

YOGA MAIL

The Industry Journal For Yoga & Human Potential

PP 15266/06/2013(033264)
VOLUME 11 ISSUE 3

COMPLIMENTARY COPY

Jul-Sep 2018 ISSUE

Simplicity in Yoga

Simple Food, Simple Eating

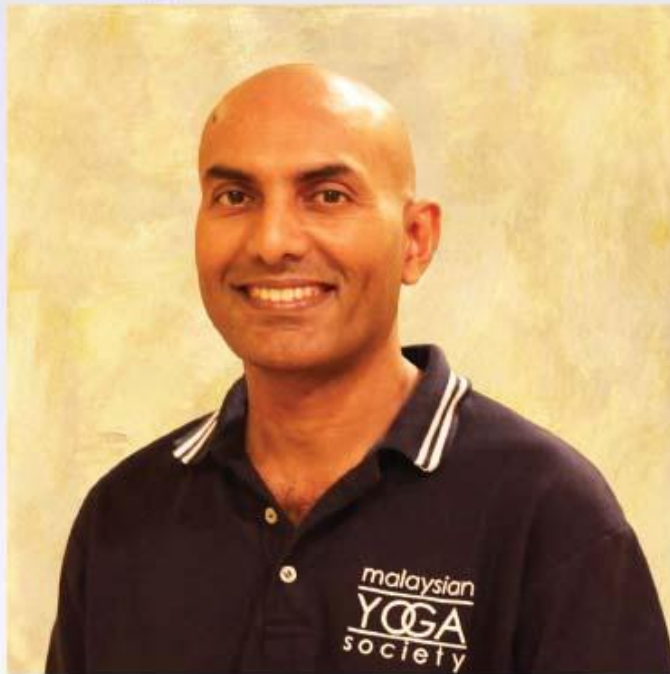
Yoga: The Journey
towards Effortlessness



Message from
Master Mani:
*Living Models of
Simplicity*

Message from Master Mani

Living Models of Simplicity



*Master
Manisekaran*

Simplicity: This is a magical word! It evokes a good feeling in my heart when I hear it or mention it.

In this world of show and tell, there are some men and women who silently pass through our lives unnoticed. They make remarkable contributions to humanity in many ways – small and big, but since it is in their nature to be simple, these feats remain unnoticed. The results are apparent, but the persons behind these actions are simply not visible.

Yoga has been around since time immemorial, but the founders are not known. They left no notes of their backgrounds, anecdotes of their lives or traces of their footprints in time... This is because, for the yogis, the cause is bigger than a display of names or specifications. But can anyone deny their immense contributions, which have led so many to enlightenment?

What returns in favour can you do for someone who leads you to enlightenment?

Nothing. This is simplicity. Someone leads you to the ultimate goal of life and you can't even see, know or trace the person's identity.

It is not easy to do this – to be simple, remain incognito, unknown and invisible. It takes tremendous awareness and inner strength to embark on simplicity. It is the traits of the men and women of the past and those who still walk among us unseen, untouched by celebrations and unfathomed by the rest of humanity.... They remain the true heroes of life. **YM**

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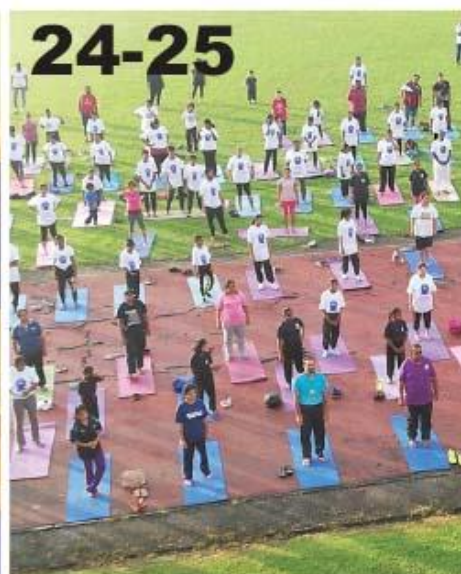
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Printed by:
E-print Solutions Sdn. Bhd.
No.3, Lorong Brunei 3, Off Jalan Pudu, 55100 Kuala Lumpur, Malaysia

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



Guided by one of the world's leading yoga exponent
Manisekaran

Complimentary copies of YogaMail are available at the following locations:

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YogaMail is published every 3 months. Distributed for free, this health journal aims to share a selection of articles which focus on well-being and sustainable living. Garnering an impressive readership of 20,000, we welcome any parties who are interested to distribute and advertise with YogaMail.



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Simplicity in Yoga

by Dr Chandra Nanthakumar

The lexical item, “simplicity” is defined as the quality or condition of being simple, or easy to understand or do. It is also the quality or condition of being plain or uncomplicated.

Looking back at our lifestyles, we may ponder on the following: Are we leading a life of simplicity or a life of luxury and extravagance? Are we eating in moderation or are we loading our digestive systems with unhealthy foods that contain artificial colouring and flavour enhancers that tickle our taste buds? Due to indiscriminate consumption of large amounts of food, many are becoming victims of various lifestyle diseases.

In Malaysia, the total health expenditure has escalated in recent years. According to Lau (2017), health spending per capita has increased 2.5 times in 17 years, from a moderate RM641 in 1997 to RM1,626 in 2014. What is more with people now turning to private hospitals for medical treatment. Repeated visits to healthcare centres may eventually leave our bank accounts in the red.

When one is inflicted with a disease, the individual is endowed with the option of either seeking medical help, or ignoring the tell-tale signs and letting nature take its course. On the other hand, there are exercise freaks who conscientiously take time off to workout and burn the extra calories, while others continue to indulge in all kinds of cuisines, including junk food. Those who ignore the tell-tale signs may resort to comfort eating, smoking or drinking when stress beats them. Before you know it, lethargy would set in and this will slowly but gradually be followed by a host of dis-eases, which are, most of the time, the adverse effects of stress.



Leading a life of simplicity is an easy task if one has a clear direction in life and very minimal expectations. If the human mind is cluttered with unnecessary thoughts round the clock, then it inevitably causes discomfort in the body and mind. For some individuals, there is always this need to do better than others, compare and contrast with the Joneses and the list goes on.

According to Albert Einstein, a calm and modest life brings more happiness than the constant pursuit of success combined with constant restlessness. If there is no check and balance in the lifestyle we lead, one by one diseases may start to engrave in the cells, damaging the organs and eventually causing death.

One easy way to achieve a life of simplicity is to harmonise the body and mind through practices that are meditative in nature. There are ample such practices but one simple one that is not to be missed is yoga. This ancient scientific practice helps one live in the moment (Pascal, 2013). Here one is able to focus on the “now”. It is now, in this moment that one is able to feel most calm, composed and centred. The practice of yoga, amongst other rungs, encompasses asanas (postures), pranayama (expansion of life force), pratyahara (withdrawal of senses), dharana (concentration) and dhyana (meditation).

It's so simple to practise yoga as there is no entry requirement. All you have to do is be present for the class you have enrolled in. It's so simple because you do not require sophisticated equipment. All you need is a mat. As a matter of fact, trained yoga practitioners merely practise on the bare floor. It's so simple because unlike other forms of sports like jogging, swimming or kayaking, yoga does not necessitate special apparel or footwear. In fact, yoga is practised sans footwear. Any loose attire would deem fit for the practice of yoga. It's so simple because you can practise it wherever you are – at home, at the park, at work or even when you are on a holiday. While many poses are practised on the floor, a sizeable number of poses can also be performed on the chair or in standing position. Besides asanas, the practice of pranayama, dharana and dhyana too can be done in a sitting position on the floor or chair, or in standing position.

