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**Asana
- Its Supremacy**

**Happy
International Day
of Yoga 2016**

**Mastery of
Life through
the Breath**

**The Power of
the Mind**

**Message from Master Mani:
Yogic Approach to Therapy
- Exploration of Human Potential**



Message from Master Mani

Inner Power Yoga

Power in yoga means sterling character and inner strength. This strength, though includes physical power, is more about developing mental prowess as well as spiritual maturity. Thus, yoga provides the human existence with an opportunity to achieve its real purpose, i.e. attain its highest potential – the highest consciousness, in the healthiest body.



*Master
Manisekaran*

It is true that practising yoga enables the physical body to attain its highest power. Yet at the same time it evolves the mind to its super potential, which also includes humility. Therefore the true practice and its potential lie in many real practitioners in the silence of their maturity.

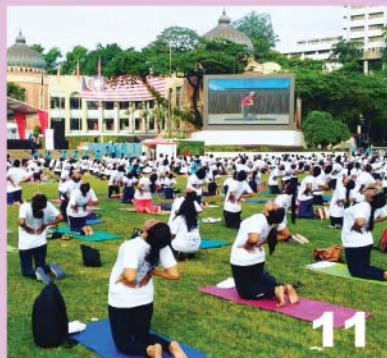
Beyond the world of hype, marketing, senses, ego or superficiality lies one of the truest and greatest power in existence – yoga. This yoga can only be experienced through diligent, long-term, devoted, real practice. So the destiny of inner power yoga itself is dominated by obstacles. How then to know what is real yoga and unreal yoga? The answer to which, upon discovery, leads to the ability to discriminate between the real and the unreal. Blessed are those who find this path. **YM**



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Manisekaran

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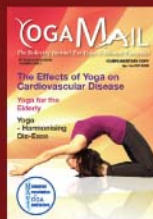
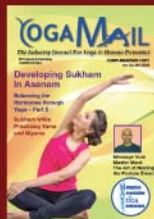
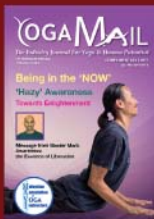
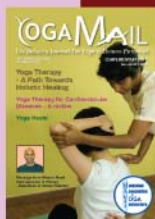
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As yoga becomes more and more popular, the yoga studios are mushrooming everywhere. It is not unusual to see a yoga studio in every nook and corner of the city in Kuala Lumpur today.

While some aspirants prefer to attend scheduled classes offered in commercial yoga studios, regular practitioners are more than content to practice in the comfort of their own homes. To the ignorant, yoga may seem to be a practice of asanas (postures). Actually, it is way beyond just doing asanas. Patanjali's classification of yoga encompasses eight limbs: Yama, Niyama, Asana, Pranayama, Pratyahara, Dhyana, Dharana and Samadhi.

While most yoga practitioners are more inclined to indulge in asanas, which are isometric exercises (i.e. using muscles without movement) for flexibility, weight loss and toned muscles, others practice different limbs of yoga to cultivate willpower, self-compassion and deep connection to the Self. Asanas, if practiced diligently, can help one build willpower reserves. It can also enhance one's steadfastness and lead one to liberation. Asanas are psychosomatic exercises that not only benefit the muscles, but also the cardiovascular, lymphatic and nervous systems (Sengupta, 2012). This goes to show the power of asanas in the practice of yoga. These postures have a far-reaching effect on the body and mind. At this point, it is worthy to note that doing asanas is not a standalone practice, and this is explained in detail in the following paragraph.

Pranayama, which is the fourth limb in Patanjali's classification of yoga, involves conscious regulation of breath. Pranayama helps to increase vitality, physical detoxification and immunity. In hatha yoga, the breathing techniques employed usually focus on conscious prolonged inhalation, retention, and deep prolonged exhalation.

As mentioned earlier, asanas and even pranayama are not standalone limbs; both are deeply interconnected. Any yoga practitioner would be able to attest to this. When one performs an asana, the journey into the asana, the stay and the journey out of the asana are all coordinated with breath. During this time, it is the unification of the physical body, breath and concentration that helps to clear the blockages in the energy channels (Woodyard, 2011). The parasympathetic nervous system is activated. This promotes a balance in the energy body system. In each breath, not only oxygen, but also the prana (i.e. the life force) is absorbed. While most of the oxygen is bound to the hemoglobin (found in the red blood cells), the rest dissolves in the plasma. Amazingly, studies have shown that the blood oxygen saturation levels are different for non-practitioners of yoga, asana practitioners and pranayama practitioners (Ashok, 2010).

When asanas are coordinated with breath, the hatha yoga practice not only becomes harmonious, but the breathing deepens tremendously. Breath is so powerful that when used correctly it enhances muscle relaxation. At the same time, body metabolisms are stimulated. The mind becomes clearer and more centred. With regular practice, expansion of prana takes place. It is not uncommon to find regular practitioners of yoga being very charismatic in demeanor.

In order to develop prana while doing asanas, one must practice stringently but in a calm and pleasurable manner, and ensure that every movement is coordinated with the breath. Prana can also be cultivated through breathing exercises. Being an instructor and a yoga practitioner myself, I encourage my students to hold the poses not only to develop resilience, but also to deepen their breaths to the cellular level. In the initial stages, yogis and yoginis can

be made to hold a particular pose for about 10 to 20 seconds. Subsequently, the duration can be increased. It is the prana that helps one remain in the pose steadily and comfortably.

Practicing breath-coordinated asanas once in a while is definitely not going to bring a significant change. However, if one is committed to holding a pose of choice for a certain duration over a period of ten days (duration may vary from person to person), the benefits will be revealed before their very eyes. As stated in Patanjali's Yoga Sutra (1.14), "Practice becomes firm only when done for a long period of time, with no interruption, and with respect."

Having said so, some common issues faced with beginners are the inability to remain focused and to respect the limits of the body while being in the pose. I reckon this comes with practice and it takes time. Changing our deepest held habits takes patience—and time. It also takes a considerable dose of compassion. A devout yoga instructor will guide the students carefully while reminding them to connect their awareness with the higher consciousness.

All in all, the practice of hatha yoga if done regularly and with devotion, can and will take a person into deeper and higher levels of practice. Asanas can never be practiced in isolation; it is always coordinated with breath. Hence, this clearly explains why asanas can be as effective as pranayama. As I see it, if asanas are meditative poses of the body, pranayama can then be considered meditative movement on the breath. Together, over a period of time, the body and mind will be transcended to higher planes to experience the higher Self. **YM**

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M

astery of Life through the Breath

by Nemala

There's no life without breath and yet it's rarely given the attention it deserves. Did you know that an average adult takes in 12-20 breaths a minute while resting? It adds up to a whopping 17,280-28,800 breaths a day! And mind you, no human being is on rest mode all the time. World Health Organisation states that the average life expectancy at birth of the global population in 2015 was 71.4 years. Therefore, even an average adult who assumingly spends his entire life resting would take up a minimum of 37,527,840 breaths in his lifetime.

Breath definitely deserves to be taken seriously and that's exactly what the great yogis of the ancient times have emphasised on. The mastery of life itself through the control and management of breath is a crucial part of yoga and it's called Pranayama.

The word Pranayama is a combination of the Sanskrit word 'prana' which means vital life force and the word 'ayama' means to extend. So the practice of Pranayama means the practice which extends the vital life force.

Lack of prana creates tendency to be lethargic, dull and unenthusiastic. This state, if prolonged, will lead to various levels of health issues.

The practice of Pranayama uses the art of mindful breathing where one systematically controls and extends one's breath in order to improve the flow of vital energy in the body. This trains the competency on inhalation, retention and exhalation of breath that allows the practitioner to change the depth, rate and pattern of breathing.

