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Jul-Sep 2017 ISSUE

Enhancing Memory Power

The Brain:
As It Is and
Beyond

Memories?
Learn, and
Let Go...



Message from
Master Mani:
Yoga Certification



Message from Master Mani

Super Memory: Myth or Reality?

Can memory be improved? Yes. Just like any other trainable skill, we can work on sharpening our memory powers.

Through my own experiment, I have discovered that the yogic technique of *tratak*, or gazing at the ghee lamp, works towards developing super memory powers, or photographic memory.

However, the technology is very specific and scientific. It is not based on blessings or supernatural abilities. It involves constant, efficient and precise training.

The inner or outer *tratak* has to be done in a gradual manner; the recall/detach mechanics performed with intellectual clarity; and processing the gazing technique of "seeing" at will any page or book needs full knowledge/guidance from a competent teacher.

Once mastered properly, it is a ticket to superstardom and unparalleled success! It is very fascinating, and grants entry into a wide world of possibilities. **YM**



*Master
Manisekaran*



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Advisor:
Master Mani

Editor:
Meiwan

Editorial
(Writers and Contributors)
Arutchelvan Rajamanikam
Dr. Chandra Nanthakumar,
Kavi Vitya, Dr. Kuga, Meiwan,
Ng Yivon, Ravin. S, Saandhi,
Sivabalan, Sumi, Susan Tam,
Valérie Winter, Vijaya,
Zul Anjalika Kamis Gunnulfson

Advertising & Circulation:
Kasturi

Graphic Designer:
Danny Kwok

Cover Design by:
Danny Kwok

Printed by:
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50470 Brickfields KL



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Manisekaran

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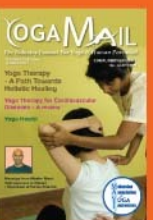
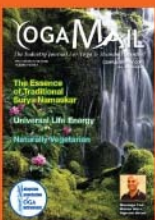
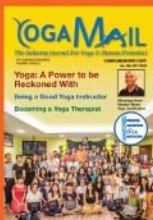
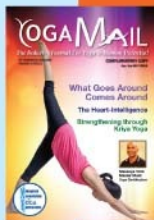
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Enhancing Memory Power

by Dr Chandra Nanthakumar

It has been advocated in Ayurveda science that the core cognitive function of the human brain starts showing signs of degeneration by the fourth decade of human life, and after the eighth decade, loss of decision-making intellect becomes more evident, thus leading to dementia and other memory disorders (Singh, R.H., Narsimhamurthy, K. & Singh G., 2008). Statistics have revealed that 36 million people suffer from dementia, which is characterised by a decline in memory, language, problem-solving and other cognitive skills that affect a person's ability to perform daily activities; and if nothing is done about it, it is predicted that the number will increase to 66 million by 2030 (Princeton, et al., 2013; Wilson, Segawa, Boyle, Anagnos & Bennett, 2012).

As people are seen to be losing their memory due to damaged or destroyed nerve cells in the brain, various methods are being tried not only to maintain, but also enhance memory power. Research has shown that the active ingredient in Bacopa Monnieri (i.e. brahmmi), known as bacosides, helps in the regeneration of brain cells. An animal study conducted found that long-term ingestion of bacosides supplements showed therapeutic value against rapid degeneration associated with Alzheimer's disease (Rastogi, Ojha, Prabu, Devi, Agrawal, & Dubey, 2012). Alzheimer's disease is the main cause of dementia.

Nevertheless, there are other non-pharmacological methods that have been proven to enhance memory power. Meditative movements such as meditation, mindfulness and mudras (symbolic hand gestures) have been proven to not only improve one's health, but also boost one's faculty. Studies have shown that meditation, which is defined as a group of self-regulatory techniques focused on maintaining attention and awareness, can be a potentially suitable non-pharmacological intervention aimed at the prevention of cognitive decline.

In a study conducted by Harvard medical school, researchers have found that the participants had better control over the alpha rhythms (i.e. one of the brain waves) after practising mindfulness meditation for eight weeks (Kerr, et. al, 2011). The brain scan of these participants, who had been practicing meditation for 45 minutes per day over eight weeks, revealed significant changes in the amplitude of the alpha waves when they were asked to focus on a specific body part. Results also revealed that the change occurred more rapidly in the meditators compared with the control group.

In another eight-week study of 16 volunteers, results revealed that meditation had produced an increase in the grey matter of the left hippocampus, a small horseshoe-shaped structure in the central brain involved in memory, learning and emotional regulation (Adams, 2014). Upon taking an MRI scan two weeks before and two weeks after the eight-week mindfulness, meditation practice, the volunteers found their posterior cingulate cortex to be positively affected after the meditation intervention. According to the researchers, the mental exercise (i.e. meditation) stimulates the neurons that make up the grey matter and this in turn forms denser connections amongst themselves (Adams, 2014).

Besides meditation, mudras have been proven to be equally effective in increasing memory. The Hakini mudra not only improves concentration, but also heightens coordination between the left and the right hemispheres of the brain (Indian Net Zone, 2014). Prolonged practice of this mudra helps one access the right hemisphere, which is where memory is stored. Also, this mudra helps improve one's breathing. This mudra can easily be done following the steps below:

1. Sitting in a comfortable position, connect all five fingertips of the right hand to the respective fingertips of the left hand. While the fingertips of both hands are in contact with each other, the fingers are slightly apart. The palms are also apart (See figure below).



2. Keeping the eyes gazed at the trikuthi (i.e. at the space in between the eyebrows), curl the tongue to touch the palette to form a tongue lock as you inhale. Upon exhalation, release the tongue lock.
3. Continue to inhale and exhale slowly and deeply in this manner while the fingers on both hands are in contact with each other for about 10 minutes.

Gradually, increase the duration of this practice to 45 minutes and witness the significant impact of this mudra.

In short, one should consider engaging oneself in these simple but effective techniques to develop memory power. At the initial stages, guidance is needed. Please feel free to speak to one of our therapists at MAYI Yoga Academy for more information. **YM**

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The Brain: As It Is And Beyond

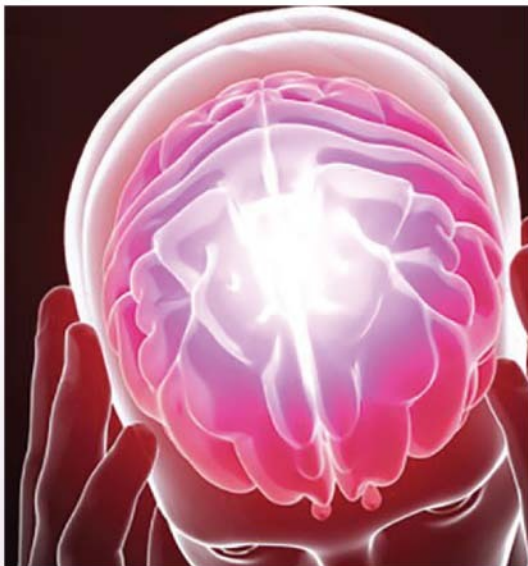
by Arutchelvan Rajamanikam

The central organ of the human nervous system is responsible for processing, integrating, coordinating and regurgitating information sent by the sensory organs. It is an organ that epitomises the central processing unit (CPU) in computers – these definitions frequent our ears whenever questions on the human brain surfaces.

Little did we know that human brain, which weighs about 3.3 lbs (approximately 2kg) makes up about 2% of an average human's body weight. It contains 86 billions of neurons (cells in the brain that carry out the above-mentioned functions) (1). As the common phrase goes, there are as many neurons in the human brain as the numbers of stars in the Milky Way. While the phrase brings a sense of enormity, it reflects on the myriad capacity of the brain beyond the functions that we come across in textbooks.