The practice of yoga has tremendous effects on the body and mind. Besides improving one's flexibility, it helps to reduce cortisol (stress hormone) levels and blood pressure. Since the practice of asanas, which is coordinated with breath, focuses on the journey of going into the

asana, staying in the asana and coming out of the asana, one will experience a great reduction in the number of thoughts, thus inducing a sense of calmness in the body and mind. Endorphins that are released during the practice of asanas help in the management of not only mood swings, but also stress. That is not all – the practice of yoga is known to keep many dis-eases out of sight.

Something as simple as yoga is too good to be ignored. It is akin to food for the development of a healthy body and mind. If you have not started, you seriously should consider doing it right away. **YM**



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Simple Food, Simple Eating

by Nicole Yong



The gourmet home chef cooks real food for the family

Six years ago...

Being married and in my early 30's, I was not so good at cooking. I always thought cooking was a hassle. I was very busy with a full-time job and Sunday was just a good time to rest. I strongly believed cooking was a chore and not more — with a dirtied kitchen and lots of pots and pans to be washed! Thus I had opted to eat out with my husband. Was I lazy? No. The only thing in my mind was “work, work and work”. And my focus was not on a healthy lifestyle that involved eating healthy food, exercising and relaxing.

Towards the end of 2012, I had become overweight and not able to fit into my old clothes! The doctor said I had hormone issues. That was a wake-up call for me. I decided that it was time to do what was best for myself. The doctor advised me to follow a healthy diet and suggested that I take up some form of gentle exercise routine. I took up his advice and decided to join healthy cooking workshops, attend nutrition courses and also follow a proper exercise programme. Later, I found that home cooking was a great way to give me and my husband a sense of control over our well-being. Yes, gradually, both of us lost weight.

From that moment, the kitchen became my laboratory. My husband was very supportive and didn't have expectations of elaborately-prepared dishes. He told me simple food was acceptable. Hmm.... that was very sweet of him. So, in the beginning, we had home-cooked food at least once a week. Then, occasionally, I'd invite my sisters to join us. It really makes my day when I see their faces light up after the meals. I discovered that it was a great way to bond with family. And this was how I started my simple cooking journey.

As I cook, I say a silent thank you to my family members. The more I cook the lesser the frequency of making mistakes, which meant slightly better food served to my loved ones.

What is simple eating? And what are the main reasons to practice simple eating?

1. Simple eating is eating real food in the right portion. Not overeating. That was what our great, great grandparents did.

It is about eating lightly cooked (not over-cooked) food that has not been

over-processed, preserved or loaded with artificial ingredients. Healthy real food is whole food such as whole grains, legumes, vegetables, fruits, kitchen herbs, nuts and seeds.

No doubt, it is easier to dine out or to find pre-packaged delicacies in the supermarket. However, all these processed foods such as hotdog, bacon, pizza, canned foods and burger come at a cost. In a bid to expand the shelf-life of these chemically-processed foods, they are most likely induced with higher amounts of sodium, sugars and trans fat (hydrogenated oil). They may also contain artificial colouring, MSG and preservatives. Too much of these additives could grow inches to our waistline and have a negative impact on health. We are, in fact, exposing ourselves to high risk of chronic diseases, especially increased levels of the harmful cholesterol. High sugar content food is also associated with the risk of modern killers such as diabetes, heart disease and obesity.

If we do not want to place our health in jeopardy, then this is one of the most convincing reasons to start eating simple and real food. By learning how to cook simple nutritious meals from real food, I learnt to stop buying all those processed products, especially instant Ramen. Initially, I just threw in a few types of vegetables and legumes into a pot and cooked that for a meal. Later, I started cooking whole grain rice to go with it. Yup, it is very simple, saves time and is balanced.

2. Learning to value real food as medicine.

The main function of real food in the human body is to maintain health, growth and development; provide energy, repair and maintain cells, and prevent diseases. I learnt that the food I prepare for family members contain very powerful substances such as

antioxidants, vitamins, minerals, fatty acids, fibre, phytonutrients and so on. These play an important role in the human body. For example, in controlling inflammation levels, regulating blood pressure and cholesterol levels, balancing blood sugar, improving the digestive system, eliminating waste (detoxification), regulating the hormones in the body, slowing down the effects of ageing and the list goes on.

3. Understanding real food through Taittiriya Upanishad.

In the Taittiriya Upanishad, one of the most important scriptures of the yoga tradition, Annamaya kosha (the food sheath), is described thus:

“Those who are born, are born of food.
Whoever reached this Earth,
From then on they subsist on food.
And in the end, they go back to it.
Food is the eldest among the living beings.
That is why they call it the healing herb of all.”

There are five Koshas (sheaths) in the body. Annamaya kosha is the outer layer, or the physical body, and it needs nourishment to survive.

The Taittiriya Upanishad says that the important link between humans and the environment is “food”. Food is made of plants, which grow on earth, the environment that produces our food. For that reason, food is a form of medicine and is eaten to maintain life. We need to respect the food we eat.

4. Understanding the effects of food on our mind (from the Bhagavad Gita).

Food not only has influence on our physical health, but also on consciousness. Bhagavad Gita says: “Every human being is born with inherent in their nature Sattvic (pure in nature),

Rajasic (passionate in nature) and Tamasic (ignorance in nature) qualities. (Bhagavad Gita 17.2). Choice of food can have a reflection on the individual nature as well. According to Bhagavad Gita 17.8-10, food with Sattvic (pure in nature) quality increases the duration of life, energy, strength, well-being, mental clarity, joy and happiness. Food that is too bitter, sour, salty, hot, spicy and dry can cause pain, stress and diseases. It is known as Rajasic food. Food that is overcooked, rotten or unclean can cause laziness and disease. It is called Tamasic food.

These lightly-cooked vegetarian diets, coming from grains, fruits, vegetables, milk, honey, legumes and so on, have a peaceable impact on our mind. There is a saying: "By eating pure food, our mind becomes pure." And vice versa.

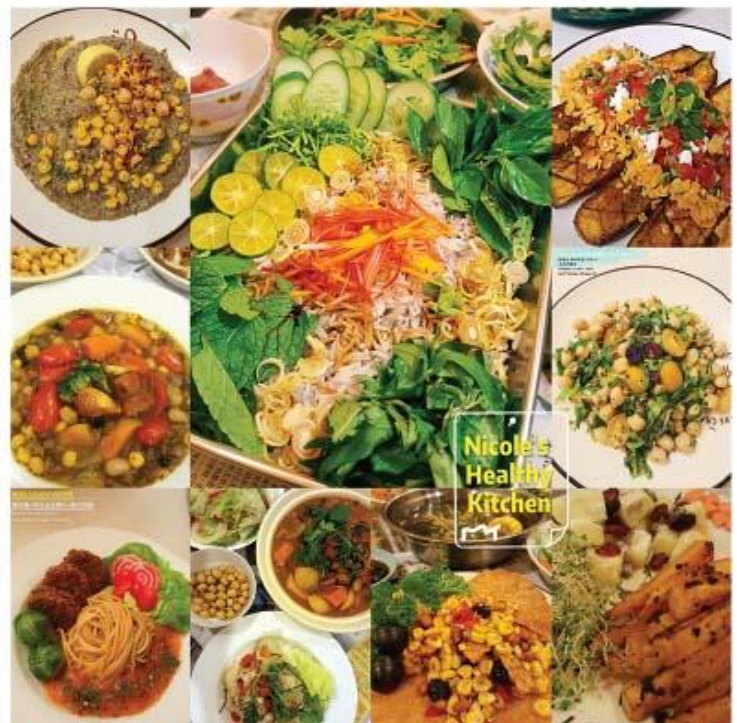
Learning to value...