There are many techniques of Pranayama but a few that are commonly practised are: Nadi shodana, Anuloma Viloma (alternate nostril breathing), Dirgha Pranayama (yogic breath) and Kapalabhati (frontal brain cleansing).

The practices will balance, strengthen and cleanse the internal organs. Proper Pranayama practice eliminates excessive carbon dioxide from the body and provides a rich supply of oxygen to the blood, which energises the cells and tissues in the body. The whole process results in not only providing great clarity, steadiness and one-pointedness, but also longevity.



The ancient yogis were known to be avid practitioners of Pranayama, and now, many of our current researches support what the ancients claimed.

Some of the findings have shown that breathing exercises have immediate effects on altering the pH of the blood, or changing blood pressure.

Essentially, scientists have also found breathing to be a method to train the body's reaction to stressful situations and dampen the production of harmful stress hormones. For example, when we encounter life threatening situations, a surge of stress hormones prepares us to fight or to flee. As a result, our hearts pound, our muscles tense and we are suddenly on high alert. Unfortunately, such response, which is

only meant to be activated during life threatening situations, is triggered multiple times in our modern day lifestyle due to simple events such as rushing for report deadlines, presenting in a major meeting or getting stuck in traffic jam.

This “fight or flight response” is part of the sympathetic nerves that often activate rapid breathing, which is associated with alarming situations. In contrast, deep slow breathing stimulates the opposing nerve system; the parasympathetic nerve that responds in calming us down. So in simple words, the mind goes where the breath leads and the body just follows. Based on a similar idea – to see how the body reacts to a specific breath, the University of Goteborg in Sweden conducted a research published in the FASEB Journal in 2012. They concluded that a single acute yogic breathing is sufficient to significantly reduce the stress hormones present in the participants’ bodies. That’s truly astonishing!

More evidence has come to light that besides reducing stress hormones, pranayama practices which involve deep breathing exercises are also known to improve the lung capacity. In fact, regular practice of deep breathing exercise is one of the best and easiest method of keeping an efficient and healthy lung with enhanced capacity.

The famous Framingham study (which followed 5,200 individuals for three decades) demonstrated that the greatest predictor of health and longevity is actually lung volume. This is due to the fact that decreased lung capacity generally means lack of oxygen but it also impairs multi-level bodily function. To name a few are compromised metabolic function, decreased stamina and endurance during activities, decline in general concentration and memory, and most importantly decreased lung capacity is associated with increased inflammation. Chronic inflammation is associated with numerous terminal diseases

such as cancer, Alzheimer’s, depression and heart disease. Hence it’s undoubtedly fair to say that better breathing may not only improve your life but may also protect it, allowing you to a longer lifespan. No wonder the yogic breathing practices were named pranayama, which literally means to extend life force.

Now many may say having longer life may not necessarily mean having more life to those added years, but over the last decade, there has been various scientific researches that have shown the practice of Pranayama, or paying attention to your breath and systematically learning to manipulate it, is one of the most effective ways to not only sustain longevity and lower stress levels but also improve a variety of health factors ranging from mood and metabolism all the way to the quality of life.

According to findings in the journal *Cognition & Emotion*, a very simple breathing exercise (breath in and exhale slowly and deeply through the nose) was able to alter the way the participants felt emotionally. So much so that it brought a variance as much as 40% in feelings of fear, anger, joy and sadness; allowing happiness and emotional stability to take place. Whereas a different research published in 2012 by Indian Journal of Endocrinology and Metabolism found that a comprehensive yogic breathing programme could significantly improve the quality of life of their participants who suffered from diabetics.

Therefore despite being an autopilot phenomena, breathing should be given its own consideration. The practice of Pranayama clearly shows a wholesome benefit. However, this does not mean that Pranayama is the answer to all your everyday problems or should you throw away all your medications (if you are taking any) and practice pranayama alone. Yet, it cannot be denied that Pranayama is a powerful tool that could influence our health and well-being should it be accurately incorporated into our daily life. **YM**

What is Inner Power?

Human beings have a pool of dormant energy that lies at the base of the spine. Known as Kundalini in Sanskrit, this energy is blocked by stress, mental inflexibility and poor physical fitness. Inner power also consists of self-discipline, self-control, willpower, detachments, persistence, motivation, peace of mind and the ability to concentrate.

Our body has a measurable field of bioelectrical energy that flows through it and this energy is in everything that we see, feel, experience or imagine. There is a difference, however between energy and power. Hence, the definition of power here is 'the ability to utilise what we have to accomplish'. We should use our energy most effectively by reducing the amount of resistance that the body has to overcome.

When we look at our body, we can see that we add resistance to our energy in many ways. The food we eat, the environmental toxins we come in contact with and our emotions can add resistance to our energy leaving us drained and powerless.

A simple way to develop inner power is simply by "stop resisting". We have a lot of limited conditioning within us. We may feel we are not good enough. These limiting thoughts keep us from allowing the higher intelligence to channel the new reality in place. The mind is resisting the manifestation in some way.

What is Energy?

Energy, also known as chi, ki or prana, flows through long channels called meridians. This energy is affected by many things including diet, exercise, environment and stress. Energy follows thought – it will go to whatever we are thinking about. This is one of the reasons keeping a positive attitude is important. Energy will go wherever we send it, and the more

intentional we can be the better the results would be.

It's important to know what we want and what we don't want, hence the concept of contrast. Many of us however, fall into patterns of focusing on what we don't want when presented with contrast. Our subconscious only sees what we focus on and tries to bring that into reality; it doesn't know the difference between 'want' and 'don't want'. What we focus on is what we get.



How to Develop Inner Power?

There are many methods to increase and develop our inner power. Through the practice of yoga, we are able to awaken the inner power and make it accessible. It is possible for us to achieve what we desire.

This article focuses on developing the inner power through meditation. One of the best ways to do so is to be relaxed and free from stress. Brain research is increasingly confirming that when we quieten our mind, our higher mind surfaces We access a higher intelligence.

The meditation exercises will help us learn to see and feel energy as well as move it around our body. The goal of meditation is to help reduce the internal and external resistance to the energy by reducing stress and toxicity. The lesser resistance we produce, the more energy we can use.

Brain studies have shown that when we are deeply relaxed, our brain waves are altered and we can heighten our mind power.

Some of the common benefits of experiencing meditative states could include:

- Increase in intelligence and creativity
- Greater intuitive abilities
- Increased healing - emotionally and physically
- Release of toxic emotions
- Greater self-confidence and serenity
- Increased inner joy and peace
- Strengthen our immune system

Ancient Technique to Develop our Inner Power - Meditation

There are many forms of meditation, but the guiding principle is the same. Meditation alters our brain patterns, changing them from the regular waking state of beta waves to alpha, theta and delta. Alpha is the first altered state which is associated with light relaxation and the beginning of the meditation process. In this state we will begin to be able to access our sub-conscious mind. In this state we will experience waves of creative thought and be

able to see how irrelevant ideas might actually be deeply connected. Problem solving becomes easier. As we progress with meditation, we will gradually be able to access the deeper layer of our consciousness and the true powers of the mind will be unlocked.

You may try this simple meditation technique:

Sit in a comfortable position and close the eyes. Be very relaxed. Slowly bring your awareness to the spine. As you inhale, feel the breath moving up the spine from the swadhistana (at the tail bone) to vishuddhi (back of the neck). As you exhale, feel the breath moving down the spine from vishuddhi. Continue to do this a couple of minutes every day and feel the joy and peace within.

If you are unsure of your experience, or if you wish to know more about meditation, feel free to consult any of our yoga instructors at MAYI.