In early 1900s, some psychologists and scientists said that only 10% of mental capacity is available in an average human. According to this fact, a large part of the brain remains fallow and is used for psychic powers and abilities. However, scientific experiments, with the help of advanced imaging technology demonstrated this urban legend was a total myth. Humans definitely, if not 100%, use more than 10% of their brain's capacity. Although, certain trivial functions may use only specific part(s) of the brain at one time, most sufficiently complex processes or thought processes may engage many parts of the brain. Just like the muscles in the body, which are not entirely utilised during certain activities

As described by most psychologists, traditionally, the human brain capacitates three main components: cognition, affection and conation (2). Cognition refers to the intellectual processes of coming to know



something by means of perceiving, encoding, storing, retrieving and processing information, which is normally associated with the question of "what". For example, "What is the meaning of something?", "What it does?", "What is the outcome?" and so on. Affection, on the other hand, refers to emotional interpretation of perceived information and is usually set side by side with the question of "How do I feel about this knowledge?" It associates with positive or negative attachment to a certain object, person or idea. The third component, conation, builds the connection between knowledge gained and the affection towards that knowledge. It gives a sense of "purpose" that often refers to the question of "why". Conation in the mental process, gives humans the impulse, desire, wills, volition and striving capability. These three compartments – cognition, affection and conation – are coequal and fall, in an intricate balance, under the umbrella of consciousness (3).

Over the course of time, importance to brain cognition and emotion has increased remarkably whilst conative ability of the brain lagged behind. Researchers believe that conation, defined as the use of will or the freedom of a person to make choices, is the essential human behavior as well as study of self (self-esteem, self-control, self-reflection, self-determination) (4). The human mind is viewed as the agent to get things done, transform itself and/or the environment amidst the resistance from the conflicting self and environment. However, shortfall in conative ability has reduced one's self-regulation and therefore disrupts the ability and freedom to choose and control one's thoughts and behaviour. At this point, it is an absurdity to view that cognition is less important. Abraham Maslow, the creator of "Maslow's hierarchy of need", has suggested that cognition is itself conative as the desire to know (cognitive domain) comes from the act of will and self-motivation (conative domain).

Instincts and reflexes relatively control minds of animals. These are greatly reduced in humans, through learning and choice, ultimately preventing the degradation of creativity. This situation elevates importance of conation, especially in current chaotic cultural and social milieu. Scientists described the approach towards conation component of the brain in different stages namely, perception – openness to multiple senses and intuition stimulus; focus – the ability to distinguish stimuli from the background; engagement and involvement – ability to closely engage and examine a goal, its action plan and execution depending on self regulation and volition. Lastly, there is transcendence – being completely immersed in a task, in such a manner that body, mind and the task become one (5). It is interesting enough to know that a psychological study published only 20 years ago, clearly emulates the tradition practiced for thousands of years by yogis and siddhas. The different stages discussed by the scientist reflect on the 8 limbs of yoga – Yama, Niyama, Asana, Pranayama, Pratyahara,

Dharana, Dhyana and Samadhi – as detailed by the sage Patanjali. Yama and Niyama explain the perceptive domain. Dharana and Dhyana give rise to the domain of focus. Practice of Asana and techniques in Pranayama lead to development in the domain of engagement and involvement. Last but not least, Pratyahara and Samadhi refer to the transcendence, through which ultimately the unity between body and mind is reached. A variety of researchers such as Maslow, Assagioli, and Csikszentmihaly have described this stage as peak experience; joyous, transpersonal will; and flow, respectively.

Despite conative ability of the brain, cognitive ability, however, gains regard as the ultimate and supreme function of the brain. Arguably, most, if not all neuropsychiatric disorders such as schizophrenia, depression and anxiety are cognitive in nature. It is now coming into realisation that delusion, hallucination as well as motivational and emotional signs are associated with cognitive elements. Heightening of cognitive ability proved to be linked with mental and physical wellbeing. Theories on extraordinary cognition often relate to extraordinary ability or siddhi. A famous English movie titled "Lucy", released in 2014 glimpsed on elevated cognition in the main role resulting in miraculous abilities such as telepathy, clairvoyance, precognition, clairaudience and telekinesis. These abilities do not only exist in screens. The human mind, if properly trained, possesses the likelihood to achieve outstanding abilities. According to the Yoga Sutra, apart from individual inbred potential or consumption of certain herbs, systematic practice of yoga also instills such power.

As for the yoga system, the material component of a person (prakriti) is composed of three qualities, the three gunas: sattva (purity), rajas (energy) and tamas (inertia) (6). Everything material in a person, including the mind, is a mixture of these three gunas. People with greater sattva have a positive view, are well-disciplined, relaxed, calm and lead a

healthy lifestyle. In contrast, difficulty in relaxing, craving for short-term pleasure and involvement in energy-draining activities are due to an elevated level of rajas. Lastly, people with high level of tamas tend to be dissatisfied with life and are ignorant of their health. It is with heightened level of sattva that an individual will settle in higher realms of spirituality, thus gaining access and dwelling in purusha (pure consciousness or the non-material part). According to Samkhya-Yoga, prevalence of sattva guna increases with yoga practice, thus, in the long run immersing oneself with siddhis (as mentioned above).

Some laymen say, "Brain is the strongest part in the body". Many tend to disregard the essence behind this old adage with daily routines that keep the body and mind disconnected. One such routine is multitasking. People fall into a belief of accomplishing two tasks in a specified time frame in the drive and chase towards productivity. And yes, two tasks is being completed, you may even close a thousand dollar deal in a phone conversation while being behind the wheels, but people do not achieve this with optimal focus and effectiveness. Brains do not perform tasks simultaneously, but handle tasks sequentially. Brain actually juggles between tasks very rapidly, leading to erroneous belief that we are actually multitasking. In reality, the brain switches attention to different tasks – it is attentive to a singular task at one time. Some regard multitasking a form of distraction and brain drain as it overloads the brain, causing a bottleneck and eventually interrupting cognitive processes, during which, important information may fall out of view without awareness (7). Over time, the consequences of multitasking gradually impair the cognitive performances that might lead to various disorders in the mind (stress, anger, depression, ego and etc.), later in the body and eventually the society.

A baby, as Deepak Chopra puts it in his book "Why is God Laughing?: The Path to Joy and Spiritual Optimism", is a field of infinite potential expressing highest form of intelligence in

nature. A baby, in this context is similar to human brain. Guarding the thought, improving cognitive and conative performances and elevating the levels of purity (sattva), exposes one to a Rosetta's stone of pure consciousness. Yoga, acting as an excellent tool, paves the way in exalting the human brain to its true capacities. The sage Patanjali, started the first chapter of Yoga Sutra with a half sentence "...and now Yoga". This means, when life goes out of control, when you know nothing is working and in the fullness of time, when the mind is filled with dissonance warding off its full capabilities, you now know, there is a way and it is called 'Yoga'. **YM**

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emories? Learn, And Let Go...

by Vijaya

Do you remember the colour of your toothbrush? A face you knew well long ago? The lessons learnt in school? Can you recall the words of your favourite teacher?

Do you have a good memory, to begin with?

According to yogic science, the mind is divided into 4 main parts: Manas (sensory, processing mind); Buddhi, or intellect (that knows, decides, judges and discriminates); Ahamkara (ego); and Citta, or memory.

A complete coordination of all the functions above is needed to form meaningful experiences that make up what we call "life".

Citta is only one part of the mind, and has a certain role to play in the overall fabric of life. Let's explore Citta.

Can you imagine living without ever remembering anything about yourself — what you were doing, where you were living, who were the people living with you, et cetera? Without memory, there's simply no life.

Memory is needed in the right dosage and direction in order to not just live, but help Buddhi exalt one to a higher state of existence. The journey is towards truth, which is beyond the mind itself.

Good memories create joy and happiness, whereas bad ones weigh heavily on the psyche of a person. They suppress and depress growth, and in the long run, cause devious harm.