The role of the one who prepares the food at home is very important. Many people are ignorant about the fundamental things in life. As mature adults, we need to lead by example and be part of a healthy solution for family members. Sometimes I share nutrition information with them so that they understand how food works for them. Then, slowly, over a two-year period, little by little I introduced healthier diet at home. The changes took place gradually. Now they take multi-grain rice instead of white rice, have reduced cravings for deep fried food, drink plain water and not soft drink after dinner, accept more vegetables instead of meat, and consume white meat instead of red meat. These changes are very encouraging. Occasionally, my husband helps me prepare dinner.

When I look back, I am thankful for all my previous experiences that have led to this path of simple living, with a simplified approach to cooking for family members. I'm still on this simple cooking journey and have so much still to learn and explore.

We live in a modern world where everyone claims to be tied up with a busy schedule. But I believe we will love cooking when we begin by learning to value and appreciate it. I'm positive that all family would benefit from it. Although it may take time to get used to the slow pace of food preparation, in the end it is so worth it. It offers us loads of health benefits that provide our body and mind with similar nourishment that real food does.

Finally, to all who fear cooking, I'd have to say that the kitchen is not a scary place at all. Cooking is not a special talent. Good food should always be cooked with real ingredients. I always stick to simple recipes. I leave complicated recipes to restaurant gourmet chefs. I follow this simple step for food preparation — one staple food (rice /pasta), one protein food (simmer legumes soup for me/steamed or pan fry fish for my husband), pan fry/steamed 2-3 types of vegetables, and family-friendly meals, and that's it! And I'm sharing some of my cooking photos here.



Wish everyone an abundant of physical, mental and emotional health. Thank you and Namaskar. YM

Yoga: The Journey towards Effortlessness

by Nemala



“Yoga is simple” – trying saying this out loud and you’d realise you have landed into a zone of great possibilities which many have yet to give much thought. Let us ponder on this for a moment. For some, simple is equated as being too easy while for others simple means it is approachable or uncomplicated. Whereas for a few, it may imply the lack of depth in understanding a subject. However as far as the philosophy of yoga and its fundamentals are concerned, being simple or simplicity is uncomplicated. It is a practice that can be utilised by any regardless of age, creed or cast due to its malleable nature that metamorphoses its way into the required depth of understanding of a practitioner of any level. This is because the relationship between yoga and the practitioner varies from one to the other. For a serious practitioner, yoga may be a spiritual tool that leads to enlightenment, but for a simple-minded dedicated health-conscious person, it is a daily practice to keep both the body and mind fit. It is so simple that even children can engage themselves in the practice.

Be it hatha yoga, pranayama, dhyana or any other rungs in the eight limbs of yoga as stated by the sagacious Patanjali, the practice functions in the same manner. The sole intention of the process is to cultivate discernment, awareness, self-regulation and higher consciousness in the individual.

Such traits may sound overpowering; however, with some thought, you may realise that all of these boil down to the ability of the mind to create clarity. Clarity is achievable when the mind is able to focus well on a matter at hand. It is the ability to not get distracted by the constant input from the external world or the ability to keep the mind concentrated on one subject at a time. In other words, it is a state of mind that is effortless. It is simple because it is only merged in one thought; it is not complex or multi layered but completely engaged and collected in the space of time. In this state of effortlessness, the whole energy of the mind gets concentrated on

that one idea. The senses become still as the rays of thoughts no longer undulate. In this state, the consciousness of an individual and their awareness are heightened. Such a state is consequential by the upkeep of the concept of simplicity.

Therefore, simplicity is a model that challenges our ability to refine our awareness, sharpen the thoughts to one point and soften the stormy mind. Such a state would lead to a greater understanding of situations and any subject of exploration.

The perfect example would be how in the past there have been numerous saints and masters of many faiths who experienced profound spiritual truths (often times with such perfect clarity). They could express the philosophical insights to the public in such vibrant yet clear and simple ways that could be easily grasped.

However, today as we all live in a culture that constantly feeds the societal mind with ample distraction and clutter, one would wonder how to find the space for clarity. This is where the practice of yoga comes into play. The many great benefits of yoga are attained by constant practice. Primarily, yoga encourages the act of living in the moment. Most people spend much of their time not only planning ahead, but also contemplating the past. Nevertheless, with the practice of yoga, one gets to not only focus but also be in the present moment. For example, one will not be able to stand in a one leg pose for a length of time, or keep count of the number of inhalations and/or exhalations in their pranayama (breathing) practice or do any form of deep visualisation if the mind wanders.

Initially, such gains may only be felt during the practice but with time and continuous effort, the benefits will expand and the practitioners would be able to relive such moments although they

may have completed their practice hours ago. The concept of simplicity flourishes.

There was an intriguing research conducted on the U.S. Marines using one of the concepts of yoga that is mindfulness. The findings revealed the soldiers were able to overcome stress, depression and insomnia by just practicing mindfulness 15 minutes a day over 8 weeks. In fact, they even performed better on the battlefield. I'm certain as you are that most of us won't find ourselves on a battlefield, but be rest assured, the practice will help improve focus when confronted with the day-to-day tasks. Focus is the element that allows the mind to keep matters simple and directed to the point of interest.

The whole concept can be quite easily comprehended as all forms of yoga practice bring the mind to the present and removes clutter. The simplicity that arises by being in the moment gives birth to clarity which leads to a state of higher consciousness. In this state it becomes natural to act upon the will for improvement which in return enhances your life experiences.

Hence, it is apparent that the wisdom of simplicity or effortlessness is deeply rooted in the practices of yoga. The great values and benefits of living modestly are found in all the world's major traditions. Hence, the benefits are indisputable. Basically, the idea of simplicity in yoga is to create a space within you that is at peace despite the challenges in life. Voila! The essence of the yoga philosophy has come to a culmination. **YM**

Dhyana (Meditation)

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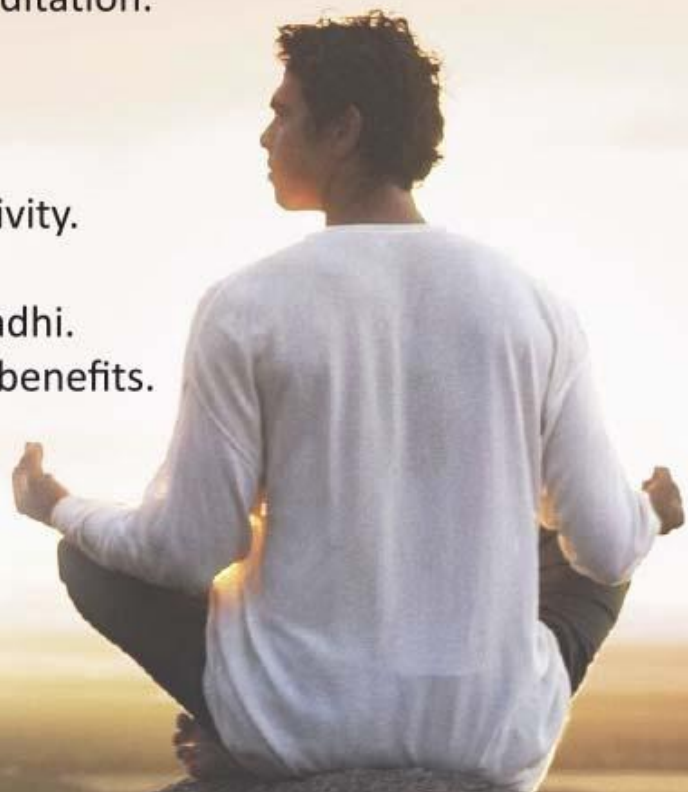
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- Various nature meditations.
- Management of meditation class.

