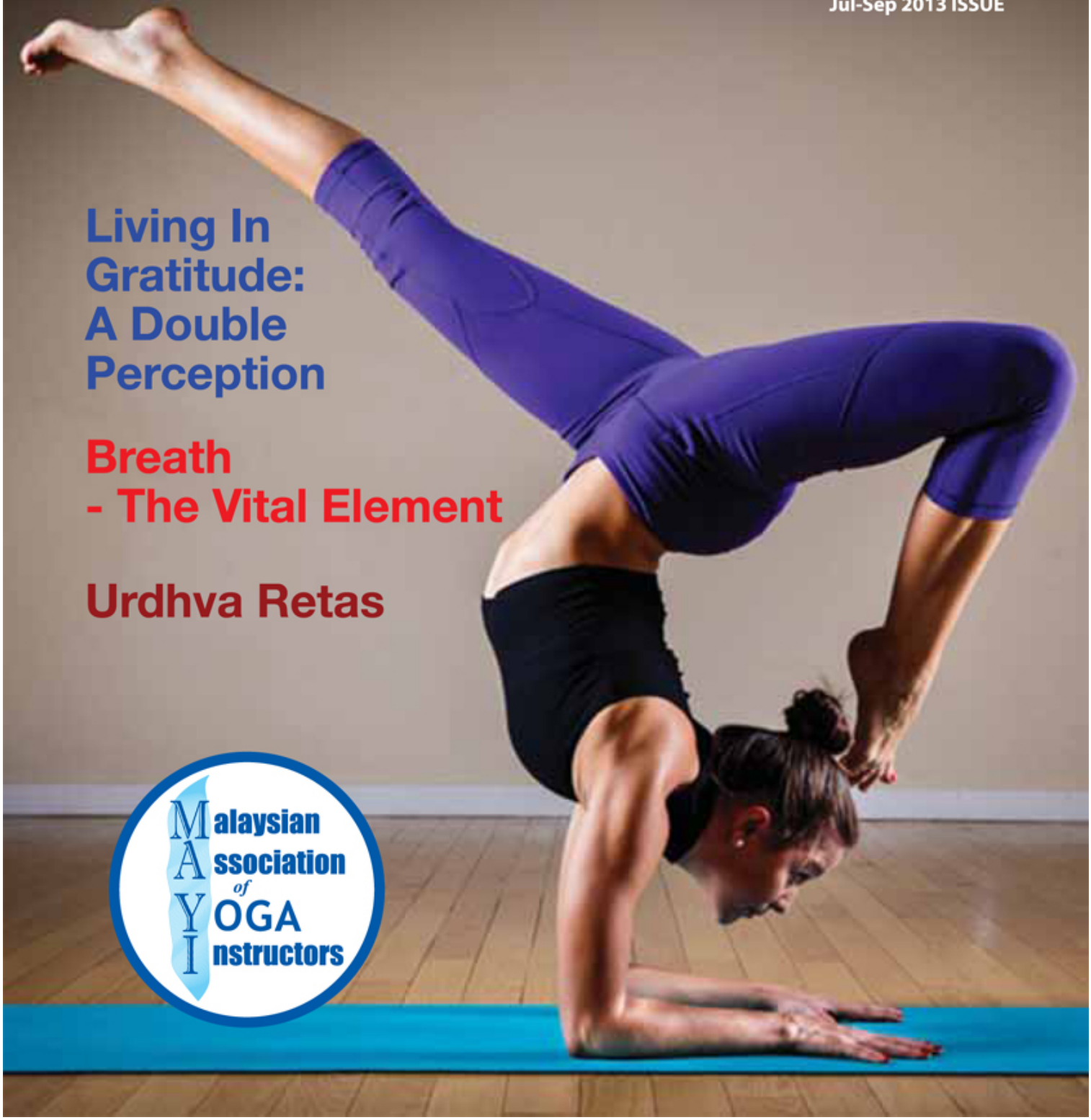
# YOGA MAIL

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## Living In Gratitude: A Double Perception

## Breath - The Vital Element

## Urdhva Retas

Malaysian Association of YOGA Instructors

# Message from Master Mani

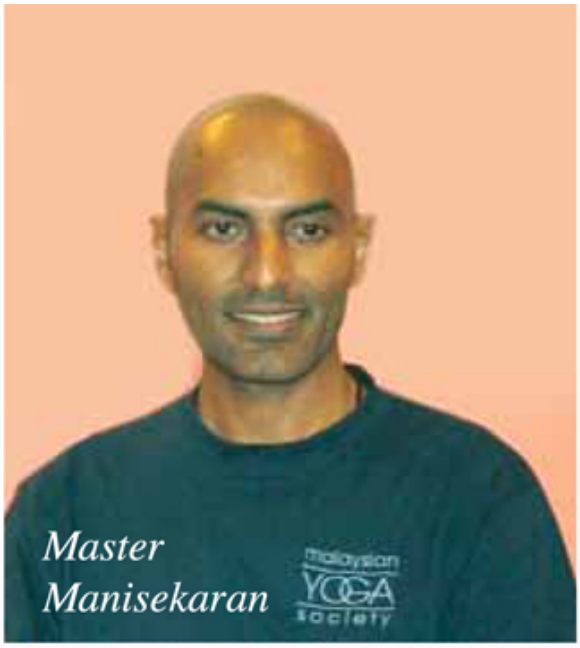
Gratitude is one of the greatest words thought of by the human heart. Putting 'thought' and 'heart' together may sound antagonistic, but in our human body everything seems to be antagonistic, the mind says something but the heart feels something else. The stomach says it wants this and the mind says, "No, you should have the other".

The eye sees and wants something it feels is beautiful, the ear wants to hear that which soothes its sense, the skin yearns for comfort, the nose dreams of the elusive fragrance that can satisfy it forever ... all pulling us hither and thither throughout this unending strife-ridden sensory world.

Having examined rather briefly the sensory world, there seems to be an indication of just selfishness right? Each sense wanting to satisfy its own self, not at all concerned about the other senses, organs or the human structure; nor for that matter, the world or the universe — as long as I get what I want, in my own terms and conditions; according to my own whims and fancies; as long as I can show that I yield power and influence; as long as I do things my way irrespective of the pain, damage, destruction, loss of lives, productivity, time, investment, etc, doesn't matter even an iota to me because what matters most is my own importance — this is ingratitude! First we need to understand what is ingratitude before we can comprehend the essence of gratitude. It's a complex and troubling territory to enter, but enter we must to find the truth.

Ingratitude is when we are given every ability to stand on our own two legs, but we refuse to do it. Until now, this remains the most mysterious phenomenon in human life. That is the number one ingratitude to our existence. The moment we take charge of our lives, our careers, of the responsibilities we have been shouldered with, to be true to the chair we have been entrusted with, the position, the power we have been invested with, the trust we have been honoured with, only then my friends, can we know true gratitude.

If my worth is measured by my monthly salary and just work on what I calculate as appropriate to that salary, that is ingratitude to all the amazing extraordinary contributions that I can actually make! Why don't we understand that along with excellence and enthusiasm success will definitely follow, wherever one goes? You bring infinite value to your existence when you stop calculating and complaining. Do your best not for anyone but for the responsibility for which you have been entrusted with.




My message this time is for all of us who are working, either for ourselves, for NGOs or others. We must work and contribute to the best of our ability without playing psychological games in the pursuit of power and arrogance. Where thousands of children, old people, the incapacitated, orphans, abused women, the diseased or even ordinary persons can be helped by the individuals in your organisation, but you not only hold on to the reins but worst still, hold it back further! You do not allow growth to take place! This is ingratitude!

What is gratitude? When you have done your best, your heart is cleansed through your work, you feel all your complexities have disappeared for doing your best. You can sleep with a nice smile and wake up with a fresh, enthusiastic feeling of conquering your own world one more day! The trick that the mind plays is when most people convince themselves that they are doing exactly what I have described here, they feel the pseudo happiness, they feel they have done their best, but the test is to put it to the rest of the team members, to the bosses, the subordinates, the colleagues, and you hear the true story! So, from there you realise gratitude by understanding self, family, work and community.

However, please know what is gratitude to your own existence first. When that happens, you will know what gratitude is and will feel it for all ... thank you, in complete gratitude.

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# Content


- Message from Master Mani 2
- Living in Gratitude 5-6
- Breath - The Vital Element 7-8
- Urdhva Retas 9
- Events 10-13
- Featured Asana 14
- Pregnancy (Pre-Natal) Yoga 15
- Articles by Practitioners
  - The Magic Begins 16
  - Himalaya 2013: A Complete Journey (part 1) 17-18
- Yogic Wisdom For Daily Living 19
- At Your Fingertips: Parasite Cleansing 20-21
- Yoga Therapy for Nasal Allergy 22
- Eco's Echoes: Vibrations 23
- A new level of asana awareness with Precision & Alignment Workshop 24
- Inner Insights - Learning Through Teaching 25
- Inner Insights - The Healing Knowledge of Manipuraka & Urdhva Retas 26
- Super Yoga Kids Corner 27-28
- Chef Yogi's Food Notes! 29
- Schedule of Courses: Jul - Oct 2013 30



















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# Living In Gratitude:
## A Double Perception *by Vijaya*

One may slay every goodness and yet escape, but no escape for one who slays gratitude. — Sage Thiruvalluvar.

"Gratitude makes us more aware of our true selves. We are a product of dignity and have within us very refined qualities. When we are alive and alert to this, we know that everything about us is a blessing, even the act of witnessing. So, we should be in gratitude at all times." — Master Mani.

Gratitude is a simple but weighty word with sovereign quality, but it's very humbling in nature. It's something no one can actually ask from anyone else. But when given, with a full heart and clear understanding, gratitude alone can open up limitless space for a plethora of grace, goodwill and abundance to flow into our lives ... endlessly.

What can a person's worth be in his lifetime, if even for once he has not understood the meaning of gratitude, felt it, expressed it or be glorified by it?

When it is even infinitesimally present in a person, it leaves absolutely no space for hatred, envy, jealousy, criticism, negativity, revenge or any ill feeling — not for others and not for our own selves!

Thankful leaders are the greatest assets to a country. Just like darkness cannot exist in the presence of light, genuinely thankful people won't rob, rape or plunder.

Last month, Master covered the first Chapter of Gheranda Samhita, a classic text of hatha yoga, which starts with the subject of gratitude towards a guru. According to the author, one can't learn anything of substantial value or meaning without having first the attitude of gratitude towards a teacher, be it yoga or any other subject on the earth, sky and sea.