People who entertain bad memories — habitually, for a prolonged period — tend to limit their existence in an assumed world. They live in a space filled with images and thoughts that are detrimental in every way, but not necessarily

true. They create their own world of fancy and let the real vigour, vitality and wonderment of life slip away — unbeknownst.

Bad memories may trigger words, sentences and images that stick like super glue in the mind. These words keep repeating themselves, incessantly, in the space of thoughts... spinning one into a more chaotic mindset. If they are aware — this is where yoga comes in — they'll be able to discern between what is right and what is wrong. They will also be able to separately examine their heads, hearts and minds to get a clearer picture of what's really happening in their lives — what is false, what is true, what is real... and whether they are doing justice to their real mind potentials.

The habit of giving in to bad memories and what is perceived to be a bad memory, is later fed by another damaging habit of wallowing in self-pity. Over time, this can become a vicious trap — like a poisonous web one spins around oneself.

This harmful pattern becomes prominent in people, especially during low points in life and in old age —when they tend to perceive themselves to be weak.

Brings to mind my beautiful grandmother. Throughout her 70s and 80s, I used to sit beside her and listen to the same complaints over and over again. She'll start telling her story, slowly enter the "being victimised" mode, and naturally be reduced to tears. There was no way I could make her understand that she could put that fake baggage away and be happy, excited and enjoy her life for what it really was. In fact, she had everything to be thankful for. She had the ability to belt out hundreds of lively stories that were spilling over from the past. Her memory box was always overflowing. But ironically, I thought they were beautiful. I marvelled at her ability to remember and relate.



The real psychology was that her past had a sense of fulfilment because she still had power, health in the body, considerable wealth, and good control over her life and others' as well. But as she aged, she became helpless, dependent on people for many things, and had to deal with physical, mental and emotional pains. She would cry, and I'd feel the pain, only because I could not make her understand that she was one lucky old lady, who had everything to appreciate in life. She had the most kind, considerate and compassionate people around her for one thing, and those who truly loved her, respected her and held her high in their hearts and opinions — in spite of all her shortcomings.

She watched all the dramas on TV, and in a way her life was a drama. Honestly, this is how people create their own dramas.

She passed away with the same painful memories within her. In the moments before she died, her grandson, my cousin, whom she had much negative things to say, carried her on his shoulder and ran down four-storeys of stairways to rush her to the hospital. She had already passed away, said the doctor in Pantai Hospital. My cousin called me then to tell about her death, and he was crying in the phone.

Despite all her shortcomings, she was well-loved because she was a true gem like no other. As a person she had kept the entire family together. She was one strong lady who did not lose her mind, focus or capacity to

think and live independently, no matter how wrongly she interpreted her entire life to be.

There is this constant play of the mind between perception and truth. Most people tend to live entirely on perceptions rather than truth. These wrong perceptions and impressions get stored away as memories that rule many a life. Since the Buddhi is weakened due to ignorance, Citta plus fancy rule and reign as kings.



I say so-called bad memories/fancies because the interpretation of an event/experience in a person's life or how one views another being or what one chooses to remember is based on many factors. It might be true and it might not be true — depending on how the interpretation was done, and based on the person's own character/personality/understanding/situation, etc.

For instance, there was this girl, Pang, in my primary and secondary school days. Everyone had everything bad to say about her. She was rich, spoiled, flirtatious, fashion-crazy, etc. So, naturally, she was a good target for endless gossip. I didn't get to know her personally because I was already too reserved. I wasn't making friends with her or anyone else.

This is what happened. On the last day of school-life, she brought a box of books with her, came over to me and said, "Hey Viji, I know you like poems and stories. I was cleaning the house and found these books. Would you like to have them?" I was very surprised, thankful and felt quite honoured. If she was able to see something in me despite my shortcomings, imagine what a strong character she must have been.



There were so many people from the school days — teachers, friends, other students and all other people connected to school-life — that had gone into complete oblivion. Many were no more in memory, but this girl, I could never forget. She taught me the most valuable of lessons about the difference between perception and truth. The books she gave, I read and reread over many years after school-life because they were so precious, like her.

After 20 years or so, all of us classmates and school mates had the opportunity to meet again via Facebook and Whatsapp. Now I

know her to be one fine lady... truly elegant, truly beautiful... full of achievements and lovely children who are making their own achievements. In fact, all my friends, whom I might have had all wrong perceptions on, are doing very well in life and they are exhibiting so much of growth and maturity in their thinking and in the way they interact, etc.

There are so many things at play. Memories are parts of events kept stored in the mind for a good purpose, but how much is true? How much is needed? How much is conducive for growth? Is it okay to have too good a bad memory like my grandmother?

In order to truly understand the actual part and function of the memory and what is its true role and relevance in one's life, perhaps one has to first understand what the mind is all about.

The mind is like a magic wand in the hands of fairies. It can deliver every wish and want. It can create, and it can push one's life to the peaks of excellence... if that is what one wants.

All the people who are doing very well in school, in working life or in old age, have very good memory powers. They have the power to discriminate between bad memory and good memory, and the power to act on the other faculties of the mind as well. Their power of discrimination is good, for one thing, and they would be letting creativity and abundance flow endlessly into their lives and others' as well.

Let me take a few more shots out of my memory files. The bad ones I've learnt to let go and the good ones and the excellent ones prod me on towards the path of ever-expanding growth, evolution, creativity, abundance, self- realisation... and infinity. I feel blessed studying here under Master Manisekaran. All clarity comes from his love and constant guidance. To fully understand what the mind is all about, you need this sort of guidance from a true Guru.

Some memories are etched forever in the space of Citta. Some of these experiences/learnings are too precious to be forgotten. They act as launch pads for more and more creativity to flow into my life... leading to the ultimate, which is self-realisation and moksha, or liberation. I feel myself growing wiser. That's the right use of memories. People of all ages – whether young or old – should be able to do that.

Let me take a few out:

— I read "To Kill a Mocking Bird" when I was in Form 4 and a significant passage in the book touched me deeply. It explained how in order to truly understand another person, you need to put yourself into his/her skin and walk around in it. After I read that book, I started understanding why the people around me were what they were. The suffering endured by my grandparents, parents, etc., started to sink in. I was able to discern why the people around me

— family members, friends, relatives, teachers, the community and every person on earth — were acting the way they were acting. And the extreme anger and hatred within me slowly began to subside and leave... forever. I also realised something there.... about myself.

— I was 14 years old when I first watched "Ghandhi" the movie and remember how greatly it affected me. Someone, in such a tiny/insignificant frame, can be so powerful and sharp in his resolve, words and actions that he could move the entire British empire and the world consciousness, single handedly? Isn't that huge?

— At a much younger age, I realised the true power and strength of humility, and remember when I saw it completely, only in Master Manisekaran.

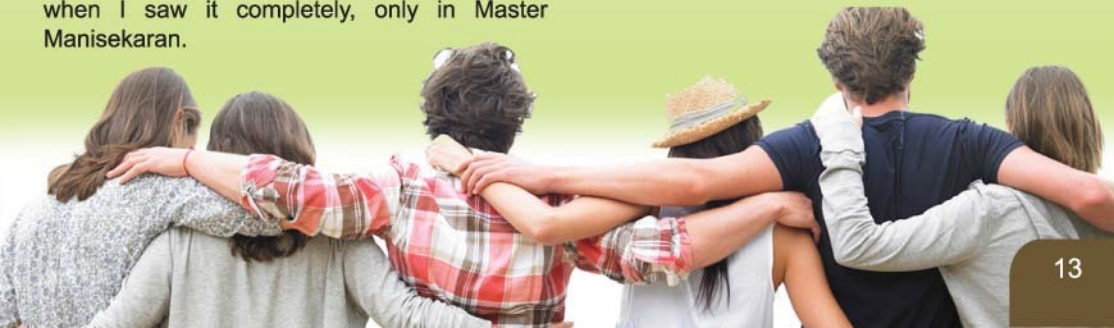
— In 2008, on the steps of the very enchanting Kedarnath temple environment, in the midst of all the chanting that touched a deep cord in the soul, and I was crying, while Master sat there with me, accompanied by his strongmen Nava, Mona, Mei Wan, Saandhi, etc., and in the most expressionless way handed a tissue to me. (Haha..)