YM

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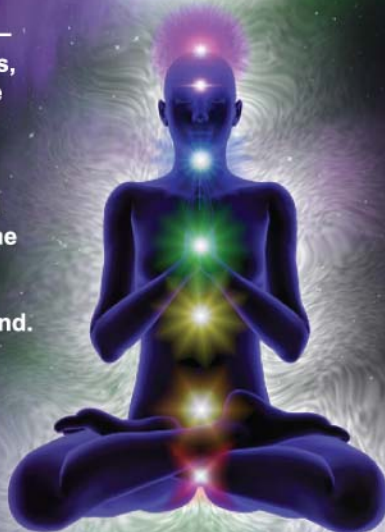
- ◆ Whittles away fears, phobias, conflicts, depressions, false ideas, conditioning, etc, hidden in the depths of the subconscious mind.
- ◆ Harmonises the whole mind from the surface layers to the depths.
- ◆ Allows one to explore and know the mind and go beyond.
- ◆ Induces mental clarity and intensifies spontaneous awareness.

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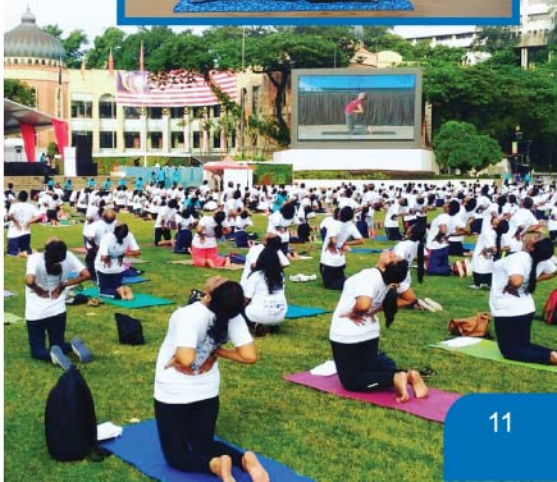
EVENTS International Day of Yoga 2016

On 21st June 2016, in conjunction with the International Day of Yoga, MAYI Yoga Academy offered free yoga classes to its students and the public. The free classes offered included Yoga Flow for Total Body Toning, Surya Namaskar Flow, and Yoga with Music, just to name a few. Some regular practitioners attended the sessions with their family members and close friends using this as an opportunity to discover and experience the benefits of yoga.

Many other organisations also took the opportunity to conduct mass yoga sessions to the public on 19th June 2016 (to coincide with the weekend). Among the many events organised nationwide, MAYI Yoga Academy (MYA) took centre stage at the event co-organised by the Malaysian Hindudharma Mamandram at Dataran Merdeka. Over 3,500 participants of all races attended. MYA's yoga instructor, Ms Saandhi Sambad, led a 45-minute yoga session as an initiative to spread the health benefits of practicing yoga.

One of the many jubilant participants expressed, "I have learnt yoga for 4 years through books and online media but doing yoga at this 45-minute session made me experience very deep stretches and I'm able to feel the benefits immediately! It makes me wonder the kind of yoga I have been practicing all along. I truly enjoyed this morning's session!"

"Learning from certified yoga instructors is very important if one wants to learn yoga the right way," responded Ms Saandhi. "Injuries can be prevented and one will be able to experience a wholesome yoga practice which includes not only asanas, but also pranayama, shavasana and dhyana. With this, the yoga journey becomes positive and the growth is progressive. I feel blessed to have been given the opportunity to share the knowledge on yoga with the public through this national event". **YM**



2nd Yoga Awareness Session At Dengkil

by Dinesh Kumar s/o Goby Krishnan- SMK Cyberjaya

My 5th experience with yoga in my life came when we were invited for Yoga for Effective Learning Programme. It was held on 8th June 2016 at Agasthiar Sanmarka Sangam Dengkil by Komuniti Perwani 1Malaysia Dengkil & Cyberjaya. My first three yoga experiences earlier were at my school, SMK Cyberjaya during our Pendidikan Moral programmes. My English teacher then, Pn Saroja came with a few yoga instructors and we were exposed to some basic yoga techniques. We enjoyed these sessions very much as we were bored with the usual 'ceramahs'.

We were given another yoga experience in February this year by our beloved teacher who had taken optional retirement. It was the first time such a programme was held in Dengkil and the response was quite disappointing because only nine students turned up including my brother and I. Surprisingly, for the 2nd yoga programme in Dengkil, a total of twenty two students ranging from 9 to 17 years old joined, and it was really impressive to see their response. Obviously, it was a breakthrough in a small town like Dengkil where parents are only concerned about academic achievements.

While waiting for the instructors to arrive, I started the warm-up session with the help of Darshan and Jaagan. We had already learnt the joint asanas in the previous session. The instructors for this session were Teacher Priya Tee, Teacher Puspha and Teacher Janet from the Malaysian Yoga Society.

After a brief introduction, Teacher Priya started off with surya namaskar. She explained each position and each step clearly. She also monitored the way the students positioned themselves. Later, she asked everyone to try all the 12 steps without her assistance. All of us tried our best although we struggled initially.

After a short break, Teacher Puspha continued with some breathing techniques on how to concentrate and to remain focused. We were given straws to help us inhale in order to provide more oxygen to our brains. Then she taught us finger games which were very challenging. All these techniques are useful to boost our memory power especially for those who are sitting for major public examinations.

Next Teacher Janet taught us dancing yoga. This was the most hilarious and funniest part because some of the boys could not move their hips. The laughter was a good therapy to release the examination stress for bookworms like me.

Finally, we were divided into groups to present a performance by incorporating all the yoga asanas and techniques which we learnt on that day. All we had was just 30 minutes to prepare. Each group was given an instructor to facilitate. We discussed our individual strength and limitations and tried many 'stunts' poses carefully. I was actually baffled with what each of us could do with our bodies.

I would like to thank the Malaysian Yoga Society and Komuniti Perwani 1Malaysia Dengkil Cyberjaya for providing students like me this amazing experience. All of us truly enjoyed ourselves. Personally, all this while I thought that yoga is only for the elderly but now I am surprised to know what yoga has to offer. I am extremely motivated and the spirit in me is burning high to perform well in my SPM this year. I will definitely join the Annual Yoga Camp after my SPM this year. **YM**



The search started when I was 16. I didn't know what I was searching for but I felt something missing inside. I felt sure that life wasn't just about growing up, going to school and college, graduating, getting married, having children, growing old and passing away. No, it couldn't be just that. The question "What is the purpose of my birth?" set me on a journey of self-discovery.

As I left home at the age of 18 and started my studies, I was not only independent, but I had the freedom to explore and look for answers. But it wasn't easy, because I didn't even know what I was looking for in the first place! I exposed myself to various religious teachings, motivational talks and so on, but something just didn't connect internally and I let them pass.

Sometimes motivational speakers impressed me with their positive and powerful talks, but when I'm in dire

need, my emotions take over and I just can't recall a word I heard from them, and so I just dismissed them.

Some years passed with me fully involved in life's dramas and "study stress" as I was reaching my final years. Due to a physical stiffness, which made me uncomfortable,

I decided to join a yoga class to improve flexibility under the recommendation of Uncle Karu. Yoga was something I hardly paid attention to because of its slow movements. It didn't attract me as I was very active in school sports, plus I loved the adrenaline rush and other fun elements.

On the first day of class, I met Master Mani. But in the second meet he had shaved clean. I vaguely remember the session; but after class, he made an announcement: "This class is going to be a Kundalini Kriya Yoga class. Those who don't wish to join, may leave after the asana yoga session".

