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Intervention of Yoga for Effective Learning

Learning
Jnana Yoga:
No Shortcuts
to Truth

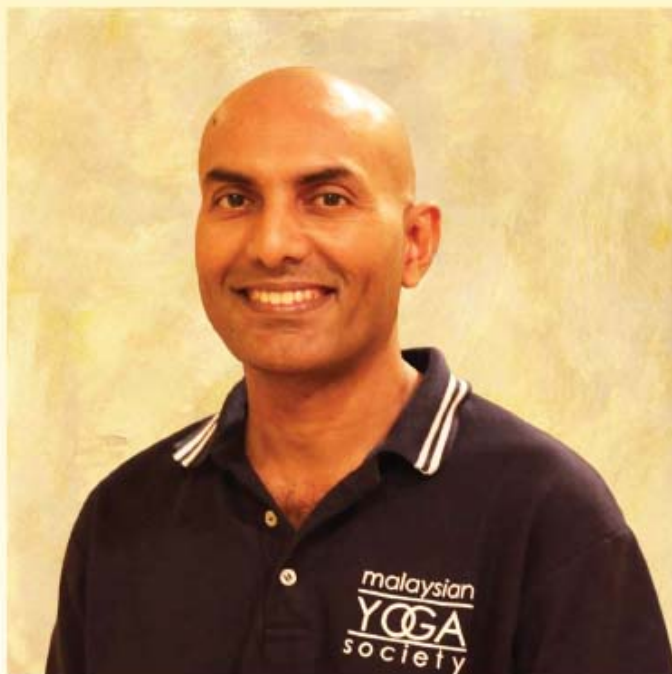


Message from
Master Mani:
**THE SUPER
LEARNING
PROCESS**



Message from Master Mani

THE SUPER LEARNING PROCESS



*Master
Manisekaran*

Isn't it true that life itself is the greatest teacher? Wouldn't it be true to say that if one pays full attention to learning from life, then super learning will take place?

The protocol for super learning, for me, is to learn to realise one's self. For what is life without knowledge of one's own self?

The grave mood of the world due to external perception of things, and living just to satisfy one's senses, has led to decay, epidemic levels of phobias and mental degradations.

The only way to put an end to the impending disaster waiting to befall humanity is to shift the attention to processes of self-realisation, and cultivate the art of seeing the best in all — this is super learning!

The potential of superhuman quality can be explored, unleashed and utilised through super learning, however, the process can only begin once one starts on a proper training discipline, as it cannot be achieved through mere armchair rhetoric.

For me, practising the asanas, pranayamas, meditation and mindfulness — at almost all moments in life — is the most effective super learning process.

Love and serve all. **YM**

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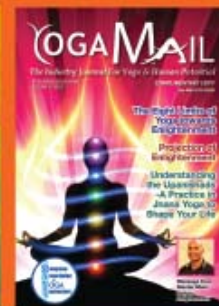
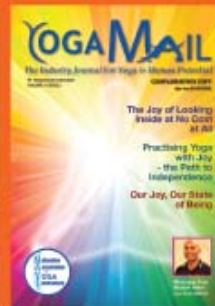
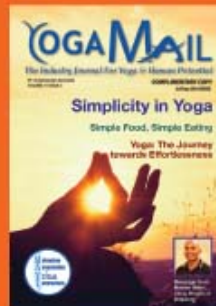


Guided by one of the world's leading yoga exponent
Manisekaran

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- Secret Recipe
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Intervention of Yoga for Effective Learning

by Dr Chandra Nanthakumar



In this contemporary society, it is not uncommon to see parents shuttling their children from one tuition centre to another after school hours, in the hope that their offspring will excel in school and hence be able to keep up with the Joneses. In Malaysia, children studying under the conventional curriculum may spend up to 6 to 8 hours in school. Some even spend 10 to 12 hours due to heavy involvement in extra-curricular activities. One would then expect these children to get a good rest and some entertainment on TV, but this does not happen for a couple of reasons. To begin with there could already be a tutor at the doorstep waiting for the child to settle in and get started with the next round of learning. Otherwise, parents could be honking at their children, signalling them to hasten for fear of being late

for tuition. Some children, on the other hand, are ferried right away after school to the tuition centre.

One may wonder if these children are really producing results or have they been cajoled into supporting the tuition business. To make matters worse, heaps of homework await them as soon as they set foot in the house. This lifestyle has become the norm for both primary and secondary school children in this region.

By unwittingly coaxing children to be so involved in the rat race, little do parents realise that they may actually be doing more harm than good to their children's natural cognitive development. This probably explains why more and more children are

suffering from stress, anxiety and also depression. Hence, it is no surprise that not only adults but also more and more children are seeking psychological counselling/therapy and pharmacotherapy. During the counselling and therapy stage, it is normal for lifestyle and learning to be affected. While some children come out of it quite quickly, others may take a turn for the worse.