(Actually, there was a very subtle expression that I was able to interpret only a few years later. Suddenly, it dawned on me.... tadaa... that is what he meant (smile).

— Then one day, when there were a few people in between that were stepping away, and I looked straight into Master's eyes and saw everything.

The way we use memory is very tricky. Even if we recap a just-finished conversation, it's already digging into the Citta. Whether we're looking back at what happened 10 seconds ago, or what happened 10 years ago, it's still the same. The question to ask is, Is it worth going over again?

In the practice of Tratak, we learn the most important lesson about memories. Use, learn and please... let go!! Only when we let go, would we be able to savour the moment that is now. What a waste to forgo it while being arrested in the space of a past, that's gone. Every second presents itself as a fresh new start, fresh new experience, fresh new opportunity to learn, discover, realise, grow and evolve... infinity. The very act of thinking or writing needs the help of Citta. I'm learning to use and let go. Thank you dear Master. **YM**



EVENTS

International Yoga Day (2017) Fun at the Lake Gardens

In the wee hours of June 18 2017, a steady stream of avid yoga practitioners was seen flowing to one of the many lovely yards at the Lake Gardens. It was exceptionally delightful to welcome those who came with their spouses, parents, friends or toddlers in tow.

By dawn, the lawn was filled with colourful mats and vibrant smiles. All participants were greeted with a welcome gift by MAYI Yoga Academy. The occasion was to celebrate the International Yoga Day 2017. Bestowed with a great weather and a serene environment, the 2-hour yoga session, led by Suki Liew and Priya Tee, gained its benefits.



the attention of many regular joggers and health enthusiasts who were curious about yoga and

On June 21 2017, the actual day of the International Yoga Day, MAYI Yoga Academy offered free yoga classes to its students and members of the public throughout its six studios. The free classes included Anti-Aging Yoga, BodyTone, and Breath & Mind Yoga, to name a few. The studios were flocked by regular and new faces alike – all with the interest to better their health through yoga practices!

The intention of the Yoga Day celebration was to bring general awareness about yoga and its immense benefits to the public. Let's hope people will be attracted to pursue a complete Yogic life for a lifetime of health benefits.

A clear and calm heart, and a steady mind to guide them all the way to a pristine peak and beyond... now, who wouldn't want that?

Breath in, breath out and be ready for a fantabulous yoga experience. **YM**



EVENTS MYS Yoga Clinic 2017

by Chandra Nanthakumar

When the heart has tasted nectar, it will want a continuous flow of it to nourish the self. This is what that has propelled the Malaysian Yoga Society to expand from the National Yoga Camp, a programme for the public which caters for children, to the MYS Yoga Clinic, a programme for adults. This year, the MYS Yoga Clinic has targeted specifically three locations - Desa Mentari, San Peng and Sentul Pasar.

It was a dream come true for all of us as we were funded by the *Special Unit Programme for Socioeconomic Development of Indian Community (SEDIC)* to reach out and teach yoga to those in need. Life at these three areas is not only challenging, but also clouded with mounting social issues.

Under the guidance of one of our most dedicated Karma Yogi, Ravin.S, the volunteers and instructors started working from scratch. They not only had to design marketing techniques, advertising, planning and structuring the programme, but also look into the recruitment of participants, and other logistics. Having faith in the effectiveness and teachings of yoga, a group of volunteers from MAYI went from house to house at these locations spreading and sharing the goodness of this meditative movement. Everyone is fully engaged in one tune to experience this divine transformation.

It was totally a divine selfless journey for all of us as the MYS Yoga Clinic programme brochures and advertisements caught the attention of many and the response was unbelievably overwhelming. Unfortunately, we had to turn enthusiastic callers down as they do not reside at any one of the three locations specified by the Ministry.

In order to ease the recruitment process, mass sign-up was implemented at all locations prior to commencement of the programme. In just over a period of two weeks, our devoted volunteers managed to obtain almost 200 sign-ups for all three locations. The sign-ups had to go through



a filtering process to ensure they met the criteria for inclusion set by SEDIC. Upon completion of the selection process, participants were informed of the outcome.

The MYS Yoga Clinic was launched on 4th June 2017. The programme is currently on-going.

It encompasses the following:

- Hatha Yoga: Poses (asana), breathing techniques (pranayama), yoga nidra (deep relaxation) and dhyana (meditation)
- Health Awareness of Yoga: Yogic insight into common health-related issues
- Yoga Talks: History of Yoga, 8 Limbs of Yoga, Yama & Niyama, Lifestyle, Counselling, and etc.

The entire programme is conducted by certified yoga instructors and yoga wellness consultants.

Nothing beats the euphoria as participants share how they have benefited from the programme. Some have acknowledged tremendous improvement in their lifestyles.

Master Manisekaran, the founder and backbone of Malaysian Yoga Society, adopted one of the location, Sentul Pasar, to conduct the programme for continuous 14 weeks. Running the programme at all three locations simultaneously has been a daunting task; nevertheless, our volunteers and trainers are not only fully committed, but also genuinely passionate about what they are doing to make a difference in one's life. **YM**

"Extending one hand to help somebody has more value than joining two hands in prayer"

Programme Information

Duration : 4th June - 3rd Sept 2017
(14 sessions)

Day & Time : Every Sunday, from 8am to 11am

Locations : Desa Mentari (SJKT Seaport)
San Peng (SJKT San Peng)
Sentul Pasar
(SK Convent Sentul I & II)

Age : 20 to 50 years old

Targeted Group: Adults in the
B40 Income Category
(household monthly earning of RM3900 and below)

- * No payment is required from participants
- * Breakfast is provided.
- * Participants must be residents of Desa Mentari, San Peng or Sentul Pasar
- * Limited to 30 participants ONLY for each location

For inquiries and registration:

+6012 6900063 (Ravin.S)

EVENTS 30 Days Yoga Challenge

#letsyogawithmayi

by Kavi Vitya

The purpose of yoga is to achieve a state of balance in body and mind with the practice of awareness and good discipline.

A challenge to the body is a challenge to the mind. Recently MAYI Yoga Academy launched a 30-day yoga challenge on social network.

The objective of the challenge was to explore commitment, consistency, curiosity, connection and community, while developing discipline and well-being through yoga practices, and most importantly, to build Tapas — the cultivation of wilful discipline. By practising every day during the challenge period, one would have had the opportunity to nurture his/her ability to focus and develop the sense of commitment necessary to remove blockages in life.

The rules of the challenge were simple. MAYI announced the pose of the day in Instagram and Facebook pages. Participants had to snap a

picture of them performing the pose and post it on Instagram or Facebook with the hashtag #letsyogawithmayi. At the end of the challenge period, a winner was selected by a panel of judges. The winning prize up for grabs was enrolment for the International Yoga Instructor Course (IYIC) worth RM3,000.

About 30 local and international participants took part in the challenge. MAYI would like to thank all of them! The participants provided excellent feedback. Here are a few:

"As an IYIC graduate, I took part in the challenge just for the fun of it, however, it was quite challenging to perform the asanas (postures) daily regardless of whether I was working, out for the whole day, sick, etc. But it enabled me to review what I had learnt, such as the name and benefits of the asanas. It had inspired me to continue my yoga journey. Thank you for organising this challenge."

~Yoko Yamada

"First of all, thank you for hosting the April Yoga Challenge! It was both exciting and challenging to execute each asana daily, especially when we were caught up with so many other daily chores. The 30-day challenge actually tested my self-discipline to practice yoga almost every day. It was a motivation for me each day to push my body and mind a little bit more."

~Caroline Louise

MAYI Yoga Academy would like to congratulate the winner, Priyatharisiny Vasu for winning a placement in IYIC.