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Articles by Practitioners

Visiting the Ancient Wonders of Turkey and the Modern Dubai

by Grace Komathy

Like YOGA, travelling is NEVER quite complete for me. IT is a LIFETIME practice. Every travel has its unique experience and I had a wonderful one in Turkey. I was not only mesmerised by the beauty of Turkey, but also learnt to be present in the moment. I learnt to accommodate, adapt and most importantly, be kind to my fellow travellers.

Turkey is a transcontinental country bordered by eight countries. It is encircled by seas on three sides with the Aegean Sea to the west, the Black Sea to the north and the Mediterranean Sea to the south. Turkey has 17 UNESCO World Heritage Sites and we were fortunate to visit the archaeological site of Troy, Hierapolis-Pamukkale, the Rock Sites of Cappadocia and many more spectacular places.

1. Blue Mosque and Hagia Sophia

Our very first destination was the Sultan Ahmed Mosque, known as the Blue Mosque because of its bluish interior work. It was the most important mosque in Istanbul, standing next to the Byzantine Hippodrome in the old city centre. Mosques traditionally had one, two or four minarets, but the Blue Mosque uniquely boasted six. It was rumoured that this was a misunderstanding as the Sultan had instructed his architect to make gold (altin) minarets, which his architect understood as six (alti) instead. This mistake turned out to be a beautiful one. The lesson is that not all mistakes in life are wrong when are able to find blessings in them.

Hagia Sophia was a great architectural beauty and an important monument both for Byzantine and Ottoman empires. Once a church, later a mosque, and now a museum at the Turkish

Republic, Hagia Sophia had always been valuable. This church was rebuilt three times on the same place. Hagia Sophia meant Holy Wisdom.

It was surreal to be standing in Hagia Sophia, a world heritage site listed under UNESCO.

2. The ancient city of Troy and the Askleion in Pergamon

Next, we visited an ancient city. Due to its strategic location between the European and Asian continents, connecting the Aegean and the Black Sea trade routes, Troia had become an important commercial centre and a settlement. In ancient times, when the city was destroyed, it was rebuilt on the same place several times. Generally, rebuilding is done at a different place, but Troia was rebuilt at the same place nine times, which gave us a chance to see its nine different layers. The layers represented a rich variety of great civilisations dating between 3000BC to 1200AD. From the mythological Greek to Byzantine times, from Agamemnon and beautiful Helen to the Roman emperor and Hieros, the nine layers were proof of man's determination and strength.



Asklepion was an important health treatment and healing centre equivalent to Epidaurus and Kos medical sanatoriums in ancient Greece and Rome. It was an extraordinary thing in those days and indeed, it was an amazing experience being there. Basically, patients walked through a dark, big healing tunnel where sick people were invited to hear the holy sound of the healing God "Asclepios". The Roman Via Tecta, a colonnaded sacred way, led from the entrance to the sanctuary where you would see the base of a column carved with snakes, the symbol of Asclepios, the god of medicine. Just as a snake shed its skin and gained new life, the patients at Asklepion were supposed to shed their illness. The holy sound (from the healing Gods) controlled the turbulence of the mind. As Sage Patanjali said: "When the agitations of the mind are under control, the mind becomes like a transparent crystal and has the power of becoming whatever form is presented." Thus healing took place.



3. Cappadocia

Cappadocia lies in central Anatolia, in the heartland of what is now Turkey. The relief consists of a high plateau over 1000m in altitude that is pierced by volcanic peaks. A massive underground city that plunged 113m deep was found in Cappadocia. The extensive networks of passages, tunnels, stepped pits and inclined

corridors linked family rooms and communal spaces where people met, worked and worshipped. The cities were complete with wells, chimneys for air circulation, niches for oil lamps, stores, water tanks, stables and areas where the dead could be placed until conditions on the surface would allow a proper disposal. When danger loomed, Cappadocians retreated underground, blocked the access tunnels with round stone doors and sealed themselves in with livestock and supplies until the threat was gone. Like the Cappadocians, I learnt to remain calm when faced with difficulties, and I learnt to introspect. Sometimes we need to retreat and go to that space within to get the answers we need.



Another astonishing experience was the hot air balloon ride that took us across spectacular surrealistic landscapes combined with excellent flying conditions that allowed the balloons to gently drift between fairy chimneys, pigeon houses hewn into the unique rock formations,

orchards and vineyards; and through impressive valleys, each with distinctive rock formations, colours and features. They then floated up over rippled ravines for breathtaking views of the region. The hot air balloon ride was a humbling experience and made me feel like a tiny speck of dust among the ancient wonders of the world.



4. Amasya

We also visited Amasya, a tale of two shores. Its setting evoked high drama, but life here unfolded as slowly as the train that took apples out of town via a mountain tunnel. According to local folklore, the tunnels were dug by Ferhat, a tragic star-crossed young man who was in love with Şirin, the sister of a sultan. The statues depicted the moment Ferhat threw his stone axe in the air when he heard that Şirin was dead. The axe tragically dropped on his head and he died there. Şirin, who heard the bad news, went to his side and threw herself down the rocks because she wasn't prepared to live with the pain. The lovers were buried there side by side. The Amasya Municipal had their statues and the "Museum of Lovers" built on the mountain where they died. This tale is a reminder to be calm and level-headed when dealing with losses.



5. Dubai

Our last destination was Dubai. After checking into our hotel late at night, we decided to try local food, and to our delight we found food that we were accustomed to. I learnt to be grateful and enjoyed the local cuisines at all the places we visited.

The next day, we toured the modern Dubai, stopped at Burj Khalifah, the Atlantis Resort and the man-made Palm Island. It was impressive how Dubai had transformed from a fishing village to spectacular skylines with audacious architecture and contemporary art scenes. Once the manic burst of buildings stopped and the whirlwinds slowed down, the secrets of Dubai came seeping out. This was a city built from nothing, in just a few wild decades.

All good things must come to an end. Our trip ended in Dubai. Nothing teaches you to appreciate the magic of everyday life like being in a new place. The tours and sights were enriching and enlightening. As I walked through these beautiful places, I learnt more about myself. I learnt to stay humble and also learnt from others with patience. **YM**

Ayur Yoga: Coconut Oil

by Jessica.S



Coconut oil isn't new to the world by any means, but over the past decade, its uses have certainly become a major health trend. The uses and health benefits of coconut oil can seem endless and are widely touted. Coconut oil, which is high in natural saturated fats, not only increase the healthy cholesterol (known as HDL cholesterol) in your body but also help convert the LDL ('bad' cholesterol) into good cholesterol. By increasing the HDL in the body, it helps promote heart health and lower the risk of heart disease.

In the household, coconut oil is ideal for cooking because almost 90% of its fatty acids are saturated, making it extremely stable at high temperatures. It's also a beauty multitasker that you can use to hydrate your skin, fight frizzy hair and reduce premature signs of ageing.

Here are Eight Ways to Use Coconut Oil to Better Your Life:

1) Hair Mask

While in the shower, after shampooing, apply a generous amount of the oil to wet strands and twist hair into a bun. Let it sit for at least five minutes before rinsing to add moisture and shine back into limp locks.

2) Body Oil

Apply a quarter-sized amount right after you get out of the shower so that it can sink into your warm skin.