Hence, parents and educators need to be aware that the brain, which is formed a few weeks after conception (Tierney & Nelson III, 2009), is a crucial part of the human anatomy that needs care. It is common to find people exercising to nurture their muscles, however, the brain is more often than not ignored. The brain produces half a million neurons every minute, but large numbers die due to migration and differentiation. Some of the common diseases due to this are Parkinson's (difficulty in initiating movement), Huntington's (uncontrollable twisting and writhing) and Alzheimer's, or loss of memory (National Institute of neurological disorders and stroke, 2018). Hence, poor brain health not only brings about diseases, but also impedes learning.

Hence, in order to promote effective learning, exercising the brain is of utmost importance. One super easy exercise that can be practiced is the super brain yoga (SBY). This is nothing sophisticated but a simple squatting exercise which not only improves but also maintains mental health, and increases calmness and inner peace. SBY helps activate the acupuncture points on the ears that stimulate the mind. Hence, it keeps the mind active and sharp, which is critical for learning and super learning.

Here is a simple step-by-step instruction on how to do SBY:

- Stand with the legs hip-width.
- Bring the left hand to the right ear lobe. The thumb is placed on the front while the index finger is placed at the back of the ear lobe.
- Bring the right hand to the left ear and do the same as above.
- This is the starting position.
- Inhale, and upon exhalation, come down to a squat. Hold for 3-5 seconds. Upon inhalation, come up to standing position. This is one round.
- Repeat this 15 to 20 rounds every day.

Research has proven the effectiveness of SBY in learning. According to Jois and D'Souza (2018), SBY enhances the qualitative and quantitative pranic energy in the brain. This is because the energy trapped in the lower parts of the body ascends to the brain, thus improving not only intelligence but also creativity. In a study with 1,945 students participating, it was found that after doing SBY for 3 months, students faced examinations more confidently. The findings also revealed that there was significant increase in memory and concentration (Jois & D'Souza, 2018).

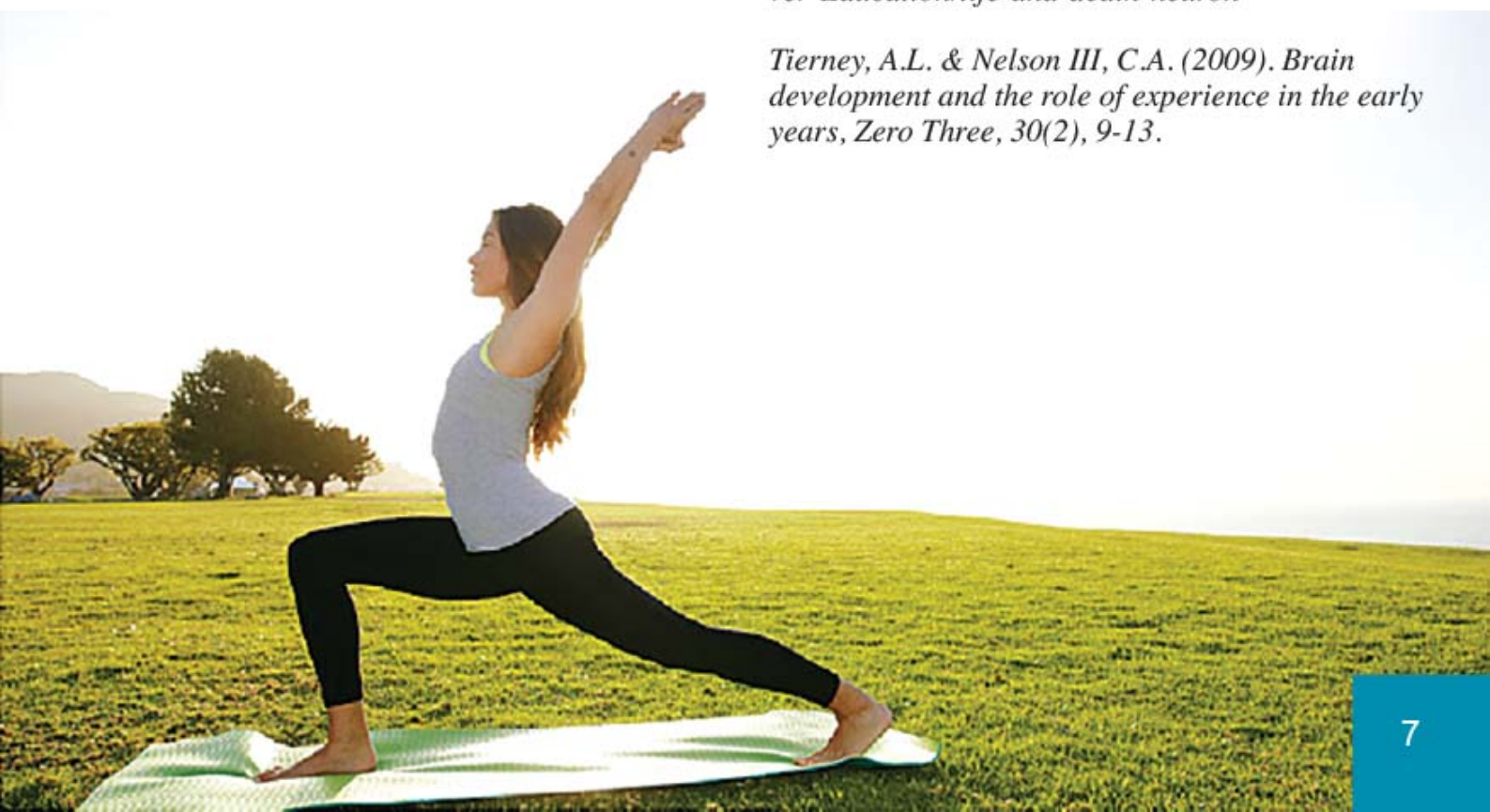
In another study, it was found that yoga had demonstrated a variety of physiological, psychological and cognitive health benefits which are crucial for effective learning (Gother, Hayes, Tenali & Damoiseaux, 2018). The findings revealed that yoga practitioners exhibited larger grey matter volume in a number of regions, including the left para-hippocampal gyrus, hippocampus and insula, than the control group. In Hariprasad et al.'s (2013) study, it was also found that there was a significant increase