This is what she said:

When a friend of mine, who is an avid yoga practitioner, told me about the 30 Days Yoga Challenge, I thought I could never strike those limb-twisting acrobatic poses; but guess what, it was not impossible. Personally, I had many breakthroughs in my asana abilities during the challenge period.

It was fun and a great learning to continuously dedicate and discipline myself to do the postures. There were days when certain poses seemed impossible, but I did it by approaching it in a comfortable and moderate manner, as what the MAYI instructors told me to. The point is, do not hurt yourself.

It has been a great avenue for me to test my own limits, or the limits that I thought and believed I had. And to know that I won the 30 Days Yoga Challenge, oh boy, what a joy!

The challenge is a huge accomplishment for me. I must also applaud those who contended with me as all of them were awesome in their asanas. All those who showed up on their yoga mats at least 30 times in the 30 days are winners too!

MAYI Yoga Academy will be coming up with more exciting contests and events to encourage everyone to practice yoga and lead a healthier lifestyle.

Stay tuned! **YM**



Today, interestingly science has researched and acknowledged many findings on the benefits of meditation. The art of meditation has been in existence since thousands of years ago, and it had aided in man's inner transformation since ages ago.

Meditation is a science. Since ancient times, philosophers knew that a person's external circumstance is the result of his internal environment. This inter-relation is the nucleus of meditation.

Meditation relates to a healthy body and mind. When the mind is able to concentrate fully on the practices of yoga, the purification of body and mind would take place. Without a healthy mind and body, meditation is still possible, but will require tremendous effort and expert guidance from an experienced teacher.

Before looking deeper into meditation, let's look into the basics of human nature. Knowledge is gained through the 5 senses, which is the ability to hear, see, taste, feel and smell. Sage Patanjali in Yoga Sutra, has classified the mind according to 4 different functions: Manas for resolving and doubting; Buddhi for decision and judgment; Ahamkara for the consciousness of its individual existence and Chitta for remembering past experiences. Human behaviour can be understood from this perspective.

Only humans have the capability to be aware and think. We are able to plan our week ahead and live our lives accordingly. Our mind has the capacity to store plenty of memories. These memories contribute to the way we behave today. For example, while driving we do not think when and how to shift a gear or handle the steering. There's an autopilot mode that contributes to our action and reaction.

Due to the ability to think, we are able to plan. But in a difficult situation, our mind can generate self-defeating thoughts that halt our progress in life.

While the mind is a vast collection of thoughts and traces of past experiences, Dhyana (meditation) and Pranayama (a breathing technique to expand the prana) are tools to awaken the awareness within the mind.

Meditation is a process where the heightened awareness level deepens the self-realisation process — a process to break the existing belief systems and alleviate it to a more matured thought pattern. When we have heightened the awareness, liberation from self-defeating thoughts and liberation from doubt are possible while achieving mental clarity and good health. The process of meditation checks and balances our emotion and behaviours, which contribute to our reaction and action, in a specific situation, eventually, resetting the autopilot system, which was built earlier.

The Process of Meditation: The Connection between Body, Breath and Mind

Meditation is a natural process. Research has proven that yoga and meditation will increase the brain energy and help with cognitive, emotional, and sensory data in the brain. Out of many practises available, Pantajali's Yoga Sutra defines yoga as a focusing of the attention to whatever object is being contemplated to the exclusion of all others. In Patanjali's scripture, there are eight steps to awaken the awareness level. These Ashtanga, or eight limbs of yoga, are: Yamas (focus on behaviours towards the social), Niyamas (focus on attitudes towards ourselves), Asanas (physical posture practises), Pranayama (practises on breath control), Pratyahara (relaxation of the senses), Dharana (concentration), Dhyana (meditation), and Samadhi (self-realisation or the state of being

aware of own self). This process systematically shifts our awareness from body to mind and lastly guides us to be aware of the inner-self.

In meditation, we silence the mind or achieve to minimise noises in the mind. For a starter, it will be a challenge to have only one thought to concentrate on as our senses are already trained to focus more on the outer world rather than internally. To overcome this issue, a beginner is recommended to start with yoga postures and relaxation first. This will lead to the ability to concentrate and eventually lead to the state of meditation. Along with the practices, breath will be the core element that will be utilised to transition from one phase to another. Breath will be our vehicle to migrate from being aware of the physical body to mind and only then we'll learn to slowly tame the noises in the mind.

When the mind is tamed and silenced through concentration, then the practise will deepen inner self-exploration where the clarity of thought and the creative sides are experienced. As we progress in meditation,

great importance is given specifically to purify the body with a proper blend of dietary plan, which consist of herbs and other natural food. The element of food is given so much of importance because it directly influences our health, and the quality of meditation. This is the key to pursuing meditation further. As we progress, we should be able to regulate the eating, sleeping, recreation and work habits. These adjustments will cleanse and rejuvenate the body to develop a focused mind, which will imbibe alertness, steadfastness and capability, to pursue further growth in the process of meditation.

Ultimately, the goal of meditation is not just of the body, but also the liberty of the mind to experience the supreme synchronisation of the mind and the universe. As a person is being in this position, one is never shaken, even in the midst of great difficulties. This indeed is believed to be actual freedom from all miseries. Established consequently, one never departs from the truth where it leads to greater achievement. **YM**

MAYI
YOGA ACADEMY
MindBody • Authentic • Yoga • Inspiration

DHYANA (MEDITATION) INSTRUCTOR/PRACTITIONER COURSE

*There is no
Yoga
without
Dhyana*

*The journey of Yoga
starts with the Asana
(physical postures),
moves into
Pranayama (breath
control) and finally
culminates in Dhyana
(meditation).*

*Otherwise there is a
shallow sense of
progress in Yoga.*

Learn and understand the concept of Dhyana and its vast benefits. The extensive syllabus in this course includes:

General Understanding of Meditation

- ♦ Benefits of Meditation
- ♦ How Meditation Works
- ♦ The Fundamental Mechanics of Meditation Practice
- ♦ Rules of Practice
- ♦ The Science of Meditation

Preparation for Meditation

- ♦ Meditational Asanas
- ♦ Meditative Mudras

Meditation Techniques for:

- ♦ Mind Clarity
- ♦ Rejuvenation
- ♦ Reconnecting with Nature
- ♦ Re-Energisation

THE DHYANA (MEDITATION)
COURSE COMMENCES ON:

26TH AUGUST 2017
AT BANGSAR



**This course is registered with
the Ministry of Education and is
endorsed by the Malaysian
Association of Yoga Instructors.*

Inner Insights: The Vast World of Yoga

by Valérie Winter

In the beginning, I regarded Yoga only as a form of physical practice — more like a fitness fad; but after many years of practice, I discovered that the world of Yoga is very vast indeed.

While in France, I learnt there were as many different class styles as there were teachers. For more than two years, I learnt Vinyasa, Viniyoga, Yin Yoga, Iyengar and many more types of Yoga. I also received instructions from more than a dozen different teachers.

The practices helped me become physically stronger and flexible, which is undeniably beneficial. Yoga is indeed widely promoted as a way to achieve better health, but what does it matter when the vitality doesn't penetrate the other aspects of our everyday life?

There is a philosophy behind Yoga that directly addresses how we should treat others and ourselves. The greatest gift I have received in life — thanks to Master Manisakaran — is the understanding of that philosophy. Only at MAYI Yoga Academy was I finally able to understand Yoga in its very basic form; in its purest sense.

What we learn about ourselves on the mat, we must bring to other areas of our lives by offering kindness and compassion when it's possible, and to live with an open heart and a peaceful mind.

Being certified with the International Yoga Instructor Course, now I can pass the knowledge on, and share my passion of Yoga with others. Among the universal teachings, the study of "myself" is the most interesting of subjects to me. I have always been deeply intrigued by the notion of the soul, and consider its awakening and blossoming in each of us as one of our most important life journeys.