3) Lip Balm

Chapped lips don't stand a chance against the ultra-hydrating coconut oil. Dab it on your lips with your finger throughout the day to avoid getting chapped lips.

4) Cuticle Softener

Say goodbye to ragged cuticles. Using your finger, swipe a small amount of the oil onto each of your cuticles and allow it to sink in. The coconut oil will strengthen your nails and hydrate the delicate cuticle skin, making your hands look more youthful.

5) Under-Eye Cream

The skin under your eyes is thin and delicate, making it prone to fine lines, puffiness, and dark circles. Just rub a pinch in between fingers to warm it up before patting it underneath your eyes.

6) Frizz Fighter

Rub a pea size amount of coconut oil between your fingers to warm it up, and then apply it to the bottom couple inches of your hair for all-day frizz protection. If you have thicker, coarser hair, apply the coconut oil from mid-shaft to ends for added frizz control. It also leaves hair extra shiny and soft.

7) Makeup Remover

Just a teaspoon can take off a day's worth of makeup with ease, no matter the staying power. Massage a dollop of liquefied coconut oil straight onto skin and watch as the makeup melts away. Then rinse with water.

8) Body Scrub

Mix half a cup of sugar with an equal amount of coconut oil. Use your hands to rub it over any rough patches of the skin. The scrub moisturizes while removing dead skin cells.

Coconut oil can also be used for weight loss. The best time to take coconut oil is 20 minutes before mealtime as it significantly reduces one's appetite. However, many people are confused about the quantity to be consumed. Start with small amounts to avoid loose stools that may

occur with high intake. Take 1 teaspoon per day, gradually increasing it to 2 tablespoons per day over 1-2 weeks. Consuming 2 tablespoons of coconut oil per day is sufficient to achieve health benefits, but it's best to work up to this amount gradually.

Be aware that not all coconut oil is created equal for weight loss purposes. Using only organic virgin coconut oil therapeutically for your weight loss efforts is a good idea as all the delicate micronutrients in the oil will be preserved and no chemicals will have been used in processing. How to identify a good quality coconut oil? The first thing to look for is virgin coconut oil. Virgin coconut oil outweighs RBD (Refined, bleached, and deodorized) oil. The lesser the processing food undergoes, the higher the nutrient content and the healthier it is. Processing removes and destroys nutrients. Virgin coconut oil is made from fresh coconut without high heat or chemicals. Another thing to look for in a higher quality coconut oil is aroma and flavour. Virgin coconut oil should always retain a coconut smell and taste. If not, they have been highly refined. If no flavour, they are essentially RBD oil, even if they did come from fresh coconut. Some virgin coconut oils have a very strong flavour or smell. These are almost always of poor quality. The smell and taste come primarily from contaminants and not from the coconut. The best virgin coconut oil does not have a strong roasted or smoky taste or smell. They should have a very mild coconut aroma and flavour.

Coconut oil has been used for thousands of years by cultures all over the world to treat respiratory issues, fight infections, regulate digestion, preserve oral health and prevent malnutrition. There is no end to the uses of coconut oil and you should really have it in your house for daily use. **YM**

What Has Money Got To Do With It

SuperYogaKids corner

by Zu Anjalika Kamis Gunnulfsen



Our life experience is a combination of thoughts, actions and choices. Life sometimes can be a tad challenging than what we expect it to be. When that happens, scaling down will be necessary to make room for only the issues that matter while keeping our sanity intact.

Improving our life means committing ourselves to living simply and in harmony; physically, emotionally and mentally. Living at peace with others and making a pact with our environment for a more sustainable living is another part that needs to be looked into. It is also imperative to know our purpose on earth. When that has been established, we can live according to it and get rid of all distractions that hinder us from living the life that we desire.

When it comes to living simply, a couple of things need to be re-assessed and money has got nothing to do with it. What better time than to share these insights with your children.

Getting rid of all the stuff you do not need is a first good step towards simplicity. Physical clutter is the by-product of mind clutter and vice-versa. Hence, in order to lead a happier and clutter-free life, declutter.

Our physical well-being is so attached to our emotions. Let go of all emotions that have been weighing us down. In this way, we will be able to have clarity of mind to go about in our new pursuit of living simply and consciously. Soon the quality of health will also improve. The expression, 'healthy mind, healthy body' is so apt.

No matter what denomination one practises, I have always been an advocate for speaking to the higher power. We are so tiny in this vast

universe and most of the time in need of some sort of justification for our existence. This outlet can be both calming and therapeutic.

Meditation is one of the best ways to seek internal peace and tranquillity. There is something magical about sitting in a quiet place, concentrating on your breath, and focusing on the present.

Check your day-to-day schedule and make sure it is not overloaded with appointments. Scale down if need be; little breathers in between your hectic schedule go a long way.

To give is to live; an important message for our youths. Exhibit compassion to others; only then will our journey towards simplicity and wholesomeness come to light.

Our life in this 21st century is filled with distractions. As parents, it will definitely be great if we can all work together to reduce as much distraction as possible; put that phone on silent mode, cut down television time and unplug that computer. Take your children for walks or have some quiet time in the garden or at the park. The idea is to minimise all distractions so that our brain can function better and at its maximum capacity.

Most of our feelings are ruled by subjective thoughts; seek to have objective ones. Most of the time not having our own thoughts and perspective embroiled in certain matters lead to a higher level of thinking; that in turn, will open up the minds and make the transition to this new mode of living smoother.

Forgiving others and yourself is one of the most important steps in order to move on totally in life. Forgiveness clears up the path of self-

healing which in turn helps absorb in all the goodness that presents itself while in transition.

Spending time with those you love and value will never go out of style; it's actually more rewarding. So pick up that phone and make plans for playdates, dinner, lunch or coffee with those who mean heaps to you. This life is for living so make sure it's lived and valued mindfully every moment.

Unfortunately, in today's world, we are all being sucked into the concept of the more things you own, the better you feel. Attaining happiness through the pursuit of things is not sustainable and definitely untrue. One thing is for certain, that's the more things you own, the more emotions you hold onto. The more the emotions, the harder to manage those feelings. The pursuit and acquiring of things should never be a benchmark for happiness. The euphoria is definitely temporary and should not in any way be mistaken for real happiness.

When worldly possessions and feelings become imbalanced with the internal harmony, the focus is usually lost. Ample time will be spent thinking and doing things which are not relevant to internal growth; which in turn makes life out of balance and complicated.

In this current world, everyone has thoughts that life has got to be big in order to be perceived as successful. Sadly, that is not true at all. Life needs to touch all the important aspects of quality living to make it even worth the journey.

It is so easy to be so overwhelmed with all the thoughts, technology and consumerism-based lifestyle we have now. When that feeling hits us, it will be good to sit down, breathe and reflect. Relax the mind because when it is at ease, we are able to see things in a different perspective and find the path to the great, wholesome life

we have always imagined. We will be able to re-evaluate what is important, or what is just there as a distraction.

Look within ourselves and determine the areas we want to improve; all changes start with self. Let go of all that do not serve us any purpose. This action might have some retaliation; so being honest is the best way to go.

Parents may want to implement these simple steps for the betterment of themselves and their children:

- Spend 10 minutes a day, practising mindfulness.
- Unplug all gadgets when spending private time with the family; make it a habit of at least one hour daily.
- Take a walk in the nature; do it at least once weekly.
- Make giving a habit; once a month, drop off some food items at a charity home of your choice.
- Stop buying things that are not needed.

