and feet. Bring the heels together and separate the toes. Raise the arms and clasp the hands beside the buttocks. Slowly return to Marjari asana and then lower to Shashankasana (Moon Pose) for a few moments.

Benefits: Strengthen the neck muscles and brings a rich supply of blood to the brain.



Experience Yoga With Us!

One Free Trial Class for All



visit us at Facebook / Treyoga
or email us your queries on
treyoga@gmail.com

Yoga has proven to be relevant and effective for the pursuit of one's well-being at any age at any stage.

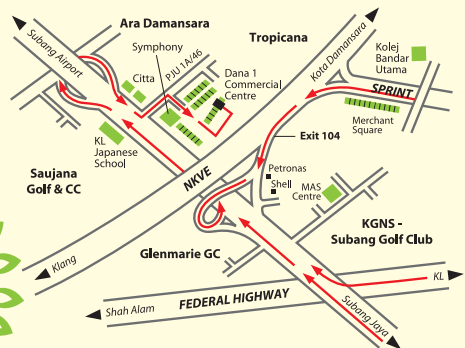
The Iyengar tradition is systematic and dynamic with emphasis on precise alignment and therapeutics. It develops strength, stamina, flexibility, coordination, balance and concentration.

Iyengar yoga is known for the **use of props** such as belts, blocks, bolsters and ropes to cater to individual needs and safe practice.

Classes at TreYoga:

- 🌱 **Yoga for All Adults**
- 🌱 **Yoga for kids**
- 🌱 **Prenatal Yoga**
- 🌱 **Periodic Workshops with Iyengar Certified Teachers**
- 🌱 **Special classes for senior citizens**

We offer our students an encouraging and safe environment to learn and practice yoga, guided by trained, experienced and dedicated teachers.



To Inquire/Register please contact founder teachers:

Carol Zerina

016-602 6368

TreYoga is inspired by the Tree of Life.
TreYoga aspires to be a place for learning, living and loving LIFE!"

D3A-9, Dana 1 Commercial Centre,
Jalan PJU1A/46, 47301 Petaling Jaya, Selangor

Awaken Your Latent Faculties and Tremendous Powers Through Dhyana (Meditation)

What Is Meditation?

Meditation is a tool for rediscovering the body's own inner intelligence. Practiced for thousand of years, it's not about forcing the mind to be quiet, it's finding the silence that's already there and making it a part of your life.

Silence is the birthplace of happiness, creativity and infinite possibilities. From this field of pure potentially we get outbursts of inspiration, our most intuitive thoughts, and our deepest sense of connection to the Universe.

Practicing meditation on a daily basis allows you to weave silence and stillness into your mind and body to create a life of greater compassion and fulfillment. Meditation is a journey to the reawakening of our unconditioned self.

During the Dhyana practice, the active thinking mind settles down naturally to a state of 'pure consciousness' where the mind is silent yet fully alert. At the same time the body gains a profound state of relaxation. The unique state of restful alertness develops the total brain and eliminates accumulated stress and fatigue. This experience is the basis for increased creativity, intelligence and improved health. As the Dhyana technique is not a religion or philosophy, it does not require lifestyle changes. It has been learned by over 5 million people of all ages, nationalities and religion. This has helped these people appreciate life more fully, & helped some follow their religion more faithfully.



Great Reasons to Meditate:

Equanimity: Inner clam & centeredness
Helps consistently raise performance levels, cope with stress & maintain steady state of mind.

Develops the Brain:

Increase use of brain reserves, allowing the right & left brain hemispheres to begin work together in harmony. This brain wave coherence has been co-related with improved memory, problem-solving & decision making abilities.

This change in brain function also affects physiology, reduce blood pressure, strengthen the heart & overall health improvement.

Broad Comprehension & Ability to Focus:

Field independence has been associated with a greater ability to assimilate & structure experience, greater organisation of mind & cognitive clarity, improved memory, greater creative expression & a stable internal frame reference.

Increased Creativity:

A simple, effortless way to 'dive within' to experience an ocean of pure consciousness, creativity, knowingness. It's unique experience but also very familiar - it's your ownself.

Creativity & intuition increases, enhancing the pleasures of life, decreasing negativity.

**The Dhyana (Meditation) Instructor/
Practitioner Course commences on:**

Date: 30 July 2011 (for 4 Saturdays)

Time: 3pm - 6pm

Venue: Bangsar

For registration or enquiry, call **03-2260 5322**
or **03-7726 6682.**

Chef Yogi's Food Notes!

Recipe by courtesy of Mrs Mita, NSR student



Vege Fried Quinoa Rice (serves 4)

INGREDIENTS:

- 1 Whole onion(optional) – finely chopped
- 4 green chillies – finely chopped
- 12 long beans – cut into 1" length
- 2 potatoes – skinned and diced
- 1 carrot - diced
- Half cabbage – chopped
- 1 tomato – diced
- 1 ½ cups rice
- ½ cup quinoa – soak 2 hours
- Salt
- 1 teaspoon Turmeric powder
- 1 tablespoon Sambar powder (curry powder)
- 1 teaspoon Coriander powder
- 1 teaspoon Red chilli powder

Method:

1. Cook the rice and quinoa with 3 cups of water in a rice cooker.
2. Heat 4 tablespoon of oil(can use ghee) in wok and sauté finely chopped onions and green chillies till the onions becomes slight brown in colour.
3. Add in the rest of the vegetables except cabbage, a pinch of salt, turmeric powder, and sambar powder. Stir the mixture well and cover the wok.
4. When the vegetables are half cooked, add in the chopped cabbage, coriander powder and red chilli powder. Stir well again and sprinkle some water and allow the vegetables to be cooked well.
5. When the vegetables are well cooked, add in the diced tomatoes and stir.
6. Finally, add in the quinoa rice and stir well.
7. Serve hot

Nutrients in quinoa :

- Complete protein. Quinoa contains all 9 essential amino acids that are required by the body as building blocks for muscles.
- Magnesium helps relax your muscles and blood vessels and effects blood pressure. Quinoa contains high levels of this vital nutrient.
- Fiber. Quinoa is a wonderful way to ensure that you consume valuable fiber that eases elimination and tones your colon.
- Manganese and copper. Quinoa is a good source of these minerals that act as antioxidants in your body to get rid of dangerous cancer and disease-causing substances.