Another interest of mine is teaching Yoga as a therapy. Beyond the overall feeling of well-being a Yoga class can bring, it is crucial for us to discern the difference between a typical Yoga class and Yoga therapy. Whereas a personalised Yoga programme is rarely possible in a class setting, the Yoga Therapist Certification Course (YTCC) I enrolled in had helped design a therapeutic one-to-one Yoga programme tailored to people's specific health conditions such as chronic lower-back problems, arthritis and so on.

The YTCC greatly improved my knowledge of the physical body as it provided substantial anatomy training. It has proven to be an asset when designing my classes and how I respond to people who are seeking to heal through Yoga.

YM



Inner Insights: Healing with Yoga

by Ng Yivon

Truth be told, I have never had an interest in Yoga, having always thought that it is an exercise for old people, the perception reinforced by its slow movements. My sports are usually more vigorous - running, swimming, cycling, walking and Taekwondo.

A few months ago, I injured my back in a bout of frenzied activity, playing badminton and training for my Black Belt in Taekwondo. I was bed ridden for a few days. I then tried many remedies. I first tried traditional Chinese massage at several centres. Although I obtained temporary relief, the pain soon returned. I was then recommended to see a Chiropractor but after several sessions, the relief also proved fleeting as the pain soon returned. As a last resort, I consulted an Orthopedic Surgeon at a leading private hospital. After many tests including taking X-rays, he pronounced that I did not suffer any slip-disc in my back. It was comforting to know but the pain nevertheless persisted.

This dragged on for several months but the pain still persisted. When my mother who also suffered from back pain, heard from a friend about MAYI Yoga, she persuaded me to attend the Yoga Therapy for Spinal Health #HappyBack class at the Damansara Utama centre on a Tuesday. I was reluctant but was getting desperate as the back pain was really getting me down.

I was still not convinced after the first session and it took a lot of persuasion from my parents to get me to continue. In these classes I was taught different poses or Asanas that help with stretching the target muscles, strengthening the core and back muscles, and muscles that help with inner balance. In addition to that, I also learnt postural awareness and correction, Pranayama (breathing) techniques and meditation.

My teacher, Dr. Kuga has great empathy and awareness of the different individual needs of each student. She often recommended specific exercises that she felt would further improve my condition. Never having done yoga prior to this, I struggled with the postures and remembering what was being taught at first, but after a few classes and a lot of practice, the learning gradually became easier and smoother.



Slowly but surely, I noticed that the pain levels in my back were less intense. This further fueled my motivation to continue practising yoga and to be more aware of my posture in my everyday life, be it standing, sitting, walking, driving, lying down etc.

My favourite part of every class were when we were doing Pranayama exercises and the meditation sessions in the Shavasana pose at the end of the class. These exercises taught me

how to consciously relax all the muscles as well as allowing me to dissolve all stressful thoughts. This is something that most of us find difficult to do in our busy and stressful daily lives.

After having completed this set of yoga lessons, I can say that my back pain is now a rare occurrence! My mood has greatly improved compared to when I first started, and I feel more in control of myself and my life. My mother, after joining these classes alongside me, has also shown improvement in terms of managing her pain and stress. I can see that it has helped others in my class too. These classes help us to realise that most pain does not naturally occur due to ageing, but is instead caused by bad

posture. However, this can be easily rectified through constant vigilance. I now also realised that not all pain and injuries require drugs, painkillers, physio therapy, hospitalisation and surgery. Life style changes and natural remedies like yoga can sometimes be equally effective and better offer a long-term solution.

I am truly thankful for the health benefits that I have gain by practising yoga for even a short period of time. It has led to me to self discovery and the revelation that pain and injuries can be caused by inane things like bad postures and stress, and that healing can come from within through "harnessing the power of the mind", helped by exercises like yoga. **YM**

SHATKARMA

- the 6 Cleansing & Detox Techniques Workshop

Acquire the know-how of yogic natural cleansing which are good for cleansing various systems of the body, and enjoy amazing and magnificent natural health right away!

It's critical to detox when you have unexplained fatigue, breathing problems, constipation, irritated skin or breakouts, allergies, frequent cold/coughs, migraines, bags under the eyes, gastric pains, indigestion, a distended stomach (even if the rest of your body is thin), excess weight, menstrual difficulties, or mental confusion.

Acquire the know-how of yogic natural cleansing of the sinus, lung, bowel, organs of digestion which are especially good for:

- Removal of toxins build-up
- Rejuvenating the nasal passage, digestive and intestinal systems
- Restoring the natural internal balance
- Achieving youthful complexion and healthier skin





Healthy Lifestyle for Healthy Hair

How Does Hair Grow?

A single hair follicle grows its hair strand over a period of four to six years (the anagen phase). It then rests for two to four months (the telogen phase), after which it loses the "old" hair as a new hair shaft grows and pushes out its predecessor. When the new hair grows in, it does so at a rate of approximately half an inch per month.

According to the scientific research, there are three stages that hair goes through—a growth phase, a transition phase, and a resting phase. As you get older, your hair spends more time in the last cycle, which means you're shedding hair faster than its growing back in.

Why Do We Lose Our Hair?

1. Hormonal Changes

Hormonal changes and imbalances can cause temporary hair loss. This could be due to pregnancy, childbirth or the onset of menopause.

2. Testosterone and DHT

One of the main mechanisms behind hair loss is the enzyme 5 alpha-reductase, which converts testosterone into the hormone dihydrotestosterone (DHT).

When DHT is formed, it reduces the size of hair follicles in people with a genetic predisposition to hair loss, and over time, the smaller follicles produce shorter and thinner hair.

3. The Thyroid Gland

The health of the thyroid gland can also impact hair loss. Although it is not always linked, thinning of the hair is a very common symptom of an underactive thyroid gland, or hypothyroidism.

Sea vegetables such as nori, kelp, dulse, kombu and wakame are rich in the mineral iodine, which has been shown to support a healthy thyroid gland. These foods can be enjoyed in a variety of East Asian dishes, or taken in supplement form.

As well as making dietary changes, it may be worth investing in a water filter, to filter out minerals such as fluoride and chlorine. These chemicals can prevent the body from absorbing iodine and lead to complications.

4. Genetics

Genetics is the most common cause of hair loss, especially in males. Estimates indicate that more than 80% of cases of male pattern baldness are hereditary.

5. Poor circulation of blood in the scalp

Just like any other part of the body, our hair needs a good blood supply to provide micronutrients and amino acids needed for healthy growth. Minerals such as zinc, iron, selenium, magnesium and calcium are all involved in the production of healthy hairs.

The proteins collagen and keratin provide the hair with structural integrity. These proteins are made up of chains of amino acids, which need to be delivered via the blood. If the blood supply is low, no amount of supplementation will be able to hold back the baldness.

6. Stress

Physical and emotional stress can cause hair loss. Surgery, high fevers, and blood loss can cause enough stress to cause excessive shedding. As well as increasing the risk of developing a number of nasty illnesses, chronic stress can impact hormone levels, increasing cortisol. If not dealt with soon, this can have a knock on effect on the liver, and lead to increased DHT levels. This increase in DHT reduces the size of hair follicles, leading to hair loss and thinning. Effective remedies to stress include relaxing activities such as meditation, yoga, reading or walking.

7. Nutritional deficiency

Our hair is only as healthy as our diet and how well our body absorbs the nutrients we eat. Zinc is also responsible for helping you grow new hair, and zinc deficiency is usually the reason for premature hair loss in men and women.

You can increase your consumption of foods that have been shown to aid in hair growth. So make sure that your diet is based mainly on fresh, whole, plant foods such as fruits, veggies, wholegrains, legumes, nuts and seeds.