Living a good life does not need to be expensive nor does it have to be huge; live simply, give ample love, show lots of empathy and connect with the higher being. All these are available within ourselves; no money is involved, so why not start now? **YM**

SYK classes include:

Yoga Kids Class, Teens Yoga Class, Family Yoga Class, and Pregnancy Yoga Class. Classes are available at Brickfields, Bangsar, Damansara Utama, Selayang, Puchong, Subang, and Klang.

For more information about MAYI Super Yoga Kids, log on to: www.superyogakids.com and connect with us at Facebook: **SYK Superyogakids** Email: superyogakids@gmail.com



Inner Insight:

My Journey to Pre-Natal Yoga Instructor

by Geraldine

"I'm stressed! I dislike my job!" How many times have I gone through this scenario.....

The day finally came..... I retired early and started a small business focusing on homoeopathy and natural health, but somehow I didn't feel complete. There was just something missing. My business did not give me the sense of fulfilment I thought it would. Nevertheless, I was finally free from the shackles of employment and felt relieved and grateful for my supportive husband and close circle of friends. A few years passed, and I started to feel restless. I explored new activities and stumbled upon yoga while trying to incorporate exercise into my rather sedentary lifestyle. As usual, the internet became my best friend and I stumbled upon the courses offered by MAYI. I was past my 50th birthday, so the question that popped in my mind was: Is it realistic to try and become a yoga instructor at this age? After much thought, I decided to give it a go. Even if I don't become an instructor, it would be an additional feather in my cap. Hence, I embarked on my yoga journey with MAYI, completing the International Yoga Instructor Course levels 1, 2 and 3 in 2016. I attended a yoga retreat at Fraser's Hill to complete my



level 3 instructor course and that was a complete eye opener for me. I met so many people from different backgrounds. The course was conducted by Master Manisekaran and it was an unforgettable experience for me.

My time in MAYI gave me the confidence I needed to actually become an instructor. All my fears were unfounded as I was told I was actually good as an instructor. My new found friends at MAYI were great and they gave me constructive feedback which made it possible for me to improve leaps and bounds. Today, I conduct classes with confidence, but I never stop learning from books and from other instructors. Having empathy and staying humble will take you far.

Yoga has helped me in so many ways. It has made me physically and mentally stronger, healthier, and it has given me a new direction in life. There is nothing more satisfying than having a student come to you and tell you how much they enjoyed your class. It is also gratifying when students tell you their ailments such as back pain, neck pain or shoulder pain have gone away.

A year passed and I began to feel the need to go even further with my yoga practice. I signed up for the Pregnancy (Pre-Natal) Yoga Instructor Course with MAYI and it was there I met a few ladies who spurred me on and gave me the reassurance that I was on the right path. I never really gave much thought to the pregnancy process. I have two kids of my own and it was just something I figured we women have to go through. After completing the course, I found a new appreciation for the pregnancy process, the beauty of natural childbirth and the role yoga can play in making the entire experience a

positive one for the mother. I can now confidently say that Pre-Natal Yoga is a must for all pregnant women!

Everything seems to have fallen in place. I teach yoga almost every day of the week except Sundays, and I thoroughly enjoy what I do. The people I have met on my journey have become my greatest teachers and friends. My students and course mates have actually taught me so much. I feel I have finally found my calling. Every day I wake up looking forward to new opportunities to share and learn. There is a spring in my step and I feel light and fulfilled. I thank God for showing me this path and I have so much to be grateful for. This has been and is going to be a lifelong learning experience for me. I just feel I have so much more to learn and that keeps me moving forward as I strive to be the best that I can be. I am guessing there will be challenges, but having something to keep you grounded helps you to just focus on what is important. Yoga has become a part of me. Namaskar! **YM**



Inner Insight:

Yoga: A Journey of Whole Transformation

by Ashlynn Williams



Like many practitioners of yoga, I first walked into a yoga class seeking healing for a back injury, more than 8 years ago. It was a hot yoga class and I felt quite overwhelmed as I was surrounded by practitioners who had clearly been practicing for a very long time. Although I found it both physically and mentally challenging, I continued going to the class because of the internal cleansing that I felt was starting to happen. It felt like an escape each time I stepped on the yoga mat.

A few months later, I accepted the challenge to practice every single day for 60 days. It was a very intense 90 minutes of hot yoga. I successfully completed the challenge and discovered so much about myself during this 60-day yoga journey. Some days I felt energised and had a very strong practice, while other days I spent more time in Shavasana than any other pose. I experienced such personal growth that I knew it would be a permanent practice in my life. I also felt deeply that I wanted to teach. However, as a wife and mom working full time it wasn't practical to attend

yoga teacher training then. I continued to practice as often as I could.

About four years later, my family and I moved from the USA to Malaysia where we settled in Kuala Lumpur. In 2017, a friend and neighbour who had completed the Level 1 International Yoga Instructor Course (IYIC) told me about MAYI. With so many flexible options available to join teacher training, I immediately enrolled for IYIC Levels 1-3 as well as the Super Yoga Kids Instructor Course (SYKIC). I am immensely grateful for my experience and journey through these courses. During the sessions I felt like things had come full circle from the first time I stepped on my yoga mat. I was finally obtaining the tools needed to share yoga with others as an instructor. I was privileged with the opportunity to learn so much more about yoga and its invaluable truths and life-changing practices. The level of detail taught during the coaching sessions and the constructive challenges that we experienced as trainees exceeded my expectations.

The instructor courses at MAYI go far beyond the asanas. They are inclusive of all aspects of yoga to develop the whole body and mind, both internally and externally. Learning so many forms of Pranayama and Shatkarma techniques have been life changing for me and my personal mindfulness practices. Learning more about yoga physiology helped me to deepen my asana practice and as well as my students' experiences. Understanding the depths of the path to meditation is necessary in our lives so that we have mental clarity in our decisions and balance in our actions. The opportunities provided to serve others through Karma Yoga and other activities have been extremely

rewarding. Serving others with joy and compassion is essential to understanding our best and true selves.

Through the SYKIC I realised the amazing benefits of introducing yoga to children. As we know, children grow and change rapidly and this involves not only many physical changes, but also emotional developments. With a regular yoga practice, children and teens develop body awareness but also learn to manage stress through breathing, meditation and healthy movement. They also build concentration and develop a positive self-image. As a result they are more likely to grow into happy, healthy and balanced individuals.

MAYI is more than a centre for learning yoga. It's a diverse community of people from many different backgrounds and walks of life enjoying an exchange of love and harmony through yoga. The experience I've gained, wisdoms shared, and friendships made added so much value both to my personal life and in my life as an instructor. The instructors are very experienced, inspiring and humble and I am grateful to have had the opportunity to grow, learn and evolve under their guidance.

Since completing the IYIC courses I have taken extended leave from my corporate career of 10 years to teach yoga full-time. It is one of the best decisions of my life and I enjoy every single moment that I have the privilege to share the knowledge and wisdom that has been shared with me. Many, many thanks always to Master Mani for creating this wonderful opportunity for so many, and to the entire staff at MAYI for their kindness, care and ongoing support. **YM**

Event:

My Yoga Sadhana Camp

The Malaysian Yoga Society (MYS) reached another milestone with the birth of My Yoga Sadhana Camp (MYSC) this year. This programme was developed specifically for students aged 10 to 17 years old based on MYS' annual National Yoga Camp objectives. A deep wish to bring Yoga and Yoga-based activities to a wider group of children in this important growing period finally culminated in the birth of this wonderful 1 to 2 days programme.

As to provide continuing learning to the children, MYS looks forward to assigning certified instructors to carry out weekly yoga classes in these schools. These classes would be based on a standardised syllabus developed to ensure the highest quality of Yoga training is observed in all levels of teaching the philosophy and practice of Yoga.