We're talking about Gheranda Samhita which was written some 2,000 years ago. Now, in this day and time, with so much of advancement, especially in thinking, people have put in arduous study into human psychology and come up with an amazing discovery that 'thankfulness' is the special ticket to the region of emotional excellence.

Contented people will succeed better at whatever their pursuit, compared with those who may be highly intelligent but tend to be easily upset, emotionally weak or unstable.

So, not only yoga, every bit of education given to a child should begin with gratitude.

For example, at Sri Impian, if I'm holding the lift door open for a mother and her school-going kid, but the mother doesn't say "thank you" but rather look up at the ceiling, how is the child going to learn the basics of progressing without speed bumps in life?

We're talking about parents who are preparing their children to enter the likes of NASA or Silicon Valley in the US.

I'm sure even developed nations need thankful people, right?

Teaching children to be thankful means providing them with the most powerful living skills ever. This wisdom applies to all, even foreign workers. The more the skill and knowledge, the more should one look to the ground in humility, in order to gain upper hand in any society, and not be arrogant, snobbish or proud.

Then, like Master said, there'll be less complaints and frustrations. Workers, even the foreign ones, will be more content, appreciate things and work with greater clarity.

Could there have been times when we were not wise enough to know the value of gratitude?

Of course, during teenage years, when we think we know better — we let the only people who care completely for us, our dearest parents, cry silent tears because we've become stylishly remote, withdrawn and a bit too clever.

It's so easy to judge them and compare them to people who suit our ideals more, but, the truth is, they are incomparable. Their love is so purely unconditional that they allow even that ingratitude in us — so that we may learn our lessons and grow to become better humans.

I mean, there are parents who sell their children off, there are those who are negligent, greedy and selfish and there are those who'd offer their children for sacrifice so that they can gain materially. Compared to them, imagine what Gods we have for parents. Aren't we lucky?

After our parents, a true guru, when we find one, is the highest of blessings — for only guru can dispel darkness and show us our true selves.

"For a quantum leap from goodness to greatness, for the atma to become mahatma, gratitude is the catalyst." — Master

Well to sum it up, here's a valuable technique:

When we are not feeling on top of the world, a good practice would be to list down all the things we are grateful for: How about the limbs to begin with and the very beautiful mind that's able to discern between the right and wrong, the opportunities we get, the love that's showered on us, our friends, our awesome teachers, Master, what Master is doing for us through his relentless guidance on everything yoga, etc.

Let's learn from our mistakes and be very grateful for each of them.

Gratitude does not need any religion, dogmas, principles or belief systems to express, or to share. It does not belong to the region of the mind, it belongs to the region of the heart. When the heart is full of it, it will be saturated with bliss and life will be a pretty happy occasion to celebrate indeed.

My friend CHANDRA NANTHAKUMAR, a yoga instructor at MAYI Yoga Academy, says this laudable feeling should be reserved first and foremost for the body and mind. Here's what she beautifully said:

When the noun 'GRATITUDE' is mentioned, all that comes to mind are feelings of thankfulness. I reckon most homo sapiens (including me) if not all on planet earth are grateful for the many things that happen in our everyday life. We are grateful that we have food laid on the table to satisfy our hunger pangs. Some of us are ever so grateful when we see an increase in our pay packets as we long to indulge in more luxuries in life like as if we have not had enough.

But the question is, how many of us actually show gratitude to our mind, body and emotion? While some of us are busy chasing our dreams, the rest of us do try to find time to exercise in the hope of showing care to the body.

Besides attending Master Mani's class on a regular schedule, I also patronise the fitness centre periodically for yoga classes. While waiting for my class to commence, I often watch amazingly at how some men and women, all in the name of exercising, grit their teeth while lifting unbearable weights beyond what their muscles can handle. Some of those who run on the treadmill pant breathlessly with the effort like as if they are participating in a competition. On seeing their faces flushing red, hearing their grunts and observing their profuse levels of perspiration, I sometimes wonder the amount of agony the body is made to endure. Is that the way to show gratitude to the body?

The way I see it, the answer is definitely not in the affirmative. Under the guidance and tutelage of my guru, Master Mani, I have come to realise that I would be able to develop strong limbs too by just practising hatha yoga. The benefits of this science are simply amazing. Yoga helps one to develop an inevitable sense of self-reliance, assurance and gratitude. Indeed, yoga, by its very nature, is inextricably associated with universal laws. Respect for life, truth and patience are all indispensable parameters in the drawing of a quiet breath, in serenity of mind and firmness of will.

Above all, yoga has really enlightened my life as I get to practice gratitude to my body. This is because the practice of hatha yoga does not force one into the pose but guides one through the journey. In fact, throughout the practice, disciples are constantly reminded to be gentle with and to respect the limits of the body. The powerful but brief practice of visualisation (of the mind) at the beginning of a yoga class and the deep relaxation or otherwise known as Shavasana, which is practiced at the end of the class are simply heavenly as they soothe and calm the mind, thus inducing gratitude to the body and mind.

These practices of mindfulness also lead to a direct experience of being connected to life and the realisation that there is a larger context in which our personal story is unfolding. The sense of being relieved of the endless wants and worries in our daily trials and tribulations may be temporary, but it is definitely liberating.

If we can only cultivate thankfulness as part of our life, it will blossom into a feeling of being blessed, not in the sense of receiving of a windfall but in a more refined appreciation for the interdependent nature of life. This feeling of thankfulness or gratitude can soften a heart that has become too guarded, and it builds the capacity for forgiveness, which creates the clarity of mind that is ideal for spiritual development. Thus, by regular practices of yoga, one would definitely be able to attain higher realms in life while always being grateful to the body, mind and soul.

**YM**

# Breath – The Vital Element

*by K. Saravana Sealan*

As children, through observations and contemplations, we would have vaguely concluded that breath is the 'vital element' that makes the pivotal difference between a person being alive or otherwise.

If breath is the vital element, then instead of investing on insurance policies, we could all invest in oxygen tanks to be carried around in a special suit, like the astronauts, as we age. And the word 'death' would have become extinct along with the dinosaurs by now.

It then becomes crucial that we peer deeper to arrest this misconception and get to the heart of the matter in order to lead a more conscious, balanced, active and complete life.
Thanks to the yogic practices, through the introduction to the word 'Pranayama', we are offered an avenue into understanding the inner mechanics into the term 'alive', beyond breath.
But, before we dwell into 'pranayama', let us zoom out a little to begin a holistic analysis through a yogic perspective of the human experience.

According to yogic physiology, the human framework is comprised of five metaphorical bodies or sheaths. Like the Russian dolls, each metaphorical 'body' is contained within the other:

1. The food or material body - Annamaya kosha;
2. The mental body - Manomaya kosha;
3. The bioplasmic, or vital energy body - Pranamaya kosha;
4. The psychic or higher mental body - Vijanamaya kosha; and
5. The transcendental or bliss body - Anandamaya kosha.

Together these five koshas form an integral whole to function as the human experience.
Pranayama works mainly with the bioplasmic or vital energy body (i.e. pranamaya kosha).
Pranayama is a Sanskrit word that comprises two root words: 'prana' and 'ayama'. Prana is 'life-force' or 'vital energy'. It is called 'Qi' (pronounced 'ch'i') in chinese , 'Ki' in Japanese, 'Ruah', or 'Breath of Life', in Hebrew, to name a few.

As the name 'life-force or breath of life' implies, it becomes self-evident that prana is the vital element that is keeping us alive.

The quality and quantity of prana and the smoothness of its flow, through these energy channels (nadis), determine one's state of health — physical, mental and emotional. High level and continuously smooth and steady flow of prana brings one to a positive, enthusiastic, creative yet calm mind and a healthy body, which promotes longevity.



Lifestyle and habits have a profound impact on the prana. Physical activities such as exercise, work, sleep, intake of food and sexual relations affect the distribution and flow of prana in the body. Faculties of the mind such as emotion, thought and imagination affect the pranic body even more.

Irregularities in lifestyle, dietary indiscretions and stress deplete and obstruct the pranic flow. This results in what people experience as being 'drained of energy'. Depletion of energy in a particular prana leads to the devitalisation of the organs and limbs it governs and ultimately to disease or metabolic dysfunction. When prana is completely depleted from the body, death occurs.

After understanding prana, let us look at 'ayama'. *Ayama* means 'expansion or extension'. So, pranayama literally means 'expansion or extension of the dimension of prana'. Pranayama utilises breathing to influence the flow of 'prana' in the nadis or energy channels of the vital energy body (pranamaya kosha). Prana flows through over 72,000 subtle energy channels (nadis) and energy centres (chakras). Although closely related to the air we breathe, prana is more subtle than air or oxygen.

Since pranayama utilises breath, obviously the breathing habits play an important role in the maintenance of prana. More conscious, natural, deep breathing — using the lungs' fullest capacity — instead of unconscious and shallow breathing, ensures increased absorption of prana.

Through conscious breathing, one will come to realise that there are four aspects to breath:

1. Inhalation – *Pooraka*
2. Exhalation – *Rechaka*
3. Internal breath retention - *Antar kumbhaka*
4. External breath retention – *Bahir kumbhaka*

The ancient yogis, observing the animals and their own breathing, realised that there could be a breathing technique that could encapsulate all the four aspects of the breath thoroughly, especially the breath retention process (*kumbhaka*) for the body to absorb the prana effectively.

Yoga offers over 90 types of pranayama techniques and bandhas or (locks) to energise, balance and influence the flow of prana in the nadis — purifying, regulating and activating them, thereby inducing physical and mental stability.

Some common pranayama techniques include *Nadi shodhana, Sheetali, Seetkari, Bhramari, Ujjayi, Bhastrika, Kapalabathi, Anuloma, Viloma, Moorchha and Surya Bheda*, just to name a few. While the bandhas, or locks, consist of Moola Bandha (perineum contraction), *Uddiyana Bandha* (abdominal contraction), *Jalandhara Bandha* (throat lock) and *Maha Bandha* (the great lock).

These pranayama techniques, along with the bandas, can be viewed as the 'churning' of the breathing process, gradually achieving consistent subtle breathing to almost a non-breathing state and eventually rising to the awareness of the subtle aspect of existence, transcending one's normal boundaries, or limitations, and attaining a higher state of vibratory energy.