And then, this man, who is always with a deep twinkle in his eyes, got up and started explaining what Kundalini Kriya Yoga was. He explained what it could do, how it would make us "super human beings" by tapping potentials from our inner resources, and how we can eventually master our minds — all by using ancient time-tested techniques handed down by yogis.



It was simply mind-blowing because at that very moment I realised what I was searching for in life and Master Mani gave the tool in the form of Kundalini Kriya Yoga. I felt as though the practice was custom-made for me! Being a student and managing all expenditures myself without parents' aid, I enrolled into the course. And that was how yoga came alive in me.

Looking back a decade, I can see how much I have transformed. It isn't easy as there are times when life gets very complicated and I feel cornered. During these times, when I bring back the practices, there is instant relief and I find hope returning — life becomes stable, mind becomes calmer and I am at peace.

Now I understand that the tougher life becomes, the more we should hold on to our practices firmly as this is where we extract our strength from, to continue in a firmer and better way. But the common mistake we always make is to think "let me settle life's issues first, then I'll return to the practices so that I can focus better".

Ups and downs in life are never ending; the only thing which is permanent is, CHANGE. We have to adapt, accommodate and embrace the changes to feel happy. Sometimes it may seem like the world has fallen on us, but when we remain positive and decide to face it without running anymore, suddenly we realise that the whole situation or issue actually never

really existed. It was all maya, or illusion. The strength and mental stamina to face our worst fears, is all that is needed for the universe to tick our checklist and move us on to the next lesson in life.

Isn't that what life is all about? As Master Mani told once in class, "every day signifies a new birth". Isn't that what the yogis and scriptures are referring to when they speak about rebirth and moksha (enlightenment)? What if it's for real, and all we have is only this one birth? This makes perfect sense. We should live a life of quality, of continuous growth at every moment. Without awareness, the moments will be wasted.

Once Master Mani asked me, "If you know you only have the last 2 hours of your life remaining, what will you do?" I meditated on this for a week and realised that I have not been living a life of quality all along, and this simple question from my guru woke me up from my slumber.

It is crystal clear that we don't only need techniques in the path towards self-discovery but also we need a living guru who is continuously triggering higher thoughts through satsangs and philosophies. As he understands us and knows how our minds work, so he is able to mould us in the right path for an accelerated growth. I am still learning, growing and sharing my experiences with anyone who may benefit from it whenever I can as I feel that is the only way I can at least offer my gratitude. **YM**



Articles by Practitioners

The Giant Within *by Vijaya*

Where does one get tremendous energy, power and strength from in times of danger or need? How is one able to accomplish superhuman feats? Is there a superhuman in every person?

Usually, when situation demands it, we have all seen even very meek personalities, living in a simple way, rising up to the occasion to accomplish extraordinary feats that exalt their lives to greater heights.

Mahatma Gandhi was not born as that supreme personality we know him to be. In fact he lived and struggled like any other person on earth. There were trigger points to awaken the giant within him, and my question is... is there such mammoth strength, power and energy in each of us, lying dormant, unknown, unaware, untapped, not utilised?

Does that quality exist in every person?

Quote: Practising yoga enables the physical body to attain its highest power. This yoga can only be experienced through diligent, long-term, devoted, real practice. Yet at the same time it evolves the mind to its super potential, which also includes humility. Therefore the true practice and its potential lie in many real practitioners in the silence of their maturity. - Master Manisekaran

"There's tremendous inner power and superhuman quality in every person. Get up at 5am every morning and do the practices, and you will witness the unfolding of extreme energy and power from within."

Master Mani said that. Immediately, the figures of Swami Vivekananda, Mahatma Gandhi, Swami Sivananda, Christ, Buddha and many more flashed past my mental screen. People who made the earth a better place to be in.

In a much smaller scale, many perform extraordinary feats daily. There are people everywhere doing the "unthinkable", the

"impossible", the "extraordinary" like pulling an aeroplane with their teeth. Some can float, levitate, live without food, water or air for many days, etc. All talents, in all fields, such as in sports, science, singing, dancing, writing, choreographing, showing of amazing skills.... everything has been taken to a much higher level now, due to the tremendous creative energy that keeps pushing mankind to greater heights of achievement.

The grit, the power, the resilience these people exhibit leave the rest of human kind in complete awe.

It's a form of "siddhi"... the realisation of a grand quality within that takes over as one gives one-pointed, complete and dedicated attention to a certain feat.

But the greatness of super human consciousness lies not so much in the feats, but in humility.

I usually find myself functioning like a superhuman when I'm centred, focused and completely in control of myself. Exactly, what Master Mani tells us.

No ordinary person can be wise about other people's lives. Everyone can be as great as he or she wants to be; what it takes is resilience, perseverance, inner strength, determination, self-motivation, etc. — above all, deeper knowledge and realisation about one's true self.

It doesn't just appear out of the skies or fall onto one's lap. It has to be worked at continuously with the guidance and severe training from a Master of life.

If we meet him, we are the most blessed in this world and eternity.

Regardless of how people see me, my life is laden with many achievements. I take things in

my stride — experiencing steady, sure and amazing growth every step of the way. I go to Master's class every week. I know there's exponential growth and evolution taking place in each student there — with every class, with every lesson, with every practice.

How do we perceive ourselves? The cover might not be attractive on the outside, but we must know the tremendous worth of the book inside. Do we celebrate ourselves? Every person is immensely gifted with the highest of what life can accord, but do we believe in that? Perhaps the element of "believe" is lacking.

Now, what said Christ?:

"Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there', and it and it will move. Nothing will be impossible for you."

I remember watching SK Durai perform the most difficult of asanas during our annual National Yoga Camp in Miharja School, Cheras, last year December. To me that's impossible. Probably I've sold myself short there. I have never dreamt of doing Yoga Asana (postures) to that extent before. It takes tremendous energy, discipline, self-control, mental stamina and will power to train oneself to that extent.

However, if you know Durai personally, you'd know that the only superhuman quality he displays openly is super concern and super care for people.

But he's not the only one, there are so many of them here at our yoga centre. I'm just amazed at them day in and day out. Master has built a lot of superhumans and the best thing about them is also the super humility he has taught them to celebrate within themselves, more than anything else. And humility needs not be exhibited in any way..... it just shines through and through and enlightens the path of the practitioner as well as those walking with them — be it family members,

friends, students, fellow practitioners or anyone besides.

Let's go back to the basics.

I took the kids at home for a ride in my small yet decently priced MyVi, and naturally the topic was about cars. One announced confidently that when he grows up, he'll own a Bently and another said she only wants Ferarri.

And I said: Hey kids, it doesn't matter whether you own a Bently, a Lamborghini or a bicycle. What matters is, do you, within yourself, feel contented, at peace, happy and confident with yourself... have acquired mental and emotional clarity... and know that you have performed to the best of your ability.

Obviously, the world, and perhaps their parents too, are guilty of putting such ideas in the heads of little children.

What I want all children in the world to know is that they have this tremendous, gigantic qualities and energies within themselves, which they can tap if they want, and live the life of a "superhuman" and not just a human, and certainly not in a suppressive or depressive manner many financially well to do and intellectually supreme humans have ended up doing.

And it's not something one learns in school or discovers in between his degrees or other qualifications; it's quite primal, inborn, intrinsic and hidden somewhere within oneself — until the time comes for one to discover it.

It's so powerful that one doesn't need a Bently to feel useful and mighty, it could just be a self-woven loin cloth. You'll be fearless and have a heart so strong that entire countries and their well-equipped armies will dread your very presence.