in the bilateral hippocampus grey matter volume due to yoga intervention. Froeliger, Garland and McClernon's (2012) study produced similar results and it can be deduced that yoga practice may be linked to the neuroplastic changes in the brain systems.

From these findings, it can be inferred that yoga may be helpful in promoting effective learning. I realise, as parents, we need to be mindful of our children's abilities and at the same time allow them to relish their childhood. In order to excel in learning, amongst other things, children may want to embark on the SBY, which is just one type of asana in the practice of yoga. However, practicing SBY together with other asanas, breathing techniques, relaxation and meditation will allow the practitioner to not only develop clarity and perspicacity, but also reap the numerous benefits of yoga. **YM**

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Learning Jnana Yoga: No Shortcuts to Truth

by Nicole Yong Y.Y.



Highway. Computer. Laptop. Smartphones. Emails. Mobile Apps. WhatsApps. Facebook. Citilink. Federal Express. Courses for adults. Workshops. Super learning techniques. Speed reading. Bulletproof memory training. Superhuman productivity. Ah huh...at last, a cup of Espresso in the evening.

If you are living in the city, you would most likely be experiencing the quick pulse of urban life. Somehow, the breakneck speed of living leads to wrong judgements and decisions, and cause direct and indirect emotional stress. Decision-making is tough when there is no one "right" answer. When we are not clear of our intuition, we may not always be clear of what we do.

In the past few years, my daily routine has been to get up in the morning, practise yoga asana, pranayama, meditation and prayer. Then I get ready for battle at business and workplace. Each week, a few evenings are dedicated to teach hatha yoga, breathing techniques and meditation classes. I also participate in karma yoga activities once a week where I teach yoga to the local

community for free. During the weekends, I spend time at home preparing food and organising family gatherings. At the end of the day, before I retire to bed, I would read some yoga philosophy — Bhagavad Gita, Upanishad, Yoga Sutra and some articles or books written by great swamijis and yogis. This is how I connect my yoga practices to Jnana Yoga. "Jnana" means knowledge. True knowledge is gained via Jnana Yoga, relating to the knowledge of existence, dharma, moral virtue, the creator and the creation.

In the modern context, "super learning" refers to speed reading, bulletproof memory skills, fast mathematical skills and high productivity via intensive training, but in Jnana Yoga there is no shortcut to gaining true knowledge.

According to Swami Sivananda,
"Education is the root. Culture is the flower.
Wisdom is the fruit.

It takes time and cultivation. Every student should reflect calmly and carefully and understand first the true meaning and purpose of education. Without an understanding, the blind pursuit of a diploma or a degree becomes a dry mockery, ending inevitably in disillusionment.

Education is the training in the art of living.

The Power of Self-Knowledge

The fourth value in Niyama (observance) is Svadhyaya, or self-study. Svadhyaya involves observing and reflecting on ourselves.

The better we understand ourselves, the better is our ability to live in harmony with the environment we live in, including social interactions. Eventually, allowing not only to rejoice but also find ways to contribute to the world.

Self-knowledge guides us to be more aware of the challenges and issues we are facing. The more mindful we are when the problems arise, the better we are able to lead the situation to a healthy direction. Otherwise, we will be controlled by negative situations and fall into the unconscious reactions of anger, anxiety, sorrow and worry. These negative, unconscious patterns will prevent us from thinking rationally. Daily practice is the key to bring us to a transcendental life and to an evolution of individual personality.