- Nuts are rich in selenium, a mineral that helps to improve hair strength.
- Wholegrains are heart healthy and contain the minerals zinc and magnesium, which are both involved in the growth of healthy hair.
- Leafy greens are iron rich, increasing blood flow and nutrient availability to hair follicles.
- Berries are rich in vitamin C, which increases the availability of iron.
- Legumes are rich in protein, providing the amino acids needed to maintain structural integrity in the hair.

8. Medications

Pharmaceuticals can come with a long list of side effects, including hair loss. Chemotherapy is one of them. Using any of these medications can lead to hair fall:

- thyroid medications
- some oral contraceptives
- beta-blockers
- anticonvulsants
- antidepressants
- Anticoagulants

9. Skin conditions

Skin conditions like psoriasis and dermatitis can occur on the scalp and interfere with hair growth. Infections, such as ringworm, can invade the hair and skin of your scalp, leading to scaly patches and hair loss. Once infections are treated, hair generally grows back.

10. Alopecia areata

It is an autoimmune disease that affects up to 2% of the population. It causes round patches of hair loss and can lead to total baldness.

11. Natural hair loss

For many people, hair loss is just a part of the natural ageing process.

The average adult loses around 100 hairs from their head every single day, simply as a result of the ageing process



Safe Your Hair!

Here are a few techniques you can explore to improve your hair care habits:

1. Regular head massages with oils can help to break down plaque and free the hair follicles.
2. Showers in the morning have also been shown to reduce sebum production.
3. Aloe vera is a natural ingredient in some shampoo and conditioners that can bring plaque to the surface and break it down. It also has alkalizing properties that help to reduce inflammation.
4. The lauric acid found in coconut oil binds to the protein in hair and protects both the roots and strands of hair from breakage. Coconut oil is known to mimic Sebum. Sebum is the body's own natural oil that helps keep the scalp from drying out and also coats hair roots to protect them from damage. A well-oiled scalp with happy follicles is the key to stopping continued hair loss. Coconut oil penetrates the hair shaft, protecting it against environmental impurities and excess heat. The natural antioxidants and nutrients (vitamin E, vitamin K and iron) found in coconut oil boosts hair growth and regrowth. Coconut oil contains both antifungal and antibacterial properties to protect against



potential fungal or bacterial problems that limit hair growth. When you massage your scalp with coconut oil it improves the blood circulation to the scalp and hair follicles, which helps hair follicles to absorb the valuable nutrients in the oil necessary for hair re-growth.

5. Smoking, pollution, diet and many other factors can cause reduced blood flow to the scalp. Improving your diet and life style can make a big difference.
6. Yoga inversions such as mountain pose,

shoulder stand, headstands and handstands improves blood circulation to the head and increases rate of hair growth. 7. Herbs like Bringaraj are known for treating hair loss problems and other scalp issues. However, the Bhringraj benefits are not limited to hair alone; it also treats various digestive issues, lungs problem, and many other health problems. **YM**

Call us at MAYI AyurYoga for more info on hair treatments and appointments at 03-6127 5693.

MAYI
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MindBody • Authentic • Yoga • Inspiration

Pregnancy Yoga

INSTRUCTOR COURSE

Expand your teaching opportunities while
supporting pregnant women throughout
their *pregnancy*



What You Will Learn:

- ◆ Anatomy and physiology of the pregnant body
- ◆ Mind and body awareness during pregnancy
- ◆ Hatha Yoga poses which are suitable to be practiced during each of the trimesters
- ◆ Yoga Nidra for relaxation during pregnancy
- ◆ Pranayama during pregnancy and labour
- ◆ Planning and conducting pregnancy yoga class

Why Learn with Us?

Our Pregnancy Yoga Instructor Course is registered with the Ministry of Education and is endorsed by the Malaysian Association of Yoga Instructors.

**Weekly Pregnancy Yoga Classes for expectant mothers are also available at our centres.*

COURSE INTAKES:

BANGSAR/SUBANG: 9TH JULY 2017
BANGSAR: 18TH AUG 2017
SUBANG: 12TH NOV 2017

THE MINDFUL BEING

by Zu Anjalika Kamis Gunnulfson

"Mamma let's do the flame-gazing exercise again" said my six-year-old. He loves this 'flame-gazing' activity or Trataka, a technique I introduced to him two months ago. In a nutshell, it involves staring into the flame of a candle, which in turn helps with concentration and memory.

When we think about boosting memory power for adults, eating the herb ginkgo biloba comes to mind. Afterall, this herbal supplement has been around for many centuries. For most, supplement is not an option for their children.

So while we work on ensuring our kids are equipped with good mental power, why is boosting memory ability all that important and how do we help our kids achieve this?

From birth, a child's growing memory is the crucial part of his cognitive growth. Parents will continue to find ways to help their kids boost their memory power. The amazing role memory plays in our lives becomes apparent as we are who we are, mainly because of what we remember.

As a child gets older, his memory power will get stronger while the capacity increases. If you can determine what children remember - why and when, you can certainly encourage that developmental growth.

What's important to note is that while mind-training is good, mind relaxation is also needed for balance. One without the other will not perform to it maximum ability.

Mind-training combined with mind relaxation has been ever present since the inception of yoga itself, couple of thousand years ago.

In this 21st century our lives are pretty much being taken over by technology. For most of us,

every waking hour is spent amongst smart phones, computers and noise that over-stimulate the minds. We hardly find time or opportunity to relax, unwind and quieten our minds. What is worse is that we let that same lifestyle control our children.



For the young especially, stimulating their minds positively is imperative. It is also necessary to provide variety in order to promote constant stimulation. Another factor to consider when arranging mind-training activities is age appropriateness.

Super memory is not a myth; it's definitely attainable. With all that said, let us now look into the fundamentals of the following two variations of mind-training and relaxation practices, and how the practices can help attain the best possible mental calmness and wellness capacity in our children.

TRATAKA

Trataka or flame-gazing is one of the most popular mind training activities in yoga. Trataka develops concentration and memory. Directly translated, it means concentrated gazing and that is exactly what Trataka does.

During the Trataka practice, a candle is placed about a meter away, on the eye level. Keep focus on the flame and continue gazing at it without blinking. It is also important to breathe normally. Gaze onto the flame until tears start running down the cheeks. Then slowly close the eyes and relax. Then with a slight pressure, place palms over the eyes and hold for about 30 seconds. This cycle may be repeated few times.

Trataka is certainly a very good exercise for the eyes; known to help considerably with many eye issues. Conjunctivitis happens lots with the young; Trataka is known to keep it at bay. Ward off and reduce astigmatism wholesomely; try Trataka!

Without a doubt, Trataka calms and relaxes the mind. Definitely a plus for children as it presents the ability to focus more and concentrate longer without getting distracted. With all these perks, daily stress and fatigue, eliminated. Better sleep and peaceful nervous system will be introduced.

MANAS DHARANA

What is Manas Dharana? Simply put, Manas Dharana means concentrating the mind onto one place or object. This technique calms and promotes mind receptiveness, and has a positive impact on the brains.

This exercise can be held indoors or outdoors. With eyes closed, children are led to listen to one external sound each time; birds chirp, the rustling of paper or even footsteps outside the window. They will also be required to breathe normally and steadily. Focus and concentration is needed. They will follow the direction to where the sound is heading. Then questions relating to the sounds will be asked; example will be where the sound comes from, where it is travelling to.

In Manas Dharana, the mind is trained to concentrate on just one thing each given time; meaning focus plays a big part in this exercise. With focus, the mind quiets down and calmness is induced; helpful for everyone especially the young.

With Manas Dharana as part of their lifestyle, children will be able to automatically switch on to this mode whenever studying or memorizing work is needed. Concentration and focus; two words synonymous with students, can be achieved with this simple exercise.



Do also note that breath and breathing plays a vital role in these two exercises. Breath controls the mind; oxygen will be amply supplied with each breathing, making concentration and focus lots easier.

So there you go, the two mind-training techniques in yoga. Such simple steps, with no costs, yet resulting in huge perks.