SCHEDULE OF COURSES FOR 2011 (JUL - SEPT)

JULY

2/7/2011	BSR	MAYI Gathering
3/7/2011	DU	International Yoga Instructor Course - Intermediate
3/7/2011	BSR	International Yoga Instructor Foundation Course
4/7/2011	DU	International Yoga Instructor Foundation Course
9 & 10/7/2011	1-Utama	Malaysian International Yoga Competition 2011
16/7/2011	BSR	Manipuraka Practice Session
17/7/2011	DU	International Yoga Instructor Foundation Course
18/7/2011	DU	International Yoga Instructor Course - Intermediate
28/7/2011	DU	Yoga Therapist Certification Course
30/7/2011	BSR	Dhyana (Meditation) Instructor/Practitioner Course

AUGUST

1/8/2011	BFS	Yoga Sadhana Course
6/8/2011	BSR	Yoga Sadhana Course
8/8/2011	BFS	Yoga Sadhana Course
8/8/2011	BSR	Self Mastery
14/8/2011	BSR	Super Yoga Kids Instructor Course
21/8/2011	BSR	International Yoga Instructor Course - Intermediate
26/8/2011		10 Days Discover the Essence of Nepal

SEPTEMBER

1/9/2011	BFS	Yoga Sadhana Course
3/9/2011	BSR	International Yoga Instructor Foundation Course
16/9/2011	DU	Full Intestinal Cleansing Session
16/9/2011	La Salle School, Brickfields	Food Carnival 2011
18/9/2011	DU	Manipuraka Workshop
18/9/2011	DU	Urdhva Retas Workshop
23/9/2011	BSR	Yoga Therapist Certification Course
25/9/2011	BSR	Prana Vidya

BFS: Brickfields; BSR: Bangsar; DU: D'sara Uptown
 *Subject to change without prior notice

Realise The Full Human Potential



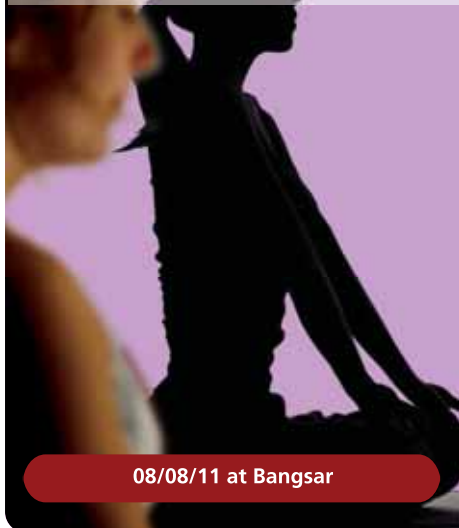
Foundation: 03, 04, 17/07/11
03/ 09/11
Intermediate: 03, 18/07/11
21/8/11

International Yoga Instructor Course (IYIC)

Benefits:

- Hands-on approach (Up to 450 hours practical sessions)
- Teaching practicum with personal coaching
- Learn more than 400 asana variations
- Specialised technique of verbalizing instructions, public speaking, presentation and communication skills
- Learning of Yogic vocabulary
- Guided open discussions on theories and practical
- Karma Yoga (community service) activities, teaching assignments & involvement with yoga related projects
- Network in the biggest health industry - YOGA!
- Learn from the best - certified Master Trainers

Advanced Body-Mind Technique



08/08/11 at Bangsar

Self Mastery

Refine your whole being and transform your whole life into a continuous expression of joy, bliss and wisdom.

Benefits:

- Improved health- keeping body lean by activating pranic heat that improves circulation, tones the skin and helps to maintain youthfulness
- Increased creativity, mental stamina and memory powers
- Increased supersensory perception due to greater clarity of mind
- Feeling light and achieving freedom from disease as body becomes supercharged with energy-increased confidence and positiveness

Contact:

03-2260 5322
03-7726 6682

Email: theyogafranchise@yahoo.com
Website: www.yogafranchise.com.my

Organised by:



Endorsed by:



Food Carnival 2011

70 varieties of mouth watering
vegetarian dishes

Fun & Exciting games

Cooking demos

Lucky Draws

Yoga Demo

and much more happening on the

Date : 16 Sept 2011

Venue : La Salle School Field, Brickfields.

Time : 9am- 4pm

Tel : 03-2260 5322

All proceeds to charity

Organized by



Supported by



website : www.malaysianyogasociety.org

Eat Your Way To Charity

Brickfields

3, Jalan Ang Seng 3,
Brickfields, KL.

+603 2260 5322

Meiwan: 012 323 9010

Nalini: 016 328 8322

Bangsar

81A, First Floor,
Jalan Bangsar, KL.

+603 2260 5322

Mona: 012 210 9110

Meiwan: 012 323 9010

Damansara Uptown

89A, First Floor, Jalan SS21/37,
Damansara Utama

+603 7726 6682

Manisha Teh: 012 313 3678