Svadhyaya in studying Yogic Scriptures

Most of us know of Patanjali's "Yoga Sutras" and "The Bhagavad Gita". There are over 200 surviving Upanishads and some are well-known, such as the Isa Upanishad, Mandukya Upanishad, Taittiriya Upanishad and so on. They are very inspirational.

I read commentaries on Yoga Sutras, Bhagavad Gita, the Upanishads, medieval hatha yoga texts like Hatha Yoga Pradipika, and books such as "Autobiography of a Yogi" by Paramahansa Yogananda.

As I read, I was aware that the commentaries might have been coloured by the translator's perceptions. So, I put my mind on understanding the real meaning of the texts.

Asanas, or postures, were not a dominant component of yoga. They were in fact designed to support other yoga practices like Pranayama (expansion of human vital energy through yogic breathing practices), Dharana (mind concentration

practices) and Dhyana (meditation practice). Patanjali described asana as the "seat" for pranayama and meditation practices. And the goal of yoga asana was not for body fitness and the movements are not like gymnastic movements.

Through contemplation I gained better understanding and clarity of the scriptures.

Patanjali says that in the process of personal growth, when refining our perceptions and changing our habits, this process happens gradually over a long period of time. Sometimes, there is a flash of clarity, followed by a period of non-clarity. We feel confused, frustrated and do not know what we are doing.

When we study scriptures more and more regularly, the flashes of clarity occur frequently. When we appreciate the inspiring teachings from the scriptures regularly, positive ideas will be planted in our subconscious mind, gradually. We start to notice that our habits change and we respond to challenging situations differently — in a healthy way. Our intuition will guide us in the right direction, responding to a tensed situation with calmness rather than overreact.

We would have come across powerful words such as Sattva (purity), Vaigragya (detachment), Abhyasa (to practice), Buddhi (intellect), Manas (the sense-mind), Ahamkara (ego), Chitta (memory), Atma-jnana (knowledge of the self), Moksha (liberation), Brahman (the highest universal principle, omnipresence) and more. Do not just study and memorise these words or important wordings in the scriptures. Close your eyes and ask yourself: "What have I read? Do I appreciate this knowledge for self-empowerment? How do I feel now?"

By studying the scriptures, we are learning from great yogis and saints. We can gain valuable insights and grow in wisdom. They are sharing the ultimate truth and teaching us the art of living, and at the same time, helping us understand our true nature.

Meditation and strength

Another aspect of svadhyaya is meditation. In this fast world, most people cannot imagine living a minute without having any thoughts. Meditation allows us to build awareness of the ceaseless “small-talks” in our minds. It allows time to observe and be aware of our breathing, thought fluctuations, emotions, actions and reactions. Do not suppress the thoughts during meditation, but learn to witness without any judgement and involvement. Thoughts arise from our subconscious mind and revolve around problems, mistakes or deep-rooted memories. We rationalise them via detachments.

We are balancing self-reflection and cultivating awareness of our thought patterns — and navigating and guiding our minds to positivity. This will lead to positive energy, action, emotions and outcomes. If we practise meditation daily, we will be able to build this mindset.

Moreover, meditation gives us greater power to realise when we are falling into an unhealthy emotional trap, and learn to channel our focus to more constructive thoughts. We understand the

issues that are disturbing our minds. Slowly taking a deep breath in, we shift from blame or anger to a more optimistic feeling, and we become more mindful and peaceful. We obtain mental clarity after meditation.

For those who are new and keen to learn meditation techniques, I suggest that you learn from an experienced teacher, who will guide you step-by-step on how to attain inner silence.

Conclusion

There are different approaches to practising yoga, but how many students and teachers understand the true meaning of these practices? I was lucky to have the opportunity to learn from Master Manisekaran a few years ago. The interest in the interpretation of traditional yoga practice really widened my perception; letting me to reflect on the practices and what they meant for me. The knowledge reveals to me both my conditioning and my true identity, guiding me to a more matured phase of the practices.

Om Shanti Shanti Shanti.. **YM**

Event

5th International Day of Yoga 2019 – Yoga in Nature

June 21 2019 marked the annual celebration of the International Day of Yoga. MAYI Yoga Academy was once again seen bustling with yoga enthusiasts when the doors were opened for an entire day of free yoga classes across all MAYI centres.

On June 23 2019, MAYI Yoga Academy organised its Yoga in Nature at KL Forest Eco Park, also known as Bukit Nanas Forest Reserve, right in the heart of Kuala Lumpur. Yes, that's right! This wonderful location is surrounded by a lush green forest. The fresh air in the park as well as the sounds of nature were certainly a boost for the yoga session.