MYSC's objectives:

- To introduce Yoga to students to encourage them to adopt and maintain a healthy lifestyle that will help them discover and expand their inner potential.
- To cultivate important values in students to bring out their best behaviour through fun and relatable stories based on the Yama and Niyama restraints and observances.
- To enjoy the process of Hatha Yoga in singular, partner and group variations, bringing awareness to the connection between body, mind and emotion — and tapping into their inner intelligence.
- To impart the right techniques of Pranayama, Dharana and Dhyana to enhance memory

and learning processes, to untangle emotional blockages due to negative life experiences, to bring joy into daily life activities and to de-clutter the mind from fluctuating thoughts, emotions and dissipations.

- To tackle sensitive and subtle domains of the mind through the management of time, food and emotion.
- To boost self-confidence and highlight the need to manage the 5 senses for holistic growth and development of the students.
- To give a brief history of yoga and relevant historical figures to inspire students to connect with their higher self.

To date, MYSC has been successfully conducted in three schools involving more than 150 students. This has been followed by weekly yoga classes in these schools. Here are some snapshots and remarks from participants:

SJKT St Joseph Girl School (17th -18th March 2018)



Remarks by parents:

"I would say that the recent Yoga Sadhana Camp 2018, held at SJKT St Joseph, was one of the best Yoga programmes for schools that I had come across. Yoga is the most beautiful way to connect with nature by balancing the mind-body connection. The trainers conveyed it in as many ways as they could. The kids had lots of fun and reaped the most benefit. It was also an eye opener for the parents, and now we know how yoga can play an important role in our kids' lives. We would like to thank all trainers, especially Pushpa teacher, for her weekly Thursday yoga lessons. We see many changes in our kids. Thank you so much!"

"We were amazed at how our children could quickly work in a team to act out the Yama and Niyama concept stories. We were happy to see them participating well."

Remark of a student:

"Colouring with both hands was fun and challenging. We loved the games, the oil massage and the role play for Yama and Niyama values!"

SJKT and SMK Seri Sepang (15th April 2018)**Remark of a parent:**

"Dear teacher Pushpa, we appreciate all your efforts together with your wonderful team members. The children benefited greatly from your guidance during MYSC. It was truly amazing and wonderful. Great things come from great people like you and your team. Thank you for your kindness. We look forward for the weekly yoga classes at our premises."

Remark of a PIBG member:

"We appreciate the efforts you put in for the children and we're happy to see positive changes in them. The camp was amazing and wonderful. We are thankful to you."

Remark of a student:

"We were so happy to see the same teachers who taught us at the National Yoga Camp last year. We came just to see the teachers and enjoyed ourselves, especially during the games sessions. Yoga rocks!"

IDEAS Academy, a refugee school (22nd May 2018)**Remarks by students:**

"The camp was really fun and enjoyable!"

"I felt de-stressed after doing yoga. It feels really good."

"I felt light and happy, as though there were butterflies all around me. It's really a nice feeling!"

SHOUT OUTS:

- 1) We invite individuals from all walks of life who want to serve the community through yoga to join us in this beautiful MYSC journey.
- 2) To all yogis interested in conducting MYSC programme in schools in your neighbourhood, kindly contact Teacher Puspa (012-6351962) for further arrangements.

"The only underprivileged is the under-utilisation of a human potential. Let us merge hands to bring out all colours of these young budding flowers to transform our nation and world into a better place". **YM**

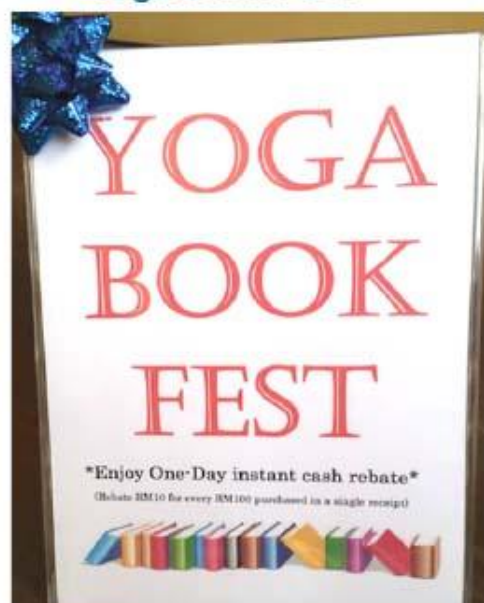
Event:

International Day of Yoga 2018 – Let's Yoga with MAYI!

The entire day of June 21 2018 saw all seven MAYI Yoga Academy centres bustling with avid yoga practitioners. The academy offered a wide array of free yoga classes to its students and members of the public in conjunction with the International Day of Yoga. Keeping true to MAYI's pledge to provide an avenue for practitioners with different preferences and styles, the classes offered included Yoga Asana classes of varying intensity (beginner, intermediate, advanced), Breath & Mind Yoga, Ashtanga Yoga, Anti-Ageing Yoga, Wellness Yoga, and Precision & Alignment. Many fellow students rushed in to sign up for the monthly and annual yoga membership which were offered at an unbeatable price!

Apart from the yoga session, MAYI also organised a Yoga BookFest at all the participating centres to satisfy the inner bookworms who have been in search of some inspiring reads. Titles include yoga asana, philosophies of different streams of yoga and gurus, yoga wellness, self-development, and life inspiration, just to name a few. Those who purchased the book on that day were given a special on-the-day rebate.

Yoga Book Fest



Damansara Utama



Brickfields



Bangsar



Subang



Selayang



Puchong



Klang



But it didn't end here.

On June 24 2018, MAYI Yoga Academy conducted another mass public yoga session at One City Mall, Subang Jaya to accommodate practitioners who were unable to turn up on the 21st of June. Admission was free and participants were presented with goodie bags containing some refreshments, Yoga and Ayurveda vouchers, and a copy of the Yoga Mail, a quarterly publication of the academy.

Other than the one-hour rejuvenating yoga session, participants were treated to performances by not only adults but also children yoga practitioners. Their focus, teamwork and wonderful on-stage presence were truly an inspiration for the crowd.

The event saw the participants leaving with a renewed commitment to continue with their yoga practices for a holistic wellbeing.

One City Mall, Subang Jaya (21st June 2018)



Apart from these events, MAYI Yoga Academy was also invited to conduct yoga sessions by various establishments:

Kandiah Hall, Brickfields (21st June 2018)



Victoria Institution (24th June 2018)



Mercure Hotels (21st June 2018)



Thiruvallur Hall, Port Klang (23rd June 2018)



It was a meaningful eventful week!

Featured Asana:

Shava Udarakarshanasana (Universal Spinal Twist)



Step by Step:

1. Lie down with the legs and feet together.
2. Stretch the arms out to the sides at shoulder level with the palms of the hands facing down.
3. Bend the right leg and place the sole of the foot beside the left kneecap. Place the left hand on top of the right knee.
4. Exhale as you gently bring the right knee down towards the floor on the left side of the body, keeping the leg bent and the foot in contact with the left knee.
5. Turn the head to the right, looking along the straight arm, and gaze at the middle finger of the right hand.
6. The left hand should be on the right knee and the right arm and shoulder should remain in contact with the floor.
7. In the final position, the head should be turned in the opposite direction to the folded knee and the other leg should remain straight.
8. Hold the position for as long as comfortable.
9. Return to the starting position, bringing the head and knee to the centre. Stretch the right arm out to the side and straighten the right leg.
10. Repeat on the other side.