In The Science of Pranayama, Swami Sivananda writes, *"There is an intimate connection between the breath, nerve currents and control of the prana, or vital forces. Prana becomes visible on the physical plane as motion and action, and on the mental plane as thought. Pranayama is the means by which a yogi tries to realise within his individual body the whole cosmic nature, and attempts to attain perfection by attaining all the powers of the universe."*

I would like to thank Dear Master Mani and the awesome team for the teachings that surpass classroom, leading to an ever-enticing journey towards self discovery.

To family and friends, Thank you and Love ya' All! **YM**



# Urdhva Retas

In the ancient times, a group of individuals from South India known as the Siddhas, discovered the secret of longevity at will by regulating the health of the sexual reproductive system. Even then they had revealed that the power of the brain and body correlates to the optimal functioning of the sexual organs and related glands. Through a simple technique which takes less than 5 minutes a day to perform, super health of the reproductive system is achieved and also the ability to regulate its entire process of neurochemical release in the brain and body. Indirectly psychological and physiological balance falls in to place with consistent practice of this technique.

This secret known as Urdhva Retas Yoga awakens a subtle channel in the spine "vajra nadi" so that excess reproductive secretions which are highly potent can be reabsorbed to rejuvenate all cells. Just like all parts of the body that need to be toned and exercised to delay the effects of ageing process, Urdhva Retas offers a path developed specifically for the male and female sexual reproductive system. Whether the system is underutilized or over utilized, it will be brought back to balance by Urdhva Retas.

The overall benefits are:

- Enhanced sexual fulfillment (for the sexually active)
- Overcoming sexual frustrations and cravings
- Reducing PMT and menopause symptoms (for females)
- Potentially healthy off springs with the conservation of "virya"
- Improved brain power, memory and concentration
- Natural contraception method
- Youthfulness

**The experience of an Urdhva Retas practitioner:**

Through the daily practise of Urdhva Retas and other yoga practices, I have experienced that the physical craving stemmed from sexual desire is more easily controlled and managed. It has also helped to reduce excessive and impulsive sexual needs. This does not mean that sexual desire is dampened but the mind-body control is more centred. The analogy is... an ever charged battery which is ever ready to service but not reaching the overcharged state.

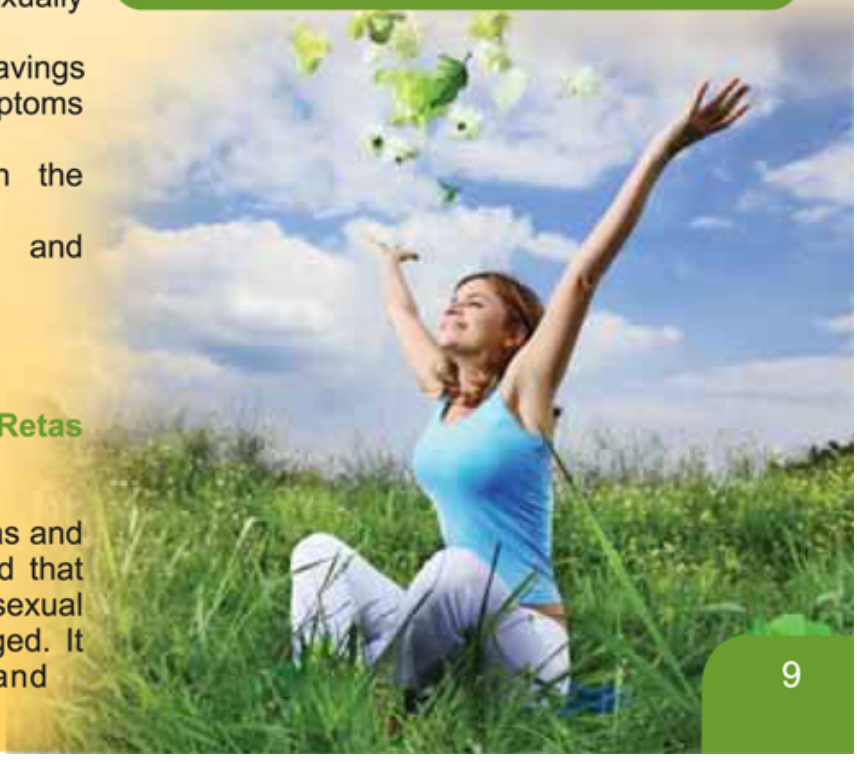
From past experience, normal ejaculation is followed by exhaustion and tiredness. However with the practice of Urdhva Retas and controlled ejaculation, discharge is reduced, some energy is retained and strain is reduced on the spinal nervous system.

Other benefits that have also naturally followed are minimised time spent on sexual thoughts and fantasies so that there is more time for self-evolutionary practices, more control and consideration towards oneself as well as our partner's needs, and feeling more comfortable and confident to engage openly on this topic.

I feel it is important for all men and women at any stage in their life to practice Urdhva Retas as well as all other related yoga practices.

"Expansion of mind and liberation of energy"
Namaste.
GH Lee

The next **Urdhva Retas** workshop is on:
Date: 13th October 2013 (Sun)
Time: 4.00pm – 6.30pm
Venue: Damansara Utama



# EVENTS Sparkle Away!

*by Nirmell Satthiyasilan*

On the 20th April 2013, Malaysian Yoga Society (MYS) organised a day trip to Bukit Melawati and Kampung Kuantan. The overwhelming response resulted in the demand of two chartered buses to cater for the huge turnout. 90 MAYI members, and their family and friends set out on this educational trip to learn about Malaysia's rich history.

Upon arriving at our first destination, Bukit Melawati, we were greeted by the very friendly and curious Silver Leaf Monkeys, otherwise known as Lutung in Malay. This monkey has beautiful dark silver fur and the instantly recognisable pointed hair while the young has golden fur! Special food such as peanuts and long beans were being sold to feed them.

Bukit Melawati is a place of rich history. During the late 17th century, Sultan Ibrahim, whom was the second Sultan of Selangor, built this fortress as a protection from the invading Dutch Army whom had already taken Malacca during that time. The fort which was lost to the Dutch and then reclaimed with the help of mercenaries, suffered more trials of war and incidents in years to come, and today it has become a famous tourist spot. Keeping the history in mind, some took a slow walk up to the peak while others rode on the tram.

At the peak, the group congregated below the Altingsburg lighthouse to capture a group photo. We continued our leisure time playing and feeding the monkeys as well as watching beautiful eagles soaring above our heads. Everyone was attracted to the rows of gigantic canons that were facing the Selangor coastline ahead. As I sat by a canon, I could only imagine the remnants of the violent past when multiple rounds of ammunition were fired at the rows of invading Dutch Warship nearing the Fort.



On cue, we returned to the buses and the journey continued towards the nearby Kampung Kuantan, known for its unique heritage of the "kelip-kelip", or fireflies. These tiny bioluminescent beetles can be found congregating on special trees known as Berembang. After a quick picnic near the entrance of the village, we walked towards the jetty enjoying the sunset while waiting for darkness. We were assembled in groups of four to fill each boat on this part of Sungai Selangor.



After gearing up in life jackets, we were guided carefully down the jetty steps and into each boat by friendly villagers. The magic began when our boatman rowed us into the darker regions. Like a scene from the movie Avatar, the trees glittered and sparkled in gold, courtesy of these bioluminescent creatures.

"It's a sign to call for a mate," said the boatman.

An unforgettable moment was when our boat glided under a Berembang tree and above us were its network of branches filled with hundreds of golden sparkles, mimicking stars in the night sky. After spending 20 minutes to be a part of this surreal experience, we returned to the jetty and then on to the buses. I am glad that this natural heritage is being well preserved with such effort. It's definitely worth it to make your way to Kampung Kuantan for such a beautiful glittering fireflies experience!



# EVENTS Fitness Day 2013

On the morning of 11th May 2013, busloads of students and faculty members of the Winfield International College, School of Physiotherapy, were transported to the Dahlia Field in Taman Tasik Titiwangsa for a morning workout. MYS instructor, Iswari, was greeted by eager participants who were enjoying the cool fresh air and morning sun by the lake to conduct a Yoga session on their Fitness Day 2013. Seated with wide-eyed enthusiasm, they were briefly introduced to the vast benefits of Yoga practices and a practical session followed suit.

The many poses which were presented soon brought the group into an eruption of laughter, as they watched each other's attempts to flex into yoga poses. The barrier between students and lecturers disappeared as they cheer each other on. Curious joggers soon gathered around the crowd and some approached the MYS team for a quick chat about health and wellbeing.

What a sight it was to see that everyone transcended gender, age and profession to come together for a great workout! Thank you to the faculty members and students of Winfield International College for the invitation!



# Medical Screening Programme at Pure Life Society

On a wonderful Sunday, 12th May 2013, Pure Life Society organised a Medical Screening Programme for the public and MYS was invited to conduct Yoga sessions for the attendees. Various medical screenings were available for the public at no charge and a canopy was put up for MYS to conduct Yoga sessions for the public.

Some participants who were initially shy soon warmed up to the easy to follow Yoga postures. The participants, ranging from teenage students to the elderly, were bemused to find that Yoga is suitable for each and every one of them regardless of age, and that they are able to do Yoga. The eagerness of participants throughout the sessions seemed to be a clear sign that each of them were discovering some benefits. While some were relieved of stress through the techniques, others had fun with the playful partner poses. Needless to say, Yoga breaks the ice, strengthens communication, and most certainly, improves wellbeing! What better way is there to beat sitting idly in a queue, doing nothing or fiddling with mobile phones, than Yoga?



# EVENTS A very vibrant MIYC 2013

*by Vijaya*

This year, a huge and delighted crowd, easily 4,000, walked in and out of the clean and neatly decorated Kandiah Hall, in the secure vicinity of Sekolah Kebangsaan Vivekananda, Brickfields, to witness a vibrant and colourful show of the Malaysian International Yoga Competition (MIYC) 2013. The highest number of school students, more than 600, and adults, more than 200, participated and made the event, held on May 1st 2013, a distinguished one. Surely, the Vegetarian Food Fair, held in conjunction with the competition, was an additional attraction.

With increasing participation from yoga enthusiasts from around the world, especially India, China, Singapore, Indonesia and Thailand, Malaysian Yoga Society (MYS), the official organiser of MIYC 2013, expects Malaysia to be one of the main centres in Asia to attract more of such yoga-based events and activities.



As hundreds of children and adults bravely took to stage to showcase their talents, the atmosphere, though at first relaxed, turned out to be exciting, encouraging and enthusiastic. Mr Muralidharan, one of the volunteers, commented that each year the quality of performance improves as participants do their best to try more advanced asanas, or postures.