Someone lived to prove that. In their different ways, so have all the superhumans. **YM**



Yoga Therapy:

Building Stamina through Yoga

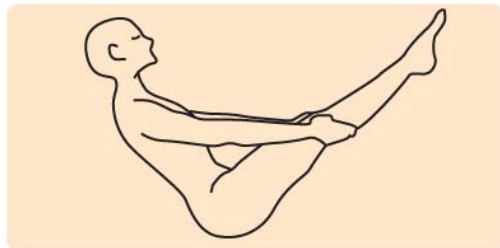
by Dr. Kuga

Sometimes we find ourselves struggling to cope with daily routine, due to high energy demand. We need a lot of stamina for this. Stamina refers to great physical and mental strength that allows us to continue working for an extended period of time.

Here are some simple yet effective yoga asanas (postures) we can practise at home to build strength and stamina:

Boat pose (Naukasana)

Activates the muscles throughout the entire skeletal structure and tones the muscles and builds endurance.



- Sit in dandasana
- Inhale and lift the legs off the mat about 45 degree above the floor, only having the sitting bone (ischial tuberosity) supporting the body on the floor.
- Stretch the hands out parallel to the legs.
- Fix your gaze at a single point
- Hold the pose for 10 counts.
- Exhale and release the pose
- Repeat 5 times

Bridge pose (Setu Asana)

Stretches the spine, shoulders and neck
Tones the hamstrings and massages the internal abdominal organs.

- Sit in dandasana
- Place the palms behind to support the body
- Inhale and lift the body with the heels grounded on the floor.
- Keep the elbows straight.
- Fix your gaze at a single point
- Hold the pose for 10 counts
- Exhale and release the pose gently returning back to starting position
- Repeat 5 times

Plough pose (Halasana)

Enhances blood flow to the brain
Reduces stress and fatigue
Stretches the spine, tones the abdomen and calms the mind



- Lie flat on the mat.
- Slowly raise both legs up.
- Support your lower back with the palms and gently stretch your legs far behind the head.
- Once comfortable, release the palms and place it on the floor.
- Hold the pose for 10 counts.
- Bend both the knees towards the mat.
- Slowly raise the leg up and back down to the floor.

Although the above-mentioned asanas are top ranked, all asanas in general can contribute to building stamina. Some tips to follow are:

- Hold the pose and relax in the pose
- Tune your awareness to the breath
- Steady the mind by being aware of the body and movements
- Stretch according to your comfort without inducing pain
- Enjoy doing asanas with a smile.

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

For a free yoga therapy first consultation please call:

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Bangsar:	03-2282 4980
Damansara Utama:	03-7726 6682
Selayang Utama:	03-6127 5693
Puchong:	03-8080 4742

At Your Fingertips: Trikatu Magic

Weak immune system? Cough? Phlegm?

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Trikatu is a mixture of three herbs that is widely used in Ayurvedic treatments. In Sanskrit, Trikatu means “three peppers” or “three pungents”. It contains Ginger (*Zingiber officinale*), Black Pepper (*Piper nigrum*) and Pippali (*Piper longum*). Trikatu has its primary effects in the upper gastrointestinal tract, where it enhances the “digestive fire” necessary for the breakdown of food and absorption of nutrients. Ayurveda practitioners consider Trikatu a “warming formula”, used to awaken the digestive system and reduce accumulated waste and toxins in our body.

According to Ayurveda, poor-quality food and inconsistent eating habits can create dullness to the upper gastrointestinal tract, which, if uncorrected, will result in further deviations from overall health. Specifically, it can lead to unhealthy food cravings. This creates a feedback loop, since the poor food choices, driven by the cravings, reinforce the digestive dysfunction.

By increasing the production of digestive enzymes and/or enhancement of first-pass hepatic metabolism also seem to promote the assimilation of food through the intestines and normalises gastric emptying, thereby reducing the tendency toward flatulence and distention while improving overall energy level and nutritional status.

Today, Trikatu-based blends are used to enhance bioavailability of other biodynamic active constituents such as curcumin from turmeric, another great herb for anti-inflammatory and pain-reducing benefits. Trikatu-Plus is available right now with blended formulation consisting of *Curcuma Longa*.

Trikatu is usually taken with meals. If used consistently, it gives results in as little as two weeks, though the most significant therapeutic results may take 4-6 weeks. It was also shown to reduce low-density lipoproteins and triglycerides levels in rabbits fed with high-fat diets. It also increased cardioprotective high-density lipoprotein levels. Also it was found that this preparation fights harmful and highly pathogenic microorganisms, and enhances natural immune system in human beings.

The ancient roots and modern branches of Ayurveda span the very corners of time itself, and it remains a driving force in the world of natural healthcare. For those who are open to its complementary nature and its innate ability to see patients as a whole person, will find this ancient system of medicine and its well-documented herbs to be profoundly effective.

Health Benefits:

General :

- Increases metabolism
- Aids in burning body fat
- Reduces adipose tissue in the body
- Beneficial in hypothyroidism

Heart and blood:

- Reduces cholesterol levels

Lungs and airways:

- Improves lung and nasal congestion
- Alleviates asthma condition
- Rejuvenates lungs
- Alleviates coughs with thin white phlegm
- Common cold

Digestive health:

- Increases digestive fire (digestion strength)
- Increases absorption of nutrients
- Reduces indigestion symptoms such as gas, bloating and cramping
- Reduces intestinal worms
- Loss of appetite
- Constipation
- Irritable bowel syndrome (IBS)

Muscles, bones and joints

- Gout
- Reduces feeling of heaviness in the body

Contraindications: This herb blend should be avoided during pregnancy and in conditions of high Pitta (excessive heat in the body such as hyperacidity or gastric ulcers). **YM**

Disclaimer: This information is meant to supplement, not intended to diagnose, treat, cure or prevent any disease and not replace advice from your doctor or healthcare provider. This information may not fit your specific health circumstances. You should always speak with your healthcare professional before you start, stop, or change any prescribed part of your healthcare plan or treatment.



Yogic Wisdom For Daily Living

II.51 bahya abhyantara visaya aksepi caturhah

by Jamie Spatafore

The fourth type of pranayama transcends the external and internal pranayamas, and appears effortless and non deliberate.

This sutra appears in the Sadhana Pada section of the Yoga Sutras, reflecting Patanjali's foresight in accommodating all types of seekers. He starts with the absolute truth and only then branches out from there as necessary. He says "Here it is. This is the absolute truth I have given you. What? You need more clarity? Ok well then there's this. Still not satisfied? Ok. I will give you the Sadhana Pada." However, he always reminds us of the eternal even in the midst of practice.

I will not go into the details of internal and external pranayamas as most of us reading this publication will already know about them. If not, then please enrol in a class near you. What is interesting is that most of us have never been taught about the fourth type of pranayama. Why? I am no teacher but I would guess it is because you cannot teach it. It just happens as a consequence of the practice.

The interesting point is that Patanjali, even though we are halfway through the Yoga Sutras, takes the effort to throw ourselves back to the Truth. Sri Patanjali is showing us that while practicing the internal and external pranayamas are great, there is something greater and that is the pranayama that transcends all of these. This is the one that is effortless and non deliberate.

We could say that about all eight limbs of Yoga. Asana is great but the best asana is the effortless and spontaneous one. Pratyahara is great but the best withdrawal of the senses is the one that is effortless and spontaneous.

If there is no teaching to guide us there then what are we to do? Why include this sutra at all? Far be it from me to speak for the great Sage but in my view it is to always keep the goal firmly planted in the back of my mind. Sure there are some people that practice Yoga for the health benefits and there are some that practice Yoga as a means of escape but the best practitioner is the one that practices Yoga for understanding. Perhaps Sri Patanjali wants us to remember this? He wants us to go on practicing but he does not want us to get lost in the practice. We all know the type. They practice everyday for decades or even more but if you speak to them, the understanding is very little. Perhaps they will even say that besides the health benefits, they do not feel any closer to realization. Maybe that is because the practice has become dead. It has become a ritual and they are just "going through the motions" instead of doing it with any real great feeling.