In the evening of the same day, MAYI Yoga Academy was invited by the Indian High Commission to facilitate a Hatha Yoga demonstration and yoga performance in celebration of the 5th International Day of Yoga, organised by Brahma Kumaris Malaysia. The participants joyfully participated in the simple yet effective yoga asanas at the comfort of their seats, and were delighted by the yoga performance put together by MAYI's International Yoga Instructor Course graduates. **YM**



Building Tomorrow's Leaders: MYS' Yoga Sadhana Camp in Tangkak, Johor

by Vijaya

In order to not be stunted in a certain limited idea of growth, world and self, realisation of truth has to happen. Who gives this realisation? Life does and so does the Master of life. At what age better than those confusing, unsettling teenage years?

Teenagers are often not taken seriously. They are told what to do all the time and not listened to much. If we look back, the hardest path to thread in life were those tumultuous years. Hence, blessed is the growing child that gets the right guidance at the right time in its life-journey.

Times have changed and so have the issues faced by students. Somehow, when right knowledge with the right kind of emotion and attention have not been given over a long period of time, it's a tendency in teens to form walls around themselves, become uncommunicative, and in extreme cases, rebellious. When someone shows love, compassion and respect; gives attention and talks to them about the path of wisdom, awareness and inner growth, which they probably never heard of, their beings are surely

shaken up. This will definitely have a deep impact in their hearts and minds.

Master Manisekaran does not need any introduction. Seated on the stage with more than 120 students from 4 different schools around the Tangkak, Johor area in front of him, he was in his full element, injecting a lot of sense into these students, directly addressing their issues... giving solutions, courage and yoga-based motivation... For in yoga itself all knowledge, techniques and solutions for all human issues are already present, including for teenagers.

Yoga was introduced as a powerful tool to grow peace, safety and security within and around themselves.

Thus they did a full set of Joint Exercises, Surya Namaskar, Yoga Nidra, Asanas, ranging from simple to advanced – which included Bakasana, Head-to-toe pose, Side-angle Bakasana, Hanumanasana, Kukutasana and Sirsasana – Kapalhati (cleansing) and four other important Pranayama techniques. With all these, they also learnt the philosophy of yoga.

The students followed keenly every asana that was done and were all ears on every message Master delivered. Most of them had no experience with yoga before and we could see how it was challenging, but at the same time, had an awakening effect on their blooming bodies and minds.

Some school teachers, parents, Malaysian Yoga Society youth-wing leaders (Sreenivasan, Abi, Reasigan, Vinay and Sri Ram); the great volunteer-cum-karma yogi Puan Pushparani,



Priya, Milhe (from South Africa) and me, were there assisting him. Master touched on many of the teenagers' issues in this time and space, and spoke very clearly on the dangers of becoming slaves to the evil influences of the world.

He does not mince his words when delivering his messages. With a force akin to piling (for the base has to be strong to hold the structure), he explained to them about their role and need to put themselves on a steady path of growth to become humans who are looked up to by the society and not the other way around. The dangers of falling into the traps of gangsterism, boozing, clubbing, smoking or drugs... are ever present, and the message was to be very strong individuals who can say "NO" to things and experiences that will lead their lives down the drains.

The teenagers were told how the laws of karma operate so they realise that "what they put their hearts, minds and efforts to sow", is what they get to reap. Good begets good and bad begets bad. A wise child there, among the 120, that had heard and realised, is that adult – one day in future – will be at the forefront of his/her chosen field and life.

The mini camp, held from 7.30am to 1.30pm at SMK Tun Mamat, Tangkak, was organised by a dynamic team of teachers and the Hindu Sanggam of Tangkak, Johor.



Let's see what some of the students shared:

1. I understand now what the term Karma means and though I have done things that may have caused others hurt or something I'm not proud of, I will be more aware of my words, attitude and actions from now on. I'm determined to change myself.
2. I have done yoga before by watching YouTube, but today I understood it deeper and realise how important it is to incorporate breathing with the asana, how long it should be held and how to do it in a proper way.
3. I do yoga and meditation regularly with my family and my father is a PHD student who is also doing research in yoga. He often shares with us the importance of yoga and encourages us to practise daily. My sisters and I follow that advice, and it has helped us greatly to concentrate more in our studies and maintain good grades in school.
4. I understand the meaning of doing service and I hope to grow up and do service to my family and society, and become a good person and a good leader.
5. I will be more aware of the words I use and will not use bad words anymore.

There was a lot of sharing, awakening and realisations. We have accomplished our mission in Tangkak, Johor, for now. Hopefully, there would be follow ups. But I'm sure, amongst those children, some at least, saw that leadership quality rearing its head within them. We are off to other places now, continuing this "Seva" (service)... something that Master said all of us need to do, for service to mankind is service to God. Let's stay humble and do our very best. **YM**



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Mind Body Technologies

Human | Empowerment | Potential

by Roy



We live in a world of diversity, amidst myriads of experiences life presents us. We can always improve our capabilities to manage ourselves. This is the inherent potential in every one of us. This is the science of the mind and body.