"The children had trained very hard and it was good to see them enjoying themselves. Almost half of them had taken part in the previous competitions and there's marked progress in their performance. They also showed a lot of confidence in tackling postures they were not previously able to do. This is a very encouraging sign because many of them are from rural areas and the competition was a great moral booster to them," noted Mrs Sumathi Jeganathan, a Super Yoga Kids instructor with MAYI Yoga Academy.



The children, from 4 years old to 17 years old, were in fact all winners as they enjoyed themselves to the maximum. Added to their joy was the free breakfast and lunch; other activities like colouring contest and free dental check-up; free goody bags, gifts, drinks and certificates received by each and every child who went up on stage to perform his or her five favourite asanas. These were mostly sponsored by kind-hearted individuals and corporations.

"Participation in the children's category increases every year. This is because more and more schools are seeing the positive transformation in children who practice yoga. Besides teaching them discipline, yoga creates opportunities for them to understand themselves better as they become more aware of their body, mind, breath and action. The outcome of this is mental/physical fitness and clarity of mind. Hence the competition is an important tool to groom these children to a healthy yogic lifestyle," said Master Manisekaran, the founder of MYS.

As is the norm (in yoga competitions around the world), the competition was not aggressive in

nature but inspiring and full of positive energy. Participants showcased their talents not in arrogance or pride, but in a graceful, inviting and inspiring way. Every participant was given a grand clap of hands besides gifts and certificates to encourage them not only to participate, but to absorb the real meaning of yoga and see and understand yoga for what it is — a mind-body science that brings utmost benefit to the wholesome growth of a person.



Winners of each category — five for children, and six for adults — received medals, cash, hampers and gifts. The pinnacle of the show was the heated competition between the winners of all these categories. They each performed challenging as well as difficult asanas and proved to the wildly excited crowd that they did indeed possess a great skill in mastering the art of stretching their limits, literally!

Ahmallah Veloo from KL took back the overall championship trophy and a cash gift for the children's category while Kanisorn Namchaiswadwong from Thailand bagged the trophy and cash for the adult's category. Among notable winners was Mr Rakhma Sakharam Lende from India who won in the above 55-years-old category. He had also won in MYS' previous competitions.

As a measure of respect and appreciation, the MYS committee presented a special award to the oldest participant, Mr Kumaraswamy, from Puchong, Selangor, who is not new to the arena. Above 83 years old, he is a living proof of what yoga can do for us at that age — provide more strength, vitality and vigour, and a healthy and fit stature.

With MIYC 2013 successfully over, the stage is already set in momentum for the next competition on the 7th of June 2014. MYS expects more than 1,000 participants to take part this time around and make the event merrier still. **YM**


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**to sharpen your senses**
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# Featured Asana

## *Eka Pada Pranamasana (One-legged Salutation Pose)*

### Step by Step:

1. Stand upright with feet together and distribute body weight evenly on both feet.
2. Focus gaze on a fixed point in front.
3. Slowly shift weight onto the left leg.
4. Bend the right leg, hold the ankle and place the sole of the foot along the inside of the left thigh with heel towards the perineum. Keep the right knee pointing out to the side.
5. Firm the left leg and lengthen spine to remain balanced then bring palms together in front of the chest. Alternatively, with palms together extend arms above the head.
6. To come out of the position, release both hands down to the sides and then the right foot to the floor.
7. Relax completely in the starting position, and repeat on the other leg.



### Benefits:

- Develops nervous balance
- Strengthens legs, ankles and feet muscles
- Improves concentration

# Pregnancy (Pre-Natal) Yoga

Becoming a mother is a very personal adventure. Although the doctor can monitor your health and baby's growth throughout pregnancy, yoga brings a calm strength and inner balance that helps you to overcome challenges that may lie ahead. The ancient system of yoga promotes mental and physical well-being. This is important during times of transition as the experience of being pregnant and giving birth involves major physical and emotional changes. Adapting Yoga techniques to breathe, move and relax will guide you to lay deep foundations for decades of mothering. Yoga tones muscles without straining them. It promotes healthy blood flow, combats fatigue, balances the neuro endocrine system, stabilizes emotions, reduces stress and reconciles all contraindications. Yoga is an ideal form of exercise throughout the many stages of pregnancy. Pregnancy yoga postures are divided into trimesters as it's easier to be practiced according to the various stages of pregnancy. It is an excellent way of preparation for the birth of a baby.

As pregnancy yoga instructors we are not only teaching mothers to have a safe pregnancy but also for the foetus to grow with health and balance. This opportunity to assist mother and baby throughout pregnancy brings a wonderful feeling of accomplishment to the instructor especially when the baby arrives.

**Here is what a satisfied mom had to say about Pregnancy Yoga sessions:**

*Pregnancy Yoga was introduced to me by my husband, Subramaniam, who had personally benefited from MAYI yoga classes. When I conceived our first daughter, we were too engrossed in our jobs, postgraduate studies and home management. Most of our planned recreational activities or workouts would end up being turned into an errand or just 'time for a breather'.*

*Realising our tight schedules I joined MAYI Pregnancy Yoga classes which were really comfortable and interesting. The instructor would give each student personal attention and we were encouraged to do the asanas according to our own personal capacity. The stretches and asanas helped a lot in easing body aches and cramps, while the breathing exercises and Yoga Nidra helped me to re-energise and attain deep relaxation. I would return home after each session feeling refreshed, calm and confident.*

*When our little one decided to arrive the contractions started and progressed. I was nervous and worried and became more tensed and rigid by the moment. The nurses and my husband kept telling me to relax. That's when I remembered my yoga instructor's advice to keep breathing through all stages of labour and the 5 step breathing technique we learnt in class came flashing in my mind.*

*By concentrating on breathing I realised the intensity of pain reduced (mentally) and I could concentrate on the delivery. My tension reduced and I was able to cooperate with the medical staff. When I saw our baby's face for the first time, words just cannot describe our thankfulness for all the motivation and positive thoughts received in class. This encouraged me to take up pregnancy yoga again for my second pregnancy.*
*-Meyyammai Swaminathan*

**...and a heartfelt sharing by a Pregnancy Yoga Instructor:**

*"Being inspired by my positive experiences with yoga before and after becoming a mother, I seized the opportunity to attend Pregnancy Yoga Instructor Course (PYIC) to deepen my understanding on how yoga really benefits a mother-to-be. This also allowed me to share with other pregnant mothers through pregnancy yoga lessons.*

*Shortly after completing the course, I became pregnant with my second baby. One of deepest impressions on me during this second pregnancy was how much the visualisation and positive thinking techniques I learned from PYIC helped me even more through my second delivery. With the comprehensive knowledge of pregnancy yoga from a teaching perspective, I was filled with even more calmness and confidence this time around. Post natal recovery was smooth and most importantly was the mental and emotional balance that yoga has always brought to me as I now have the new challenge of being a mother of two."*
*-Chin Kai San*

Call **03.2260 5322** or **03.27726 6682** to enquire about:
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**Pregnancy Yoga Instructor Course**:
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Email: superyogakids@gmail.com

# Articles by Practitioners

## The Magic Begins

*by Karthigeyen Subramaniam*

Life in many ways is exciting, challenging and mysterious. Many of us feel that we have no control of the circumstances that happen in our life and most often become affected by them. We feel sad when being put through challenging situations and feel good when something turns out the way we want it to be. Therefore we are always being swayed by the emotions which are triggered by the events that happen to us in this journey called life.

When circumstances in life gives happiness, nobody complains (if you do then you are probably very different), but if something trigger us to be sad, that's when all the blaming and complaining starts and we get depressed by losing our peace. This is what we all believe life is, the "ups and downs". On the contrary, I believe life functions in a different way. There are definitely the so called "ups and downs", but they are merely situations in life, not our emotional state. Now, you may ask, how not to be emotionally triggered when the situation in life is very adverse and why not to be emotionally affected.

Let me explain the why first. Well, it is quite simple. When we are centred/balanced and not emotionally high or low, we will be in a state of perpetuating peace. This state of calmness helps us to achieve optimum health and functioning at our highest potential. I'm sure you have heard cases where someone got a heart attack because of being too happy or because of a sudden unexpected sadness. The emotional sways have its toll on our health. Therefore it is crucial to be centred at all times.

Succumbing to the emotions also clouds our ability to make wise decisions as the saying goes "never make a promise when you are happy and never make a decision when you are sad". You'll notice that decisions made when it was calmly analysed always gives the desired benefits.

Access to our inner creativity is also closely linked to this state of peace. Newton discovered gravity when he was peacefully drinking his tea and watching the garden, not when he was depressed or happy. The peaceful state opens up all the doors of opportunity in life.

Having known the benefits of being centred, let's explore how we can achieve this state. Ancient yogis have deviced a systematic set of practices through their experimentation which is capable of transforming anyone to achieve this state. It has been kept secret for many centuries and only revealed to deserving candidates because achieving the state of perpetual peace empowers the individual in many aspects and could be disastrous if it is not being used for good purposes. This set of practices is known as Kriya Yoga. It is yoga of action leading to the balanced state and even beyond.

My exposure to kriya began in 2008 when I read the book "Kundalini Tantra" by Satyananda Saraswati. Since then I wanted to learn Kriya but all the while never started for reasons I myself do not know. Furthermore, I thought that there was nobody teaching this in Malaysia and if I want to learn from a master I'd have to go to India. Only in Dec 2012, to my surprise I got to know that Master Manisekaran teaches these techniques in Malaysia in a course called "Self Mastery". I guess it was my destiny to start learning and practising then.

First I was a bit reluctant to join the course because I was sceptical but eventually I thought why not give it a try. Thus, I signed up and started attending the classes.

From the classes, I found Master's teachings to be very practical for today's lifestyle. Besides the kriya, he emphasizes a lot on the philosophy of life and harmonious living. It is from these teachings that I realized the importance of being centred as described earlier. The teachings also helped me to look at the circumstances in life differently.

I experienced more confidence, more clarity of mind and a lot of peace. Life is changing for the better and I can certainly feel the magic begins……. **YM**

- Guru saranaaravintapyam -

# Articles by Practitioners

## Himalaya 2013: A Complete Journey (Part 1)

*by Vijaya*

Sitting comfortably in the bus, heading towards Barkot with a super duper driver, his navigator and an equally super sensational guide, Muralidaran, a.k.a Mr Lee, I couldn't hear the children's voices from the back portion and everyone except me and the driver was asleep. In a slight moment of dullness, I tried to make some sense with the pen and paper I had in hand. A poem flowed out like did the Bhagirathi river we were all blessed to see a day earlier.