Benefits:

- Relieves tightness and tiredness, especially in the lower back.
- Tones the pelvic and abdominal organs through the massaging action.

Contra-indications:

- This asana can realign the hip joint. It should be stopped if the practice is painful.

Chef Yogi's Food Notes!

Cauliflower Potato Corn Chowder (Vegan)

by Nicole Yong

Ingredients:

- 1 big Potato, diced
- 1 cup Cauliflower
- 1 tablespoon Cashew Nut
- 2 tablespoon Rolled Oat
- 2 tablespoon Sweet Corn
- 1 tablespoon Carrot, diced
- 1 Bay leaf
- ½ teaspoon Cumin
- ½ teaspoon Black Pepper
- ¼ teaspoon Cayenne Pepper (optional)
- Sea salt to taste
- ½ tablespoon Grape Seed Oil / Cooking Oil
- 2 tablespoon Plain Yogurt
- 1 Lemon slice
- Herb leaf – Lemon Thyme/ Rosemary/ Basil (optional)

Directions:

1. Soak rolled oat in hot water for 10 minutes.
2. Steam potato, cauliflower, cashew nut and sweet corn until tender.
3. Blend rolled oat, potato, cauliflower, cashew nut until creamy.
4. Put grape seed oil into a pan, follow by bay leaf and cumin, cook about 3-4 minutes in low fire.
5. Then put in the mixture of rolled oat, potato, cauliflower, sweet corn, carrot, 200ml water, sea salt, black pepper, cayenne pepper, cook for 8-10 minutes in low fire and bring to boil.
6. Serve while warm. Garnished with left over steam cauliflower, black pepper, cayenne pepper, plain yogurt, lemon thyme and lemon slice.



SCHEDULE OF COURSES: JUL - SEP 2018

JUL

01/07/2018	KLG	International Yoga Instructor Course - Foundation
01/07/2018	USJ	Yoga Therapist Certification Course
02/07/2018	DU	International Yoga Instructor Course - Foundation
09-13/07/2018	BSR	International Yoga Instructor Course - Foundation
09-13/07/2018	SLG	International Yoga Instructor Course - Foundation
14/07/2018	USJ	International Yoga Instructor Course - Foundation
15/07/2018	PCH	International Yoga Instructor Course - Foundation
15/07/2018	PCH	Jala Neti Workshop
16-20/7/2018	USJ	International Yoga Instructor Course - Advanced
21/07/2018	USJ	YogaAsana - the Handstand & Core Activation Series Workshop 2
22/07/2018	BSR/BFS	International Yoga Instructor Course - Foundation
23-27/07/2018	PCH	Ayurveda Massage Therapist Course
28/07/2018	SLG	Jala Neti Workshop
28/07/2018	DU	International Yoga Instructor Course - Intermediate
29/07/2018	BSR	International Yoga Instructor Course - Advanced
29/07/2018	DU	International Yoga Instructor Course - Foundation

AUG

01/08/2018	DU	Kundalini Kriya Yoga Course
03/08/2018	KLG	International Yoga Instructor Course - Foundation
04/08/2018	KLG	Ayurveda Massage Therapist Course
05/08/2018	BSR	Pregnancy Yoga Instructor Course
05/08/2018	BFS	Ayurveda Massage Therapist Course
12/08/2018	SLG	International Yoga Instructor Course - Foundation
12/08/2018	PCH	International Yoga Instructor Course - Foundation
12/08/2018	BSR	Partner with Precision - Movements with Awareness Workshop
18/08/2018	BSR/DU	Dhyana (Meditation) Instructor/Practitioner Course
18-23/08/2018	BFS	Yoga Therapist Certification Course
19/08/2018	DU	Manipuraka Awakening & Universal Healing Energy Workshop
19/08/2018	DU	Urdhva Retas & Anti-Ageing Workshop
19/08/2018	PCH	Wellness Yoga Workshop for Lower Back Pain
20-24/08/2018	BSR	International Yoga Instructor Course - Foundation
20-24/08/2018	USJ	International Yoga Instructor Course - Foundation
22/08/2018	SLG	Full Intestinal Cleansing Practical Session
25/08/2018	KLG	Mini Detox Workshop
26/08/2018	DU	Super Yoga Kids Instructor Course
26/08/2018	PCH	Wellness Yoga Workshop for General Cardiac Wellness
31/08/2018	BFS & DU	Full Intestinal Cleansing Practical Session

SEP

02/09/18	KLG	International Yoga Instructor Course - Foundation
02/09/18	DU	Yoga Therapist Certification Course
02/09/18	USJ	Kundalini Kriya Yoga Course
03-07/09/2018	BSR	Super Yoga Kids Instructor Course
17-21/09/2018	SLG	Ayurveda Massage Therapist Course
22/09/18	DU	Ayurveda Massage Therapist Course
23/09/18	BSR	International Yoga Instructor Course - Foundation
24-28/09/2018	DU	International Yoga Instructor Course - Foundation
24-28/09/2018	USJ	Pregnancy Yoga Instructor Course
30/09/18	USJ	International Yoga Instructor Course - Advanced
30/09/18	PCH	Manipuraka Awakening & Universal Healing Energy Workshop
30/09/18	PCH	Urdhva Retas & Anti-Ageing Workshop
30/09/18	KLG	Wellness Yoga Workshop for Poor Posture

WELLNESS YOGA WORKSHOP SERIES



WELLNESS YOGA FOR LOWER BACK PAIN

Learning to manage lower back pain with minimal dependency on medicinal intervention is the core intention of this workshop. Routine practices of selected yogic posture and breathing techniques have been repeatedly proven to overcome and relieve lower back pain in the long run.

#HappyBack 19th Aug 2018 at Puchong / 28th Oct 2018 at Klang



WELLNESS YOGA FOR GENERAL CARDIAC WELLNESS

Find out some of the amazing benefits of yoga particularly in coping with deranged cardiac health and returning the circulatory system back to its optimum. Enjoy an improvement in your overall blood pressure control, stress related chest discomforts, and episodic chest pains.

#LoveYourHeart 26th Aug 2018 at Puchong



WELLNESS YOGA FOR POOR POSTURE

Poor postures often precipitate muscular tone imbalances, painful trigger points in the body, and uneven transfer of work load down the spine predisposing to an increase risk of injury. In this workshop, learn to manage the common poor postures by practicing the right yogic techniques to tackle them.

#GoodPosture 30th Sept 2018 at Klang



WELLNESS YOGA FOR BRONCHIAL ASTHMA

"He who half breathes, half lives". The term Asthma, although sounds mild in nature, this condition can at times be severe enough to threaten life! Gain understanding and learn the practices to enjoy an improvement in your overall lung capacity, maximize lung oxygenation, and help manage airway obstructions.

#BreatheFreely 21st Oct 2018 at Selayang



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- Cleaner source of water as it comes from the air.
- Pure, clean, safe and healthy drinking water.
- High percentage of dissolved oxygen - up to 49%. pH level of 8.47 making it alkaline water.
- No typhoid, cholera and other water borne diseases.
- No residual chemical introduced by water treatment and filtration facilities.
- No rust and other contaminants from old piping infrastructure.
- Atmospheric moisture is used to create water making it sustainable.
- Water is made on-site removing the need to be transported.
- Promotes chemical free / ozone friendly technology.
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generate water
out of thin air
right at your
home!



MW20

production
capacity
up to
20L per day

MW70

production
capacity
up to
70L per day
*with Dehumidifier



For more information:

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Klang

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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.
18A, Jalan Sanggul 1, Bandar Puteri, Klang, Selangor.

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