An introduction to the foundation would be to understand the integral link between our minds and physical bodies. This essential link is our breath. Everyone hopes to enjoy a long, active and dynamic life free from disease, and be immune to the damaging effects of nervous stress and tensions. In this light, the science of mind and body has something unique to offer and therefore it is most important that everyone knows and practices certain mind-body exercise, inclusive of breathing techniques, on a daily basis. "Breathing exercises" are now recognised by scientists throughout the world as a means of invigorating, enhancing and accelerating the revitalising processes in the body.

In the physical body, the various organs and systems have to carry out their own functions, but there should be complete coordination between them. If any of the organs or systems of the body are not able to coordinate with each other, it means that not one, but a combination of the systems or organs becomes unbalanced. Thus, in any kind of illness, whether physical or mental, a few or many systems are out of coordination.

On the mental plane, worries, fears, anxieties and tensions that we experience in daily life, all create an accumulation in the subconscious mind. To expel these toxins and to rid ourselves of tension, we can utilise a systematic practice of mind-body exercise and relaxation.

The physical and mental diseases, which human beings are suffering from, are nothing but a state of disharmony in the various systems. In order to alleviate them, we will have to take a new look at our mind-body relationship and enlarge the dimension of modern medical science. We will have to redefine the body, the classification of disease and the system of diagnosis. As soon as modern science is able to redefine the body as it is, and correlate the state of the body with the state of mind and the situations of life, we can manage our lives more efficiently.

We, at Mind Body Technologies, have very simple and practical solutions. If the body can create imbalances within itself then it also has the ability to get out of that state of imbalance. There are two aspects to it. When a state of imbalance is experienced by the body, then what do we do? We immediately look for external help. If there is a headache we take Panadol, for example. We look outside to bring balance in the internal structure, with the help of a pill or some other method.

However, according to mind-body science, we should look inside ourselves and not outside. If we have a headache, we do one or two practices of mind-body exercises, which balance the system, and the headache is relieved. The imbalance is rectified and relief is felt. So, in a sense, we can say mind-body technologies are practical methods of dealing with oneself in order to experience a state of harmony and balance within the body, mind and total personality. **YM**

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SPIRITUAL MARKETING

12 Oct 2019,
2:00pm - 6:00pm,
MAYI Yoga Academy,
Bangsar

Most businesses are product-centred rather than customer-centred. The way that new products are conceived, built, and promoted is based on achieving internal sales goals driving a focus on product centred marketing. This leads the marketing initiatives to promote specifically what the company needs to sell, not necessarily what the customer needs or wants to buy.

Customer-centric marketing is fundamentally different in that it is focused on customers' needs, and solving customers' problems, and in doing so drives revenues and margins for the business.

The ethicality of bringing values from nature and providing a business model with principles that give back to benefit humanity and mother nature for long term sustainability can be found in the concepts of Spiritual Marketing.



THE CLOSING WORKSHOP

28 Sept 2019,
2:00pm - 6:00pm,
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AyurYoga: 7 Tips for Maintaining the Balance

by Jessica.S

In terms of physical health, what does balance mean to you? What kind of balance would you like to see in your life? When a body works in balance, it radiates throughout the body. The act of expressing life dynamically is multifaceted as are the benefits of Ayurveda. Here are seven benefits brought upon by the practice of Ayurveda.

1. Staying Well (Preventive Care)

Ayurveda has for thousands of years offered practitioners the means to maintain health and stave off disease. By attuning our diets and lifestyles to our unique constitutions, we maintain the balance within ourselves that preserves good health. People have turned to Ayurveda to balance hormones naturally, conceive and have a healthy, natural pregnancy or menstrual cycle. Studies have shown that various therapeutic effects of Ayurveda have been effective in helping to treat sub-fertility due to PCOS, a common endocrine disorder in women of reproductive age, resulting from insulin resistance and hormonal imbalances. Ayurvedic treatment has also helped women for centuries overcome absence of periods (amenorrhea) or infrequent menstruation, irregular periods, infrequent or no ovulation, multiple immature follicles, increased levels of male hormones, thinning hair, excess facial and body hair growth and various symptoms of PMS including acne and oily skin.

2. Beautiful Skin

Healthy skin is beautiful skin. When we use harsh chemicals found in so many commercial skin care products, we so mistreat our skin that we may feel compelled to further use these harsh chemicals to help mask the damage

done. Whether you have dry vata skin, sensitive pitta skin, or oily kapha skin, once you understand your skin type, you can find the correct ancient, natural skin treatments that will balance these qualities and promote a healthier complexion. Ayurveda recommends using totally natural products on the skin: preferably ingredients that are also safe for the skin. In addition, by following a healthy diet and a balanced lifestyle, the skin will respond to these Ayurvedic treatments and will naturally balance itself as the entire body is eased into greater balance and health.