### A pilgrim's journey

*"It was the majesty of Bhagirathi yesterday*
*and the glory of the mountains today.*
*In many hues, shades and layers ...*
*Dark, light, green and great like the landscapes I'd drawn.*

*Plunging valleys, towering mountains,*
*winding roads, sand stones.*
*Forest fires, tiny temples, little villages,*
*Houses, towns and flourishing businesses*
*at unthinkable heights.*

*Sadhus wandering...*
*to unknown destinations,*
*In a beauty that was never ending.*

*All these greeting us,*
*up and up we went*
*along the snake-like winding and twisting roads.*
*From the foothills of Haridwar*
*up to the icy, white, Kedarnath mountain views.*

*We had fun,*
*We took pictures,*
*and we sang and danced in the bus.*

*With the views depriving us of breath*
*Sweet sangeetham, kirtans and bhajans,*
*Mother earth swelling up into concrete mountains*
*And cool rivers flowing in abundance*
*We travelled and travelled and travelled…*
*Sitting for hours in the bus*

*We were going towards grand*
*and famous temples at the peaks*
*Full of vibrations, devoted visitors,*
*and surely, money-minded priests*

*We halted at places of worship*
*and dipped in holy-most rivers*
*There was a tingling sensation on my head*
*and then, I realised...*

*There's no destination in this journey*
*No heaven to attain*
*No God to discover.*

*The joy is in the waiting*
*When our friends can't walk*
*as fast as we can,*
*and in the stops we make*
*to see each other's face.*

*Happiness is in the heart that flutters*
*at everything that we encounter*
*with the five senses and more.*

*Bliss is ...*
*With the love we pour*
*At the feet of the guru*
*When we get to see Him.*

*There's no spot*
*Where God is not*
*And everyone's true*
*journey is only within*
*To realise 'that'*
*which was never*
*not present,*
*never not flowing,*
*and never not giving*

*Which is even now glowing*
*In the very words I'm writing.*

So this time, I'm going to focus on simple things that touched my heart and taught me great life-changing and valuable lessons. There was no end to the external beauty we could see and feel at the Himalayan ranges. Beauty was overflowing and shattering our illusions about what beauty can't do. Can something extremely beautiful have the same power and intensity over what we are within? That question we each need to mull on.

On my left sat Master and Sumi, and on my right was Miss Pugunes, a.k.a. angel. The road, stretching hundreds of miles before us, was very narrow, but the bus was always steadily progressing on its route.

Outside, we were surrounded by plush green mountains with a thick dark jungle covering. The mountains were not so tall and attractive yet as I'd witness later — further up the journey — but there were so many layers of mountains that there was nothing but mountains as far as the eyes could see.

Surprisingly, I didn't see much of the bright red "flame of the forests". There weren't many flower trees, but at every other turn around a corner or curve, there would be a few trees gracing our eyes with fully bloomed purple flowers or yellow or white ones.

Along the way, with very keen eyes, I kept a lookout for the witty road signs with words of wisdom for avid travellers:

1. Speed thrills but kills
2. If married, divorce speed
3. Hug your kids at home, but belt them in the car
4. No race, no rally, enjoy the beauty of the valley
5. After whisky driving is risky
6. It's better to lose one minute than to lose a lifetime

On our way to Haridwar, we stopped at Akshardham, a newly-built extremely attractive architecture, worth US$50m (according to the guide, probably in jest;), Leena Karmakallio exclaimed that the idol inside, of saint Swaminarayan, was exceptionally beautiful. To that, Murali — a remarkable character — in a moment of unexpected candour and humility, exclaimed loudly (despite the presence of a huge crowd around us), "Madam, you are beautiful. Everyone is beautiful. God is not only there, he's everywhere. He's beautiful in you and me." Even as he said that he fell down and touched her feet (smile).

Like beauty, tasty food arouses good feelings. We feel happy when we eat something tasty. People who are feeling down or depressed are known to continuously fill themselves up with their favourite snacks or meals to enhance that feeling of satisfaction. When I asked Master about it, his answer was simply: Yes, there's a good feeling that arises when you enjoy your meal. After you eat, don't think about it. Don't be attached to the memory of the taste.

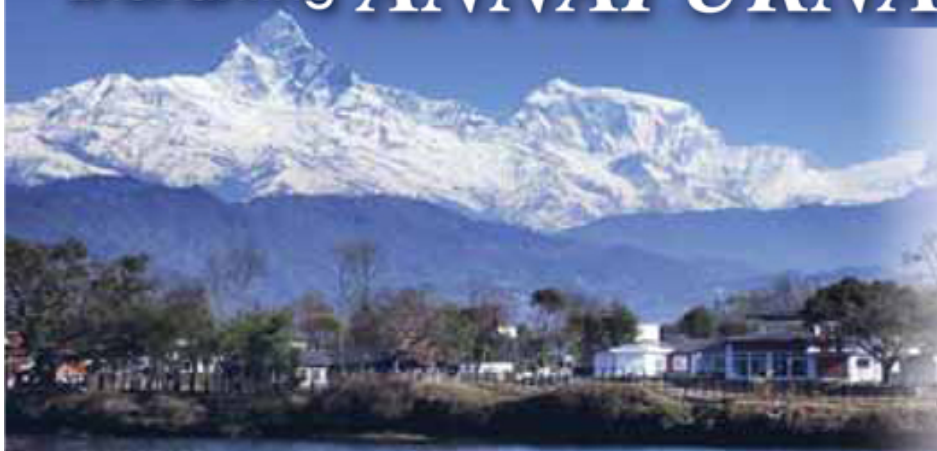
Enjoy the moment, but don't be attached. That's something to think about, or maybe, not think about (smile).

I was a bit concerned about the children and also a few older folks, but Master told me earlier in the trip that if we took precautions, be alert and be aware, we could minimise any unwanted incidents. That was the magical sentence for a smooth-flowing and perfect trip. In my first trip to the Himalayas in 2008, I got sick after a few days and was coughing like mad throughout the 17-day journey. This time around, I had the neti pot, a packet of salt and a container for kunjal — and that made life brilliant and the trip a complete one.

I made sure I shared that vital knowledge with friends who willingly or unwillingly listened (smile). After which, I heard Magen, our able photographer, drove a noisy king-kong trailer in the bathroom (doing kunjal, that is) and kept his roommate Mohana Raj, the rising star, awake before sunrise. By the way, shatkarma is a very important part of any yogic journey. I learnt it the hard way through the many trips I've made with Master.

**YM**


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# Yogic Wisdom For Daily Living

*III.7 trayam antarangam purvebhyah*

*by Jamie Spatafore*

**These three aspects of Yoga are internal, compared to the previous five.**

In a previous sutra (III.4) it is stated "These three together – dharana, dhyana, and samadhi – constitute integration" so we must infer that the three aspects of Yoga that are internal are dharana, dhyana and samadhi. Therefore, the previous five (which are external) are yama, niyama, asana, pranayama and pratyahara.

This is an important sutra. Everything else done up to this point has been going on externally. We can see the physical effects of cleanliness, truthfulness, firmness of posture, etc. Most probably other people can too.

Now, we've come to the part where it gets a bit more difficult. Concentration, meditation, and absorption are all internal. Who is to know? How can they know? We can say that someone has a concentrated look but it does not make it true. I can make myself to "look" like I'm concentrating but really my mind is jumping all over the place. I can sit down with my eyes closed and "look" like I'm meditating but really I am thinking about how good a roti susu would taste.

The reason it gets tricky at this juncture is because there is a great opportunity to deceive ourselves. Because these aspects are internal we need a lot of honesty and sincerity of purpose. If not, we can easily put on a front for the world but internally, nothing much has happened. We must remember what has been said about the path of yoga in the Bhagavad Gita. Of 1000 people, perhaps 10 will follow the path of yoga but of these perhaps only 1 treads the path successfully. It is not easy. How can it be when we've been creatures of habit since our birth? We have a lot to overcome but it can be done. It has to be done eventually. That is the only reason we are here. Elsewhere in the Yoga Sutras, Patanjali states "Nature and intelligence exist solely to serve the seer's true purpose, emancipation," That is good news isn't it? This world exists only to assist me in liberation.

There is another trick the mind likes to play. We expect to see changes similar to the previously mentioned external aspects of Yoga. By the very nature of these 3 internal aspects, we really can't. If we are not careful, we can easily get down on ourselves and feel like everything we've done so far is a real waste of time and energy perhaps leading us to quit our sadhana. It isn't. Although these aspects maybe subtle, they will have an effect. We have to have faith. There are many stories of sincere aspirants jumping from one practice to another. If we look closely, we can see that the point where they changed practice was at this stage, the internal.

Once we start to move internally, it really becomes an issue of how dedicated we are. We have to be our own guide. No one will be able to give you internal instructions. It is uncharted territory. By all means, we should lean upon our teachers and guides and use their examples but the journey has to be taken on our own. This is why there is so much time spent on the external aspects. Firstly, they are much easier. Secondly, they have to be just right before the inward journey can even progress. The sages say that if the foundation is firm and steady, the building of the house takes no time at all.

So it is good if first we have a good foundation and second we have a real thirst for freedom. Peace. **YM**

# At Your Fingertips: Parasite Cleansing

*by Lee Yan*

Have you experienced conditions like insomnia, headache, nausea, cramps or fatigue? What about teeth grinding, nose bleeding, ulcers, colitis or diarrhoea? Some may also have conditions to which modern medicine does not have a solution. Has it ever crossed your mind that the conditions above may be caused by invasive micro-organisms call PARASITES?

For more than a decade, experts have found that 95% of us have parasitic organisms living inside us. Parasites that dwell in our body are one of the single most undiagnosed health challenges today. Most of us think that parasite infestations could only happen in 3rd world countries. There are more than 100,000 known types of parasites yet only a few standard tests to identity parasite infestation. Many are not aware that the symptoms they are having may be caused by the effects of worms or parasites in the body.

## How parasites enter our body

We are easily infected by parasites through the food we consume, the air that we breathe, drinking tainted water or even exposure to polluted environment. The infestation risks are also higher when we consume poorly prepared raw fish or meat. In some cases, we can be infected by parasites through our own pets. The different kinds of parasites that a person can contract are roundworm, tapeworm and pinworm that are harmful to our health.

Parasites that inhabit our body reproduce and multiply by the thousands and if left untreated, these parasites may spread to other organs in our body leading to numerous health hazards. Other than drawing nutrients from our blood, parasites also excrete extremely toxic wastes that are being absorbed into our system. Symptoms of those with parasite problems may include insomnia, ulcers, colitis, diarrhoea, nausea, cramps, fatigue, headaches, anal itching, teeth grinding, bed wetting and nose bleeding.