Emphasis should really be given to Trataka and Manas Dharana as support for developing minds.

Understanding how focus and concentration can be elevated; also ways in which memories are encoded in childhood and later retrieved and used has important relations in many areas during a child's developing years.

Afterall, Thomas Edison did say, 'the greatest invention in the world is the mind of a child' and he cannot be more apt! **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), Puchong (03.8080 4742) and Subang: (03.8021 7980)
 Facebook: SYK Superyogakids

Featured Asana

Eka Padasana (One Foot Pose)

Step by Step:

1. Stand relaxed with the feet together.
2. Inhale as you raise your arms directly above the head and interlock the fingers with the palms together.
3. Exhale as you bend forward slowly from the hips, keeping the trunk, head and arms in a straight line and transferring the weight onto the right leg. Simultaneously raise the left leg straight back, keeping it in line with the trunk. The body should pivot from the right hip joint.
4. Focus the gaze on the hands.
5. Breathe normally as you hold in this position as long as is comfortable.
6. Inhale as you return to the upright position while keeping the arms, back and leg aligned.
7. Exhale as you slowly lower the arms.
8. Repeat on the other side to complete one round.

Benefits:

- Strengthens the arms, wrists, back, hips and leg muscles.
- Helps to develop muscular co-ordination, nervous balance and concentration.

Contra-indications:

- People with lower back problems, heart problems or high blood pressure should practice under guidance.



Chef Yogi's Food Notes!

Fried Chickpea

by Sumathi



Ingredients

- 2 cups chickpea - soaked overnight and boiled
- 1 tsp turmeric powder
- 1 tsp cooking oil
- 1 tbsp ginger paste
- Mustard seed
- Curry leaf and salt to taste

Method:

1. In a wok, heat oil and add mustard seed, ginger paste, curry leaf and turmeric.
2. Saute, add chick pea and salt.
3. Stir and serve hot.

SCHEDULE OF COURSES: JUL 2017 - SEP 2017

JUL

02/07/2017	PCH	International Yoga Instructor Foundation Course
02/07/2017	BSR	International Yoga Instructor Foundation Course
02/07/2017	BSR	Kundalini Kriya Yoga Course
3-7/07/2017	BSR	International Yoga Instructors Course - Advanced
03-07/07/2017	SU	Ayurveda Massage Therapist Course
09/07/2017	PCH	Jala Neti Workshop
09/07/2017	USJ	Respiratory Health Awareness Programme
09/07/2017	BSR/USJ	Pregnancy Yoga Instructor Course
09/07/2017	BSR	Partner with Precision - Movements with Awareness Workshop
15-16/07/2017	DU	Ashtanga Yoga Workshop - Primary Series
16/07/2017	USJ	Urdhva Retas & Anti-Aging Workshop
16/07/2017	USJ	Manipuraka Awakening & Universal Healing Energy Workshop
16/07/2017	BSR	Ayurveda Massage Therapist Course (Female intake)
16/07/2017	BSR	Ayurveda Massage Therapist Course (Male intake)
16/07/2017	USJ	International Yoga Instructor Foundation Course
21/07/2017	BSR	Ashtanga Yoga Instructor Course - Primary Series
24-28/07/2017	BSR	Teaching Yoga with Precision & Alignment

AUG

06/08/2017	DU	Cardiac Health Awareness Programme
07-11/08/2017	DU/BSR	International Yoga Instructor Foundation Course
13/08/2017	DU	Shatkarma - the 6 Cleansing and Detox Techniques Workshop
13/08/2017	BSR	International Yoga Instructor Foundation Course
14-18/08/2017	SU	International Yoga Instructors Foundation Course
17/08/2017	DU	Dhyana (Meditation) Instructor/Practitioner Course
17/08/2017	DU	Prana Vidya Course
18/08/2017	BSR	Pregnancy Yoga Instructor Course
19/08/2017	PCH	Ayurveda Massage Therapist Course
20/08/2017	USJ	Jala Neti Workshop
20/08/2017	BSR	Cardiac Health Awareness Programme
26/08/2017	BSR	Dhyana (Meditation) Instructor/Practitioner Course
27/08/2017	BSR	Super Yoga Kids Instructor Course
27/08/2017	BSR	International Yoga Instructor Course - Intermediate
31/08/2017	BFS	Full Intestinal Cleansing Practical Session

SEP

03/09/2017	DU	Yoga Therapist Certification Course
11/09/2017	SU	Kundalini Kriya Yoga Course
16/09/2017	BSR/PCH	Kundalini Kriya Yoga Course
17/09/2017	BSR	Mummy & Baby Yoga Workshop
17/09/2017	BSR	Super Yoga Kids Instructor Course
18-22/09/2017	BSR	Mini Detox Workshop
24/09/2017	DU	Prana Vidya Course
24/09/2017	DU/BSR	Introduction to Chakras - the Wheels of Life Workshop
24/09/2017	BSR	Partner Yoga Instructor Course
25-29/09/2017	BSR	International Yoga Instructor Foundation Course

Cardiac Health Awareness Campaign



While many of us are aware of the general health benefits that yoga can bring about, very few are exposed to its specific role on cardiac health. Yoga to rehabilitate the cardiac health focuses mainly on breathing practices, stress reduction, stretching, relaxation, and body awareness techniques.

#LoveYourHeart campaign comprising of 75-minute workshop offers an insight into the precise techniques targeted for the health of the cardiac system. This workshop is open to ALL and the techniques taught can be practiced alongside other treatments.

Catch us at the following locations and book your slot today!

DAMANSARA

6th Aug 2017

BANGSAR

20th Aug 2017

SELAYANG

10th Sept 2017

SUBANG

8th Oct 2017

INTERNATIONAL YOGA INSTRUCTOR COURSE (IYIC) DUAL CERTIFICATION



CO-CERTIFIED BY MALAYSIAN ASSOCIATION OF YOGA INSTRUCTORS
THIS COURSE IS REGISTERED WITH MINISTRY OF EDUCATION
PUSAT LATIHAN YOGA JASMANI (reg no: BZ5H805)

YOGA ALLIANCE REGISTERED
YOGA SCHOOL : 200-HOUR
YOGA TEACHER TRAINING COURSE

The International Yoga Instructor Course (IYIC) bases its success on personalised training and hands-on approach that nurture the confidence of budding teachers. Equip yourself with the highly effective IYIC teaching skills and expertise that will empower you to make the positive career change you have always dreamed about.

What you can expect in IYIC:

- Learn how to make the class lively, fun-filled, interesting, meaningful and promising.
- The accelerated methods taught at IYIC enables one to be fully equipped and independent in conducting classes.
- For existing teachers, it deepens the meaning of yoga, yogic principles and the practices.
- It opens the mind to the fullest potential of teaching.
- It creates a favourable environment of growth for both teacher and students.
- Learn new skills and gain deeper knowledge through detailed training.

For each level (Foundation, Intermediate, and Advanced), participants will get specialised training on various techniques, which include:

- Introduction of Yoga Philosophy
- Pranayama (Breathing Techniques)
- Teaching Methodologies (preparation and dissemination of teaching, effective communication skills, lesson planning, preparation of lesson portfolios, etc.)
- Asanas (Postures)
- Anatomy and Physiology
- Shatkarma (Cleansing Techniques)
- Inner Clarity and Mind Management

INTAKES AVAILABLE AT

BRICKFIELDS / BANGSAR / DAMANSARA / SELAYANG / PUCHONG / SUBANG

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3, Jalan Ang Seng 3, Brickfields, KL.
81A (1st Flr), Jalan Bangsar, KL.
89A&B (1st & 2nd Flr), 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.
11(2nd Flr), Jalan USJ10/1A, Subang Jaya, Selangor.

+603 2260 5322
+603 2282 4980
+603 7726 6682
+603 6127 5693
+603 8080 4742
+603 8021 7980

website: www.mayiyogaacademy.com

email: yoga@mayiyogaacademy.com