3. Taste

In Ayurveda, there are six facets of taste. These are sweet, sour, salty, bitter, pungent, and astringent. Each flavor has a specific function, such as calming the nerves, increasing the absorption of minerals, or stimulating digestion. Ayurveda believes that all six facets must be incorporated into a meal to achieve optimum health. It also makes sense that all six facets constitute complete dietary nutrition that the body needs.

4. Massage

Treatment through touch can be administered through massages and oils. Various strokes and pressures can affect the dosha and help bring them into balance. The Ayurvedic massage focuses on stimulating the flow of life energy (prana) throughout the body. When warm herbalised oil is rubbed gently all over the skin, the body and mind will feel pampered and relaxed. Hence, one is encouraged to treat their skin to the magic of this massage (abhyanga) every now and often.

5. Smell

Remedy through smell is practiced through the inhalation of different scents and aroma from

essential oils and plants. The oil molecules reach the limbic system in the way of nerve impulses and send signals to the nervous system. The stimulation of the limbic system can help improve one's memory. One of the primary forms of treatment is aromatherapy, which is suitable to bring balance to the dosha. Essential oils are mainly used to stimulate the olfactory system and enhance mood. A relaxing aromatic bath can also release tension in the body. It can also be executed in conjunction with massage using essential oils.

6. Water

Drinking enough water is important to stay hydrated. One of the ancient Ayurvedic practices is drinking copper infused water. Water stored in a copper vessel has the ability to balance the three doshas (vata, kapha and

pitta) in the body by gently infusing the water with the positive health properties of copper. Water stored in a copper vessel will also become naturally alkaline which helps balance the body's pH levels.

7. Detox

Detoxify from time to time. Detoxification helps the body cleanse and feel vibrant throughout the practice. Ayurvedic detox methods such as Shankaprakshalana, Jala Neti and Mini Detox help to get one feeling their best self safely.

In the practice of an Ayurvedic lifestyle, one begins a journey of self-discovery, mindfulness and awareness. If the practice is maintained, then comes an improvement in the overall well-being and spiritual growth! **YM**



Ayurveda Massage Therapist Course

Our health and wellness depends on a delicate balance between the mind and body. Learn and discover the philosophy of Ayurveda through the Ayurveda Massage Therapist Course - an interactive course featuring the tridosha (the three life forces or energies), essential herbs, and important Ayurvedic techniques for holistic wellbeing.



Ayurvedic techniques taught in the course:

- Abhyanga Snanam
- Navara Kizhi
- Shirodhara
- Soundarya Vardhini
- Padhabhyanga
- Podi Kizhi
- Shiro Abhyanga
- Udwarthanam
- Janu, Greva & Kati Vasti

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SuperYogaKids corner



We live in a fast-paced world where everyone is chasing the elusive something or other, where research and development are happening at lightning speed and making it almost impossible to stay up to date, and people often forget to breathe.

In all this hustle and bustle we have handed over our independence, memory and to some extent our thought capacity to gadgets that help us plan, remember and in some instances even think for us – to the magnitude the thought of losing the gadget sends us into a panicked frenzy.

Go on, try it! Close your eyes, relax your body, take a deep breath in and out. Go ahead and think of a loved one you haven't spoken to in a while and decide to make that call now. Slowly reach into your bag or back pocket and try to

grasp your phone. Wait a minute!! It's NOT there!! Dig deeper, dump all the contents out – STILL NOT THERE!!! Can you feel your heart racing, thumping strongly in your chest, your breath coming out in short ragged puffs, your skin flushed and your head feeling light... Oh dear, is it really all as hopeless as this? Is there help for ourselves and our future generations?

Enter super learning – a fast, effective way to learn vast amounts of new data. It helps to:

- i) Improve memory – imagine being able to remember lists, names, numbers, recipes, techniques, birth dates – who doesn't want to be able to do that, and help children study and prepare for exams
- ii) Learn a new skill
- iii) Improve creativity
- iv) Boost confidence

Are we not duty bound to provide our children with such a gift? And if you're convinced and raring to go while wondering how Yoga fits in the equation, I'd like to share that the pieces of the puzzle fit nicely when family nurtures the practice of Asanas (physical postures), Pranayama (breathing techniques) and mind-training techniques in a conducive environment.

Let's Begin with Some Movements!

Surya Namaskar, or sun salutation, is an ancient practice of expressing gratitude to and connecting with the life-sustaining sun while balancing the body's energy system at both mental and physical levels through a sequence of 24 asanas that flow gracefully into each other. It is performed in a calm deliberate manner – giving one (child and adult alike) an opportunity to foster body awareness as well as practice synchronising the breath with movements, consequently improving concentration and making the practice meditative in nature. The slow, controlled movements improve circulation of blood, heat and prana while building and strengthening muscles and loosening up joints, hence improving flexibility. The asanas also help stretch and massage the internal organs while activating the endocrine glands.