That is a real tragedy and perhaps the great Sage wants us to avoid that pitfall. He wants us to practice but he always wants to remind us that there is something else. Something more fulfilling. Something that is the Absolute Truth. Peace. **YM**



Eco's Echoes:

Animals – Set Them Free! (Part 1 of 3)

by *Ravin.S*

The discussion in this article might be disturbing to some readers. However, this information reveals the truth about animal cruelty.

An incident happened at ancient time, and below is the conversation from part of the scene:

The King asked: "How do you see the world?"

The man, who is blind, answered: "I see it feelingly... I see it feelingly".

Talking about one of the primary forces on this planet; ANIMAL, I would go a bit deeper, sharing some truths happening around the word, which has always been a bit hard to discuss.

A person who saw the conditions of the animals after visiting many farms, where chickens, ducks, dairy cows and cattle are kept, realized something deep in his heart, and said, "There wasn't a need for somebody to tell or for me to read about it. The minute I saw the life of dairy cows lives, I realized there is something terribly wrong".

Most of us simply don't want to know about the horrific conditions under which these animals live. Bovines are intelligent and sensitive. Confining a cow 24 hours a day, for 7 days a week, in an extremely small and dark stall, forcibly keeping her pregnant for much of her life until she is slaughtered, and dragging away her baby calf when it is born - unconsciously imposes cruelty to this animal. People don't realize that when a calf is born in a dairy farm, she is immediately separated from her mother. She doesn't get to drink the milk that's meant for her. And we hear them calling each other for weeks or even months.

What happens to the male calves on a dairy farm? One or two are kept to impregnate the cows. The others are slaughtered. They live under these horrendous conditions for few weeks or for few months at most, and then they are slaughtered. If we

know all these, most of us would not consent to, eating meat.

Ducks, for example, on the so called "humane farms" or "organic farms" are never allowed to go to the pond. Well, a duck is meant to swim! It is meant to live in a pond, it is meant to fly; it is meant to go wherever it wants and to bond with another duck! That's the life a duck is meant to live. A duck cannot be living happily in a cage, knowing that it will be killed in few weeks' time. To say that it had led a happy life is sheer insincerity!

In hatcheries, thousands of hens are kept in massive windowless sheds, row by row and crammed into utterly filthy cages. The helpless birds on the bottom are covered with feces from the defecating hens stacked above them. And the air is so foul with ammonia that breathing is difficult. Male chicks that hatch have no value to the egg or meat industry, because they cannot produce eggs and do not grow fast enough to be murdered for meat. So what happens to them? They macerate them! They put them in a giant machine that simply crushes the male chicks alive!

Some people believe that it is acceptable to consume fish, saying that fish do not feel pain. However this view is rooted in ignorance and does not reflect the intense anguish experienced by these innocent beings. They are gasping for air when taken out from water. And somebody hits them with a hard board because it takes a long time to die. They know that they are dying. So, they fight with every ounce in their body, not to die.

There is a prove of deep similarity between humans and animals in terms of their fear of death. **YM**
– to be continued...



Inner Insights:

Transformed through Yoga

by Roy

Namaskar dear readers, briefly this is a story of how yoga came to play a very big role in my life.

One morning on the eve of Valentine's Day last year I had what is known as a Palpitation attack. At that moment it felt like death was knocking on my door. There was difficulty in breathing and a rapid loss of body temperature until my hands and legs were icy cold. What else would a normal person in my position think? I thought it was death! Prior to that, I was having a whole week of high fever that took away most of my mental stamina. When the attack took place I was petrified and the feeling was an absolute nightmare. And I got myself admitted into a hospital nearby.

After two days of observation, this is what the doctor said: "Young man, you are completely healthy. You just have a mild case of bronchitis." Can you imagine how absurd that sounded? I just stared at him. He then gave me a little cough mixture and antibiotics. "If you feel you want something more we can prescribe steroids to ease the discomfort in your chest," he added. I just said, "Thank you very much doctor", and requested to get discharged. That same day I was back at home.

One week passed by and something else happened. I couldn't eat well the whole week as there was a terrible irritation in the throat that killed my appetite. I decided to take a leap of courage and attend an appointment in Putrajaya. On the way back, in the middle of the highway, it happened again. There was a rapid beating of the heart and difficulty in breathing. Once more I thought that was the end. This time it was scarier as I was in the middle of a highway. I stopped by a petrol station and got myself a bottle of water and some sandwiches to calm myself down and convince my mind that it was due to me skipping breakfast that day. Deep down I knew that was not the case.

Well you still give yourself that little hope no matter how bad it may seem. Later that day, I got admitted for the second time in the same hospital under the emergency unit.

After 3 days and 2 nights, they diagnosed me with a condition known as hyperthyroid. This happens when a hormone called thyroxine becomes overactive and is produced more than the normal amount.

Hyperthyroidism can accelerate your body's metabolism significantly, causing sudden weight loss, a rapid or irregular heartbeat, sweating and nervousness or irritability. Staying in a hospital got me thinking about life "a lot more deeper" and "in various angles".

Firstly, this was a well-known private hospital and they had already taken my blood test many times the first time I checked in. Why didn't they find the actual cause of my situation? Deep pondering made sense eventually. I figured it out when I got discharged the second time around as I handed over my medical card at the payment desk, when they give you extra-friendly smiles while processing the payments.

With the new diagnosis, life changed 360 degrees. A boxful of medication for a month of supply was given. The prescribed time for these medications was one hour before breakfast and one hour after dinner. Two types of medications were given, one to control the thyroxine and the other for palpitation. Waking up every day was not a pleasant experience anymore. Three months passed by with regular visits to the doctor, only to come back with a higher dosage of medication. Each trip costs more and more cash and the heartache of knowing these medications were not the best of solutions.

There was an urge to take charge of my life. What else can I do? Whenever I see the mirror, a sense of weakness and helplessness reflected in me. Day by day a form of depression started taking place mentally. But all that agony was not worth it for such a small problem. These thoughts drove me to find a solution! An inner voice, or calling, prompted me to get back on my own two feet, but no answer was given on how to solve this problem.

One evening, a dialog, which I had years ago with my uncle, flashed in my mind. I vividly recalled him saying how yoga can solve issues with almost all types of diseases and illnesses. Dashing to my laptop, a google search was typed as following: "Yoga centres in Damansara". Various centres popped up and I made some comparisons. One site in particular that drew my attention was MAYI Yoga Academy. Then I ended up in the YouTube channel and started to listen to Master Manisekaran in one of the many talks in their channel. An instant connection formed within me that he might be the one suitable for me, looking at how calmly he explained himself in the video.

The next day, I ended up at Damansara Utama centre and immediately enrolled for the Asana Yoga session with Master Manisekaran. At the end of the 1 hour 15-minute class I was really glad I joined the centre because the feeling of that entire class was just beautiful, and being a total beginner in yoga the way Master was teaching made doing asana a breeze. The components of his class, which contained the physical asanas, breathing techniques in between, yoga nidra, pranayama and meditation at the end, were a complete package of relaxation.

After joining Master's class for 3 months, I was totally free from any medication. The anxiety, irregular heartbeat and some other effects



had totally disappeared. This formed a deep sense of gratitude in my heart towards Master Manisekaran. If not for his weekly yoga classes, this freedom I now enjoy, would simply be a mere imagination.