Here are some useful tips to prevent infestation of parasites

1. Remember to always wash & sanitise your hands after you have used the washroom and before eating.
2. It is recommended to wear gloves before picking up your pets' litter.
3. Wear gloves while doing gardening or working with sand and soil as it is often highly contaminated with parasites.
4. Keep your fingernails short and clean at all times as these are good breeding places for parasites.
5. Be careful not to walk barefooted in the outdoors if you have wounds on your feet as the soil or ground can be contaminated with parasites.
6. It is best to cook all types of meat thoroughly before consuming. Raw meat that is not properly cooked may contain bacteria and parasites.
7. Wash all fresh fruits and vegetables thoroughly before eating them.

## Why we need to eliminate parasites

It is necessary for us to eliminate the parasites that are living in our system. A natural parasite cleansing programme is an effective way to reduce and eliminate parasites from our body .Those experiencing persistent symptoms are highly recommended to start parasite cleansing without further delay. With the help of herbs, we can efficiently eliminate parasites from our body. It is recommended to perform this cleansing annually to increase the optimal functioning of the body.

## Parasite Cleansing & Colon health

Parasite cleansing is important as we do not want to be the host of these 'nutrient-absorbing' organisms. Our colon is an important organ because this is where nutrients from foods are absorbed before passing through to the lower intestines for elimination. A lot of parasites live inside the colon area and they survive on the waste products that are present on the walls of the colon. If the colon is not free from these parasites, our body will be deprived of proper nutrients as all are being absorbed by the parasites. Performing a parasite cleanse can eliminate these invaders and prevent the toxins created from poisoning other internal organs. We will then be able to obtain optimal health.

Natural cleansing is performed by using herbs that are synergistic to cleanse the body of both the adult parasites and their eggs. This system not only works to destroy the parasites but aid in intestinal peristalsis and restore the intestinal flora. It also helps in blood and liver detoxification and improvement of bowel movements to stimulate the body's eliminatory channels of any wastes and debris.

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# Yoga Therapy for Nasal Allergy

*by Surya Tay*

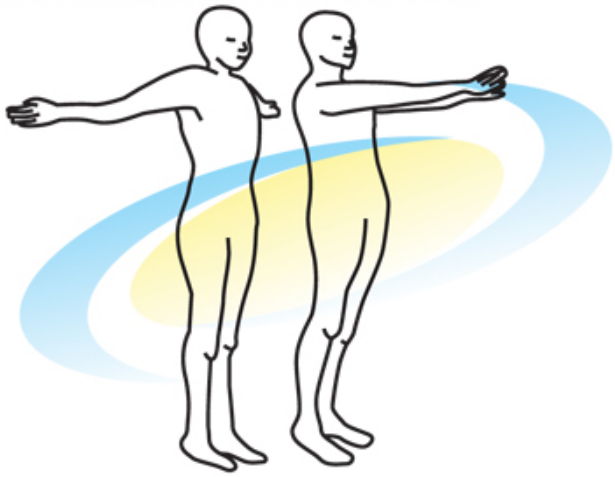
Besides its role as an organ of smell, the nose acts as a personal built in air conditioner which filters, warms and humidifies the air we breathe in, before it reaches the lungs.

The sneezing reflex is part of this protective system that expels foreign irritants that enter as we inhale. In the process of sneezing, the nasal lining swells to block the passage and mucus secretion is also activated to wash away the irritant preventing re-entry to the respiratory tract.

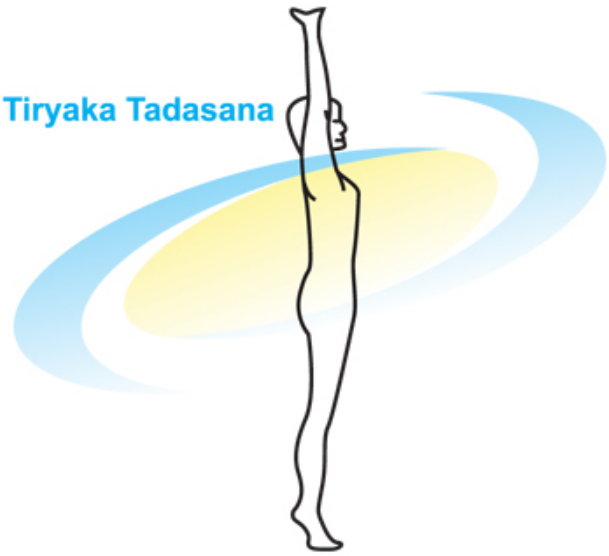
Nasal allergy occurs when there is over reaction to foreign irritants (ie. Excessive sneezing, continuous runny or congested nasal passage). This can be triggered by dust particles, pollen or even intrinsic mental factors such as emotional conflict or oversensitivity.

Yoga practices can help increase the nasal lining's tolerance to these triggers through simple breathing exercises, asanas and the yogic Nasal Wash. It has been found that patients observe marked improvements within two to four weeks after following the regime consistently.

### 1. Breathe and Stretch exercises



### 2. Tiryaka Tadasana



### 3. Majariasana



### 4. Shalabasana



### 5. Shavasana



### Pranayama (Breathing Techniques):

1. Bhastrika
2. Nadi Shodana

### Shatkarma (Cleansing Techniques):

1. Jala Neti (Nasal Cleansing)



All yoga techniques should be learned from an experienced yoga therapist.

**For your first free yoga therapy consultation, please call: 03-2260 5322 (Brickfields/Bangsar); 03-7727 6682 (Damansara Utama)**

# Eco's Echoes: Vibrations

*by Suresh Paunrajan*

Every time I watch flocks of birds flying I always wonder how they can fly so precisely without crashing into one another. Even when there are thousands of birds in a flock, we do not see them stumbling, not even for a second. Only we humans get stuck in traffic jams and waste hours of useful time waiting. Yet as I watch the flocks, there is no waiting. Instead there is a constant flow, there is always movement. This characteristic can also be seen among fishes and other animals, which intrigued me. And so I began to seek more understanding about the vibratory nature of our world.

There exists an external rhythm which we have forgotten to listen to. We have become so self-absorbed that we do not know how to merge ourselves with this rhythm and to trust it fully. But regardless of other circumstances, humans also display this synchronous behavior to the vibrations around us at some occasions. Studies have shown that when we applaud at a musical performance, the sounds of clapping will automatically synchronize. This is easier to observe when we completely let go of our mind because we are fully engaged in listening or watching the performance and the act of applauding is natural without any thinking involved. We can witness this as well when a choir group is singing or when musicians perform together in an orchestra.

So what is this rhythm? Is this the song of the universe? Are we the notes in the song? How can we tune ourselves more with this rhythm, so that we do not get stuck at all and move with continuum to the flow? How do we move with life? I became more sensitive to these vibrations when we practice pranayama or manipuraka because these are the practices that teach us to be constantly observing and then to also to tap into these vibrations.

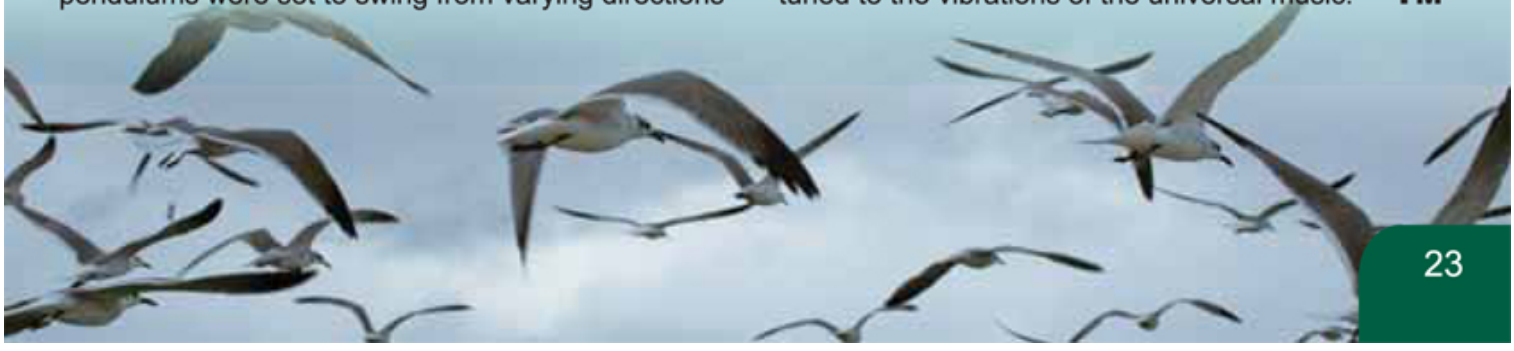
Modern science has been trying to understand these vibrations for a long time. In an experiment many pendulum clocks were place in a room and the pendulums were set to swing from varying directions all at the same time. These clocks were of the same make and model while the time settings were made to be exactly the same. The only difference was the direction of the pendulum swing.

After a few days, the pendulum swing of the clocks somehow started to synchronize but the time of the clocks still remained as they were running since the start of the experiment. It was as if the movements of all the pendulums were synchronized by something else, so that when one pendulum swung towards the right, all the others also swung to the right, and vice versa.

This mysterious behavior is called “odd sympathy” based on the same principle of vibrations and rhythm talked about earlier. Such is the sympathetic behavior of our universe.

Why is it that when we are holding a conversation with some people it is so easy for the conversation to flow? And we can talk for hours, feeling like time has moved fast. Again the vibrations play a greater part here. Same as the music we hear, even the flow of conversation is the rhythm of the universe. Though we may think that we are the one talking while the other is listening, what is actually taking place is the synchrony of the universal music. As a conversation starts to get more interesting, the brain waves of the individuals involved start to synchronize, followed by the heart waves, and then even their breathing becomes rhythmic. This is such a wonderful phenomenon and when the conversation is related to some positive aspect, a healing may even start to take place.

The more I come understand this phenomenon, partly due to my yoga practices, the more I find myself observing this naturally. I have come to realize that if at all I am going to have a conversation it should be only of a positive aspect and it should only be uplifting and healing. So as yoga practitioners let us all flow with the universal rhythm and always keep ourselves tuned to the vibrations of the universal music. **YM**



# A new level of asana awareness with Precision & Alignment Workshops

Here is a way of practicing yoga asana that sharpens the awareness of our inner being and synergise with our physical form. Precision & Alignment Workshops takes one to a deeper level of bodily and subtle awareness in the detailed study and execution of selected asanas from its very foundation. The physical body then becomes a tool to help the mind sharpen its focus, while the usage of props such as blocks, belts and blankets enhances the acceptance of the practitioner's current limitations and the understanding of their individual path of progress.