Then I thought to myself, "If just attending Asana Yoga classes once a week made this magical transformation of good health to reappear and be under my control totally, then what else can deeper forms of Yoga do?"

In a timely fashion an intake for the Kundalini Kriya Yoga course came by me. I signed up for it without any hesitation. This was a 5-month part-time course consisting of once-a-week class after my Asana Yoga class.

Fast forwarding 5 months down the journey, I can no longer recognise myself! Sounds too good to be true? Well my entire personality took a dive towards evolution. In the past, my hobby of doing martial arts for many years altered my personality to be very much aggressive. In any situation I would naturally try to dominate others because of an ego associated from my skills, due to many years of training. This is not the right philosophy of learning any form of martial arts. Similar to yoga, a true martial artist always remains calm and centred even in a heated fist fight scenario, and almost every Sifu, or Master, would say that walking away from a fight is the best or the highest achievement of a practitioner. This aggression, anger or a sense of superiority all slowly disappeared and I even feel I no longer need to be thinking of self-defence as I am constantly calm and thinking positive thoughts. What Kriya Yoga can do to a practitioner with regular practice is that subtle internal changes will start to take place and a higher sense of intuition will manifest little by little and promote internal guidance to many day-to-day situations.

One simple example would be when a group of my friends gathered at an Iranian restaurant for a casual night out. We made our orders and waited for our food to be served, then another two of my friends arrived late and we had to seat them at the next table. When I called the waiter to take their order he rudely said, "I am busy now and I have no time for you". If with my normal attitude, within a split second this would have been an invitation for a hand talk scenario. To my shocking surprise, I could see the anger arising in my mind inside and with a natural momentum I just took a deep inhalation and exhaled calmly, and just told my friends we will find another waiter instead. Their faces were very much in disbelief with my reaction and how calm I remained. On top of that, I even pondered if maybe the waiter simply had a bad day, thus explaining his earlier attitude.

Changes for the better take place slowly and with a steady movement when one starts his journey in Kriya Yoga. Master Manisekaran teaches a wide scope of yogic practices, which are all great tools to utilise in our daily lives; and using these methods, coping with stress-related matters are actually very easy.

After 8 months of practising Kriya Yoga, a natural urge to try vegetarian lifestyle sparked within me. With advices from senior practitioners and also from Master, I started eating much simpler food with less meat, and eventually became much more active and energetic. Being a vegetarian has nothing to do with religious practices if one wants to fruit the full advantages of yogic practices. This I found out from my own experiences of doing Asana Yoga and Kriya Kundalini Yoga. The best advice from Master Manisekaran on how to evolve more with Sadhana (practices) has always been: "Practice sincerely without expectations and follow the flow with a light heart". **YM**



Yur Yoga:

Genuine Approach to Ayurveda

The concept of Ayurveda is to prepare the body systematically through a variety of natural processes to attain its full potential.

A variety of massages using oils, herbs, minerals, powders, pastes, milk, ghee and many more special mixtures are structured in Ayurveda to accomplish this lofty objective of attaining the best health possible in the human body.

As important as all these external components is the use of strokes. The method must have elements of clear and precise knowledge of anatomy, physiology, energy pathways (nadis), chakras (energy centres), marma points (vital points) plus levels of speed and intensity (levels of pressure). Normally, in therapeutic conditions, speed is reduced drastically and pressure is at minimum level; in rejuvenation treatments, speed is medium and pressure is soft because these would be the ideal states to produce a rejuvenating effect. Hard pressure would kill healthy cells, damage nerves found near the skin and add strain to the sweat glands and veins. High speed would create skin abrasion, thereby damaging the skin — and natural elasticity would be reduced by overstretched skin.

After engaging in speed and hard massage for some time, the mind becomes less sensitive to massage. The psychological dependence on these styles would make the mind unsatisfied with any form of true massage if ever the client had the opportunity to find a genuine Ayurvedic massage. Original Ayurvedic bodyworks adhered to the therapeutic, rejuvenating, healing and anti-aging processes of the ancient science.

The twin ancient, natural science of yoga and Ayurveda should be followed true to their element. The influence of quick profits and lack of true knowledge will reduce their functions to the sole marketing of sensuality; and one would not reap the legendary benefits accorded to Ayurveda by utilising sub-standard or even worse, contaminated or expired products.

At MAYI AyurYoga we follow the principles of true Ayurveda and yoga to bring about the highest potential of the human mind and body to rejuvenate, strengthen, heal and anti-age the body. **YM**





Ayur Oral Care :

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Ayur Oral Care is an all-natural oral treatment programme which engages the use of the earth's natural resources such as herbs, spices, oils and crystal minerals. In other words, the use chemicals and/or drugs is non-existent during the treatment.

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- Herbal spa on the gums promotes absorption of minerals and nutrients into the oral tissues and rejuvenates the tissues
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- Massages the intraoral marma points
- Prevents caries (cavities) and the decay of the teeth
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- Prevents gum infections
- Prevents gingivitis
- Prevents Periodontitis (inflammation of the tissue around the teeth)
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Dr. Shubashini Ganeson

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Take a quick scan around any households or classrooms and we are bound to spot some children and youths who are shy and timid. Shyness is often used to describe a person who is reserved, nervous and uncomfortable around others. The display of shyness and timidity are often associated with introversion, nervousness and even fearfulness. However, this perception is often far from the truth. Although they are intelligent and aware, and often compassionate and caring, they prefer not to voice out or take action because they simply do not want to bother anyone or cause inconvenience to others.

In some cases, shy or timid children often have a history of being punished or criticised for their thoughts, ideas and actions. The shyness escalates if these comments come from people whose opinions matter to them: e.g. parents, mentors and peers. As a result, they resort to “clamming up”, preferring to remain quiet and follow other people’s lead.

In the early years of development, timidity in toddlers can easily be spotted. Timid toddlers are usually slow to warm up to new people and situations, tend to avoid group activities due to nervousness, fear, etc. When faced with such situations, the timid child would often cling to parents for security, preferring to observe before deciding to join in. Hence, other children who are sociable in nature may mistake this child as being unfriendly or snobbish. And this may lead to an adverse repercussion if other children take less interest in befriending the timid child.

Shyness in teenagers, however, could be due to one being overly self-conscious, particularly in social situations, and/or having a negative perception of the self. This takes place typically during puberty when the body is undergoing



changes and they become increasingly concerned of their self-image.

While shyness can be managed, the act of being treated and ‘labelled’ as shy and timid can discourage the child or teenager from actively getting involved in group activities. If this becomes a routine, it could lead to a low rate of accomplishment and subsequently a loss of self-confidence and self-esteem. In extreme cases, it could lead to Social Anxiety Disorder, the third largest mental healthcare problem in the world.

Shy children need positive guidance, constant support, reassurance and encouragement. Parents and mentors of shy children need to create ample opportunities for these children to participate in activities that build self-confidence. Having said that, this should be done progressively so that children feel comfortable of the process and will be receptive in participating in future attempts.

Efforts need to be made to minimise solitary activities which do not promote social skills,

such as watching television and playing computer games alone. These activities are best replaced with a trip to the playground, joining group classes or activities which present opportunities for them to interact with others.

Whenever faced with nervousness, children can be guided through the practice of deep breathing and relaxation. Relaxation is one of the important tools in combating nervousness and the practice of deep breathing is one of the fastest ways to induce relaxation. Deep breathing can be done by breathing in and out slowly. Older children can practise by breathing in slowly to the count of three and then breathing out slowly to the count of six. This can be repeated five times with the eyes closed, followed by an affirmation, e.g. "I am comfortable when interacting and participating in group activities."

Yoga asanas which are beneficial to children with a timid personality:

Simhagarjanasana (Roaring Lion Pose)

– an excellent pose to release pent-up emotions and to shake off nervousness.



Ardha Chandrasana (Half Moon Pose)

– helps to open up the chest and throat region, encouraging a brave stance.



Ushtrasana (Camel Pose) – the backward bend position in this asana helps in managing rounded back and drooping shoulders, thus giving the practitioner a more confident-looking posture.



Trikonasana (Triangle Pose) – the variations of the Trikonasana series regulate the nervous system and help to alleviate nervous depression.



Surya Namaskar – this energetic sequence will help to increase dynamism in the practitioner.

YM

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 Brickfields (03.2260 5322), Bangsar (03.2282 4980), Damansara Utama (03.7726 6682), Selayang Utama (03.6127 5693) and Puchong (03.8080 4742).
Facebook: SYK Superyogakids



Featured Asana

Gatyatmak Meru Vakrasana

(Dynamic Spinal Twist)

Step by Step:

1. Sit on the floor with both legs outstretched.
2. Separate the legs as far apart as comfortable, without bending the knees.
3. Stretch the arms sideways at shoulder level.
4. Keeping the arms straight, exhale as you twist to the left and bring the right hand down towards the left big toe.
5. Stretch the straight left arm behind the back as the trunk twists to the left, keeping both arms in one straight line.
6. Turn the head to the left and gaze at the left outstretched hand.
7. Release the grip on the left big toe, and inhale as you return your gaze, arms and trunk to face the front.
8. Exhale as you twist in the opposite direction and bring the left hand down towards the right big toe.
9. Stretch the straight right arm behind the back. Turn the head to the right and gaze at the right outstretched hand.
10. This is one round.

Benefits:

- Removes stiffness of the back.
- Increases flexibility of the spine.

Contra-indications:

- People with back conditions should avoid this asana.





Chef Yogi's Food Notes!

Abracadabra Sandwich (Avocado Sandwich)



Ingredients A

- 1 ripe avocado, pitted and peel removed
- 1 – 2 tbsp lemon juice (about 1/2 lemon)
- 1/4 tsp salt
- 1/8 tsp pepper
- 1 tsp olive oil



Ingredients B

- Tomatoes and sprouts
- Cheddar cheese
- 1 tsp herbs
~ cilantro, basil, or parsley

Instructions

1. Mash Ingredients A together until it's mixed well.
2. Spread mashed A on a slice of bread, then pile on sliced veggies of your choice or as suggested in Ingredients B

SCHEDULE OF COURSES: JUL - SEP 2016

JUL

10/07/2016	SU	International Yoga Instructor Foundation Course
10/07/2016	BSR	Short Course on Effective Sleep
10/07/2016	BSR	Ayurveda Massage Therapist Course
10/07/2016	BSR	Partner with Precision - Movements with Awareness Workshop
14/07/2016	DU	Kundalini Kriya Yoga//Mind Mastery Course
17/07/2016	DU	International Yoga Instructor Foundation Course
17/07/2016	BSR	Treat Diabetes with Yoga Therapy Workshop
18-22/07/2016	BSR	Ayurveda Massage Therapist Course
18-22/07/2016	DU	International Yoga Instructor Foundation Course
23/07/2016	PCH	Treat Diabetes with Yoga Therapy Workshop
24/07/2016	SU	Manipuraka Awakening & Universal Healing Energy Workshop
24/07/2016	SU	Urdhva Retas & Anti-Aging Workshop
24/07/2016	DU	Yoga Therapist Certification Course
24/07/2016	BSR	International Yoga Instructor Foundation Course
25-29/07/2016	BSR	International Yoga Instructor Foundation Course
30/07/2016	PCH	International Yoga Instructor Foundation Course
31/07/2016	DU	Treat Diabetes with Yoga Therapy Workshop

AUG

06/08/2016	PCH	Super Yoga Kids Instructor Course
07/08/2016	PCH	Full Intestinal Cleansing Practical Session
07/08/2016	BSR	International Yoga Instructor Foundation Course
07/08/2016	DU	Precision & Alignment: Level 1 Practitioner Workshop
07/08/2016	SU	Treat Diabetes with Yoga Therapy Workshop
12-14/08/2016	BSR	Pregnancy Yoga Instructors Course
13/08/2016	PCH	International Yoga Instructor Foundation Course
14/08/2016	SU	Jala Neti (Nasal Cleansing) Workshop
14/08/2016	BSR/DU	International Yoga Instructor Course - Advanced
14/08/2016	BSR	Partner Yoga Instructor Course
14/08/2016	BSR	Super Yoga Kids Instructor Course
15-19/08/2016	BSR	Ayurveda Massage Therapist Course
20/08/2016	BSR	Ayurveda Massage Therapist Course
20/08/2016	BSR	Kundalini Kriya Yoga Course
27/08/2016	DU	Mini Detox Workshop
27/08/2016	BSR	Prana Vidya Course
28/08/2016	BFS/BSR	Full Intestinal Cleansing Practical Session
31/8-4/9/2016	Fraser's Hills	Kundalini Kriya Yoga Course Retreat

SEP

04/09/2016	DU	Introduction to Chakras - the Wheels of Life Workshop
04/09/2016	PCH	International Yoga Instructor Foundation Course
05/09/2016	SU	Kundalini Kriya Yoga Course
05/09/2016	SU	Ayurveda Massage Therapist Course
9-18/09/2016	India	Buddha's Trail Tour
11/09/2016	BSR	Yoga Therapist Certification Course
18/09/2016	PCH	Full Intestinal Cleansing Practical Session
18/09/2016	DU	International Yoga Instructor Foundation Course
24/09/2016	PCH	Treat Diabetes with Yoga Therapy Workshop
25/09/2016	DU	Manipuraka Awakening & Universal Healing Energy Workshop
25/09/2016	DU	Urdhva Retas & Anti-Aging Workshop
25/09/2016	BSR	International Yoga Instructor Foundation Course
25/09/2016	BSR	International Yoga Instructor Course - Intermediate

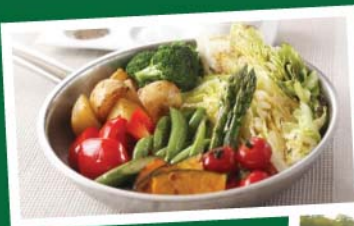
DETOX Boot Camp

10th-13th Dec 2016 (4d/3n)

Venue: TBA

MAYI Detox Boot Camp clears the physical, mental and emotional bodies of impurities and re-creates a brand new you.

Let's detox and start experiencing life in a new light!



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Nutrition

We are a make-up of the food which we consume.

Wise and healthy consumption promotes good health. *Nutrition* opens your mind and stomach to the world of mindful eating, where food consumption takes on a whole new meaning.

The Bath

An essential step to maintain personal hygiene, *The Bath* with inclusion of Asana and Pranayama, further cleanses the body, mind and emotion, presenting a brand new you with a healthy, vibrant and pure persona.

Routines for the Night

Routines for the Night is more than just gearing for the evening rest. It effectively sets the ambiance of the internal and external body, as well as the surrounding to assure a peaceful and quality sleep.

Cost:

RM1600/pax

***Early Bird &
Family Sign-Up:
RM1360/pax**

*Terms & conditions
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COMMENCING ON:
14TH AUG 2016 AT BANGSAR

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Damansara Utama
Selayang Utama
Puchong

3, Jalan Ang Seng 3, Brickfields, KL.

81A (1st Flr), Jalan Bangsar, KL.

89A&B (1st & 2nd fFr), Jalan SS21/37, D'sara Utama, PJ.

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

11B, Jalan Kenari 22, Bandar Puchong Jaya, Puchong, Selangor.

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