One learns how to explore with inner awareness the frequently missed parts of holding a posture efficiently and gradually attune the body to improved alignment systematically, organically and compassionately. Many asana practitioners may not realize the tendency to over utilise certain parts of their body which are more pliable or habitually preferred. These parts may not be the most efficient in serving that particular action. In Precision & Alignment, the efficiency of various anatomy parts involving the spine and limbs for specific movement and purpose, are highlighted to minimize wear and tear, and stabilize the entire posture with energy and lightness.

The workshop syllabus includes a fusion of modern science anatomy and physiology with ancient yogic principals. Ultimately each posture is an experience that holds energy, fluidity, lightness and integrity all at the same time while observing with one's own inner eye of perception.

There are 3 levels of P&A Workshops (4 modules per level, 3 hours per module) suitable for both yoga practitioners and teachers who have basic to intermediate yoga experience. For yoga teachers, P&A adds finesse to asana teaching techniques. It also provides a more experiential understanding of structural yoga therapy for those exploring healing through asana. Practitioner Certificates will be awarded to participants who complete each level of P&A Workshop.

*P&A Workshop Series has helped me to understand my direction of growth in yoga practice and more importantly unfold an open mind set in the practice of yoga asanas. With a heightened level of awareness, I am now able to respect and listen to my physical body and mind.*

***Olivia Hoo***

*Joining P&A Workshops is truly worthwhile and eye opening even for a yoga regular like me. It guided me to a higher level of awareness and offers a lot of good tips to improve on yoga postures. I had fun and enjoyed all the sessions. Thank you, Surya!*

***Adeline Chong***

*Even after years of practicing yoga, I never thought about how important it is to use yoga props like the block, strap and blankets until I attended MAYI's Precision & Alignment workshops. Asana alignment awareness is important to increase our strength and flexibility without causing any pain, discomfort or injury. Many thanks to our instructor, Surya, for introducing how these props can help to correct my alignment in a yoga pose and maximize the posture benefits.*

***Siao Lai***

The next **Precision and Alignment Practitioner workshop** is on:
Date: 3rd, 4th, 10th & 11th August 2013
Time: 2pm – 5pm
Venue: Brickfields



# Inner Insights:
## Learning Through Teaching *by Julie Hoh*

To be honest, I had never thought that I'd venture into teaching – what more in teaching kids! This is because I know that my level of patience is miniscule. Yet, you might ask what prompted me to embark on the Super Yoga Kids Instructor Course (SYKIC)? The answer is simple – the children are our future leaders. And now is the time for us to plant good seeds if we want to reap a fruitful harvest in the future. Laying a strong foundation for children when they are still at a tender age is vital if we want to see them flourish and blossom into promising adults.

On the first session of SYKIC, I found it a little difficult to blend in as it seemed so 'kiddy'. It took me a while before I could relax in order to re-live the experience of being a child again. Soon, I found myself warming up to the routine and flowing with the momentum, with Master Mani's words of wisdom from the Kriya Yoga class echoing in my ears, "Just follow the flow, and let the flow lead you." Each and every session of the course were filled with enjoyment and fun! We were trained to be creative and innovative when conducting the Kids Yoga Class and each assignment was presented with creativity coupled with volcanic laughter! Seriousness was present when we discussed the asanas and theories about child development.

I couldn't contain my excitement when I was assigned to conduct the Super Yoga Kids School Holiday Programme upon graduating from the SYKIC in 2011. Imagine this – 5 solid days with a group children aged between 4 to 12 years old! I knew it wasn't going to be easy but I was up to the challenge!

With the guidance and direction provided by the coordinators, I went home to long hours of anxious planning, trying my utmost to give the best that I could to the lovely, innocent and playful angels. This is because the SYK School Holiday Programme is not just a regular School Holiday Programme. The programme goes beyond teaching 1, 2, 3 or A, B, C. It is more than just bending, stretching and flexing muscles and bringing about balance and centeredness. It was



*Julie with her students*

oriented to guide and inspire children to make better lifestyle choices and to have fun while embracing all these good values.

Even though I literally went flat after the 5 days, I am very grateful to have been given the teaching opportunity. And in 2012, I was given another opportunity to conduct the SYK School Holiday Programme along with other SYKIC graduates. We put on our thinking caps and brainstormed together, giving each other ample support and motivation. It was truly inspiring to work with so many budding SYK instructors! And at present, I'm conducting a few sessions of Yoga Sadhana Course-Teens for teenagers of 13 to 16 years old.

What did I learn from all this? Well, bearing in mind the vision and missions of Super Yoga Kids, I came to understand that in order to communicate effectively with kids, we have to be like one of them; act like them; think like them and most of all be with them with our purest sincerity.

Coaching children is a challenging task. As a Kids Yoga Instructor, we are not only here to teach them yoga but to be with them wholeheartedly. Utmost care must be taken to provide for their mental, emotional and physical growth. I feel happy and contented as I observe the children's progress. I've learnt to teach and now I aspire to continue learning through continuous teaching! **YM**

# Inner Insights:
## The Healing Knowledge of Manipuraka & Urdhva Retas

*by Polly Lim*

As with my other workshop or courses, I first heard of Manipuraka & Urdhva Retas through Priya Tee who is very passionate about sharing the goodness of yoga and all related to it. Self-healing is of great interest to me, so I attended the preview to find out more. I asked Master Manisekaran what the benefits of Urdhva Retas are for a single middle age person like me since Urdhva Retas has always being promoted as enhancing sexual health which is not important to me. Master explained that there are many more benefits of Urdhva Retas – anti aging, increased energy and vitality, reduced risk of problems related to menses, menopause and weakness of the bowel system, heightened mental capacity and memory, as well as weight loss. After listening to Master's explanation which I could relate to, I immediately signed up for both the workshops.

In Manipuraka we were taught not only self-healing but also to heal others by tapping into the power of the universe. The best part is when healing others using Manipuraka, their ailment will not be transferred to us. In traditional healing or massage, the negative vibe can be transmitted from the patient to the healer which can be detrimental to the healer.

I had the opportunity to practice my healing knowledge on one of my staff who was suffering from severe menstrual cramps. Even though her pain did not disappear during the healing, she felt a tingling sensation and calming effect. Both of us benefited from this healing practice. Her pain was more bearable and I had the satisfaction of knowing that in a small way I have managed to help someone in pain with the knowledge gained from attending the Manipuraka workshop.

I have been practicing Manipuraka on most weekends for the past 14 months and as recommended by Master, each session should preferably be at least 30 minutes to get the full benefit. I also practice Manipuraka whenever I suffer from prolong discomfort on my lower back



and shoulders. During the practice I can feel energy flowing within my body: my hands will be swinging and my legs and body will be swaying. My involuntary actions may not be as vigorous as some of the others who practice Manipuraka but the benefits are quite similar. I tend to feel more refresh after each session. Together with the Urdhva Retas practice which I do every day I felt more energized.

My working hours are constantly long and multi-tasking. Being involved in production means there are times when unexpected problems can arise even with the best planning, monitoring and controlling. In-spite-of having to solve all these unexpected problems and having to work even harder, I believe my mental strength and stamina is better than those 10 – 15 years my junior!

In my daily life, I can experience the benefits of practicing Urdhva Retas, Manipuraka and Kriya yoga even if it is done once a week. One of the most prominent improvements is that my bowel movement has improved (previously I had issues with constipation). Some of my friends also remarked that I look younger than my 51 years of age. Ahem…

I am most thankful to Master Mani for conducting these workshops and for sharing his vast knowledge with all his students. **YM**

# FULL OF THANKS

Gratitude, however tricky a subject to teach children, is no doubt one of the most rewarding attributes to have when the lesson is learned. Most children start off with the 'me-world', where everything that they experience (and own) belongs to them and them alone. As a result, they gradually get habituated in their sense of self-centredness and would sometimes find it difficult to share their toys with others or would become jealous when their parents display attention to other children. Hence, parents, caretakers and educators are constantly on the look-out for children who are overly possessive or demanding.

Gratitude, when instilled at an early age, benefits the children later in life. The correlation between happiness and gratitude is commendably a strong one. It has been widely noted that grateful people display higher levels of happiness and optimism, and as such are less stressed or depressed. Additionally, those who spend more time expressing their gratitude whether through acts or words, tend to be substantially happier than people who don't. By learning gratitude, they naturally develop empathy, become more aware of the feelings of others, and most of all, discover the joy of sharing.

Granted that it may not be easy to instil gratitude to children in this world of material temptation – the latest action hero toys, the fast paced electronic gadget, the latest fashion, etc. are tantalising the young minds at all times, suggesting that they'll be left behind if they do not own any of these. Yet, with proper guidance towards the awareness and expression of gratitude, everyone can feel the love and gratitude ingrained in them!

Take time to try out these gratifying practices…



## WRITE THANK YOU NOTES

We can easily utter a quick 'Thank You' when we receive a favour. In time, the utterance becomes an automatic process as a form of social response with little awareness. Wouldn't it be more meaningful if we can take a little time off to compose a Thank You note for the people whom we are grateful for? Surely, there are many people whom we are thankful for – parents, family members, friends, teachers, team mates, etc. We don't need to wait for Mother's Day or Father's Day to express our gratitude to our parents. Slip a surprise Thank You card under their pillow for them to find. It will surely leave them grinning from ear to ear!




## LIST AT LEAST 3 GOOD THINGS THAT WE ARE GRATEFUL ABOUT FOR THE DAY

This is a simple practice for all of us to draw ourselves out of self-centeredness. At the end of each day, before going to bed, list at least 3 things that we are grateful for, whether it's a person, an event, or a deed bestowed upon us. This practice keeps us happy and joyful and good sleep is assured!



## SENDING OUR LOVE AND APPRECIATION TO THE BIG THINGS AND THE LITTLE THINGS

Be sincerely thankful for everything that we have. Spend some quiet time to do this visualisation – sit in a comfortable position and visualise yourself sitting among the things that you are grateful for and send your love to them one by one (remember to include even the finer and smaller things, say, a packet of tissue or a piece of stationery!) Visualise that all these things are enveloped with joy and love, including yourself!



## POSE IT!

Mentally expressed our gratitude when we attempt Yoga poses – thank the trees when we are in the Palm Tree Pose, thank nature when we are in the Mountain Pose, thank the inventor and manufacturers of wheels when we are in the Wheel Pose, thank the architects and builders who constructed the bridges when we are in the Bridge Pose, and etc. You will find that your yoga practices will be much more joyful and meaningful!

SYK classes include: Yoga Kids Class, Teens Yoga Class, Family Yoga Class and Pregnancy Yoga Class. For more information about Super Yoga Kids, log on to www.superyogakids.com or find us at Facebook: SYK Superyogakids


## Super Yoga Kids Instructor Course (SYKIC)

### Learn to conduct fun, creative and safe Kids Yoga classes!

Learn a variety of yoga techniques which are essential for conducting Kids Yoga classes.

Understand the different milestones of children's developmental stages.



Explore different memory and concentration trainings for children.

Learn to create effective teaching materials which can be used in the class right away!

super yoga kids
Educating the Whole Child

www.superyogakids.com 03.2260 5322 Brickfields | Bangsar
superyogakids@gmail.com 03.7726 6682 Damansara Utama

# Chef Yogi's Food Notes!

## Sweet Potato Brown Rice



**Ingredients**

½ bowl cubed sweet potatoes
1 cup brown rice (rinse and soak overnight to sprout)
½ cup quinoa (rinse and drain water)
2 ½ cups water

**Method**

Place sweet potatoes, soaked brown rice, quinoa and water in rice cooker. Cook and serve hot.

**Benefits of sweet potatoes:**

- High in vitamin B6 which is crucial in breaking down the chemical homocysteine in our bodies. Homocysteine contributes to the hardening of the arteries and blood vessels.
- Contains high amounts of potassium which plays an important role in stabilizing blood pressure and regulating heart function. Thus, it's good for preventing heart disease.
- High in antioxidants, which work in the body to prevent inflammatory problems like asthma, arthritis, gout, and many more.

# Schedule of Courses: Jul - Oct 2013

## JULY

| | | |
|---|---|---|
| 06/07/2013 | BSR | Self Mastery Course |
| 14/07/2013 | BSR | International Yoga Instructor Foundation Course |
| 14/07/2013 | BSR | International Yoga Instructor Course - Intermediate |
| 21/07/2013 | DU | Super Yoga Kids Instructor Course |
| 26/07/2013 | BFS | Pregnancy Yoga Instructor Course |

## AUGUST

| | | |
|---|---|---|
| 03/08/2013 | BFS | Precision & Alignment: Level 1 Practitioner Workshop 1 |
| 04/08/2013 | BFS | Precision & Alignment: Level 1 Practitioner Workshop 2 |
| 10/08/2013 | BFS | Precision & Alignment: Level 1 Practitioner Workshop 3 |
| 11/08/2013 | BFS | Precision & Alignment: Level 1 Practitioner Workshop 4 |
| 17/08/2013 | BFS | Precision & Alignment: Level 2 Practitioner Workshop 1 |
| 18/08/2013 | BFS | Precision & Alignment: Level 2 Practitioner Workshop 2 |
| 21/08/2013 | DU | International Yoga Instructor Foundation Course |
| 24/08/2013 | BFS | Precision & Alignment: Level 2 Practitioner Workshop 3 |
| 25/08/2013 | BFS | Precision & Alignment: Level 2 Practitioner Workshop 4 |
| 31/08/2013 | BSR | Jala Neti Workshop |
| 31/08/2013 | BFS | Full Intestinal Cleansing Practical Session |

## SEPTEMBER

| | | |
|---|---|---|
| 01/09/2013 | BSR | International Yoga Instructor Course - Advance |
| 15/09/2013 | BFS | Shatkarma: 6 Cleansing & Detox Techniques |
| 27/09/2013 | DU | Ayurveda Massage Therapist Course |

## OCTOBER

| | | |
|---|---|---|
| 06/10/2013 | BSR | International Yoga Instructor Foundation Course |
| 13/10/2013 | DU | Manipuraka Workshop |
| 13/10/2013 | DU | Urdhva Retas Workshop |
| 18-22/10/2013 | Serendah | Yoga Retreat |
| 20/10/2013 | BSR | Super Yoga Kids Instructor Course |
| 27/10/2013 | DU | Pregnancy Yoga Instructor Course |
| 27/10/2013 | BSR | Anatomy & Physiology: The Body from Within |

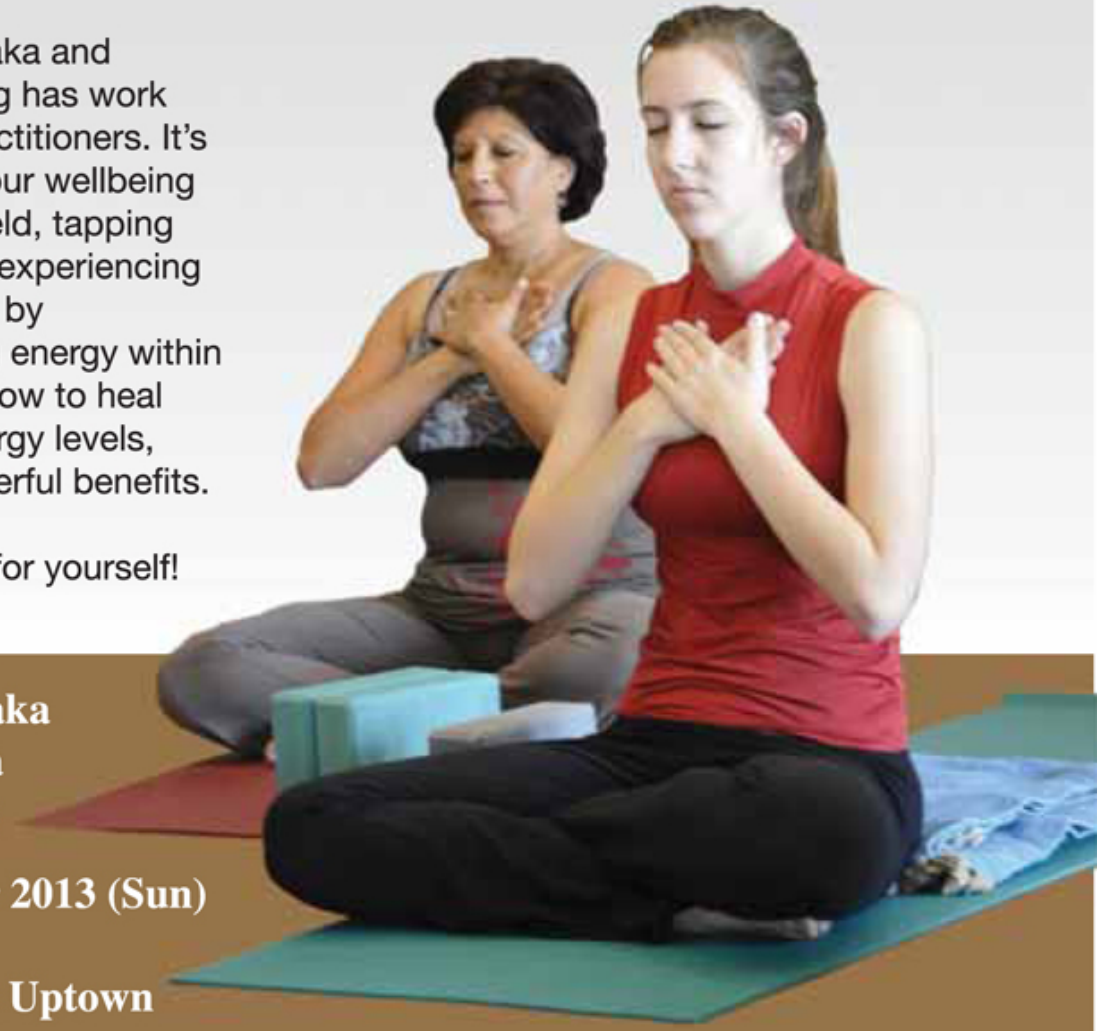
*BFS: Brickfields; BSR: Bangsar; DU: D'sara Uptown*
**Subject to change without prior notice*

# Manipuraka Awakening
## (Spontaneous Physical Movements) & UniYoga (Universal Yoga Healing)

*"I am relieved of my chronic backache."*
*"I experienced an increased in inner energy and emotional stability."*
*"My bodily pain disappeared immediately."*
*"I am able to shift my negative thoughts to positive and Manipuraka allows me to feel at ease and more complete with myself."*
*"By just practising a few sessions, Manipuraka has managed to relieve my lower backache."*

The practice Manipuraka and Universal Yoga Healing has work wonders for many practitioners. It's great for enhancing your wellbeing and positive energy field, tapping into inner knowledge, experiencing self-healing potentials by awakening the healing energy within 30 minutes, learning how to heal others, sustaining energy levels, and many other wonderful benefits.

Discover the benefits for yourself!



**The next Manipuraka and Universal Yoga Healing workshop:**

**Date: 13th October 2013 (Sun)**
**Time: 10am – 2pm**
**Venue: Damansara Uptown**

MAYI YOGA ACADEMY
MindBody • Authentic • Yoga • Inspiration

Contact: **03-2260 5322, 03-7726 6682**
Email: yoga@mayiyogaacademy.com Website: www.yogafranchise.com.my

# Calm Your Senses

Set apart time and create space in a serene forest environment this October at

**Serendah, 18th -22nd Oct 2013.**

The very transparent and open sheds celebrate the beauty of the natural environment surrounding you.

Preference :

**A. Self Mastery**
Know Thyself : Discover the brilliant creative genius within Self Mastery programme consists of ancient, time-tested, ingenious and powerful practice

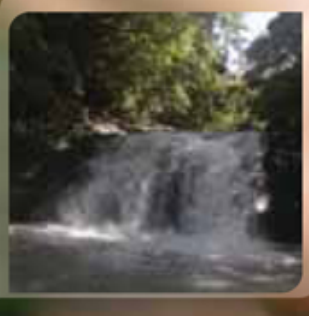
**18th -22nd October 2013**

**B. Detox**
Renew your body and replenish your spirit through yogic cleansing techniques

**18th -20th October 2013**

**C. Retreat**
Retreats truly have a special way of helping you reconnect with yourself - to feel more alive, more relaxed, and generally better about your life and its purpose

**18th -20th October 2013**



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Malaysian Association of YOGA Instructors

LIMITED PLACES AVAILABLE

For more information or to reserve your place , please call **Carrin (019-3816278) / Saandhi (016-2124046)**

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