All these collectively create a strong and flexible child who is keenly aware of himself and his surroundings. Having healthier emotional regulation skills, the child has a greater capacity for expression of empathy and kindness, in addition to increased self-confidence and an enhanced positive sense of self. The practice helps him manage stress through healthy movement, synchronised breathing, awareness and meditation whilst providing him with a much needed and a more wholesome alternative to zoning out through constantly being engrossed with electronic devices.

Then, We Focus on the Breath....

Once we have taken the necessary steps to address the physical body, we move our focus to the breath and life force through the practice of "Pranayama". Pranayama is a Sanskrit word made up of two halves, 'prana' and 'ayama' and is most often translated to mean 'expansion of life force'. The practice of pranayama trains purposeful, conscious breathing techniques, which are important lifelong skills for children to learn.

Pranayama practice improves respiratory function by improving oxygenation right down to the cellular level. This helps to increase the child's energy levels, thereby improving performance in studies and sports leading to an improvement in levels of confidence. Pranayama practice also quickly balances energy, controls stress and stabilises mood by stimulating the parasympathetic nervous system, which regulates the body and brings about the relaxation response. Yogic Pranayama (abdominal breathing), Nadi Shodhana (alternate nostril breathing) and Brahmari Pranayama (Humming-Bee breath) are examples of pranayama techniques that can be easily taught to children for achieving efficiency in respiration as well as balance the two hemispheres of the brain, resulting in a calm and focused state.

More and more research reveals that children who regularly practice yoga asanas, pranayama and mindfulness activities are more likely to engage in healthy physical activities, are better equipped to regulate their emotions and manage their stress, and are therefore, much calmer. Children who are healthy, calm and focused, who are fuelled by curiosity and creativity, are much happier and learn more readily and easily.

Parents, We Gotta Walk the Talk!

As parents we can do so much to support our children in developing a well-balanced personality. First and foremost, it is vital that we lead by example. Do you have your own yoga practice plan? You don't have to be an advanced yogi (although that would no doubt be awesome). Do you take a few minutes each day to practice mindful awareness maybe? Or do you have a ritual that calms and centres you, preparing you for the day ahead? Children learn a lot more from our non-verbal cues than from what we say to them (probably because what we're saying is often contrary to what we're doing).

When the adults in the family have our own practice scheme, we will be more aware and available for our children. And being available helps us see clearly each child's own unique personality and nurture it. Something else that we can teach by role modelling and through discussions are the yogic principles: the Yamas (restraints) and Niyamas (practices), which teach kindness, compassion, truth, self-restraint, generosity and contentment, among others.

Watching us approach our own practice with dedication and enjoying it, will no doubt pique the children's interest and inspire them to give it a go themselves. So, when they do, welcome them with open arms and have light-hearted fun with them. Allow them the freedom to explore and give them a safe space they feel comfortable in so that they are compelled to return each time, for a little more.

Create a clear and consistent routine around the practice. Children (and many adults) thrive on routines. Try to maintain similar timings – in the morning before breakfast or at night before

bed for example, or any other time that will work consistently for your family. And once we've started with a sequence of practice – try to maintain the similar sequence until everyone is familiar and comfortable with it; in fact, comfortable enough to lead the rest of the family in the practice. Children love familiarity as it gives them a sense of security, and leading the practice develops confidence and leadership skills.

....and Make it Fun!

Remember to have fun! Break some rules, make some noise! Nothing is set in stone! Compromising alignment initially in exchange for participation and engagement is not a crime. After all, there is no perfect pose. As the child becomes comfortable and secure, and willing to consistently participate, the alignment can be addressed. A child's first language, after all, is play. Most of us have forgotten or chosen to ignore the child within in the rush to get through the day as efficiently and productively as possible. There's no time for anything frivolous and fun is a definite no-no! Children don't get all that "seriousness". They are managing just fine with their sense of curiosity, fun and adventure. For the time that we are with our children, try to reconnect with that "fun loving child" within and reach out from that space and watch the magic unfold – not only for our children but also for ourselves.

Communicate clearly and creatively – yes, it will seem like quite a chore in the beginning if it's not something we are used to, which is why our own practice becomes so important. And as we stick with our routine, connect to our fun-loving inner child and keep at it (children will gladly help us out on this one if we allow them the space, trust me), it becomes effortless and we wouldn't want it any other way. Understand and recognise that our children may experience frustrations – from

the lack of understanding, perfection, and the perceived lack of support and many other things. These are ideal moments to reach out to them and help them understand their emotions and behaviours while sending the strong message that they are valued and loved just as they are. We want to use every opportunity we have to reinforce behaviours that will raise a well-balanced, resilient, self-motivated child.

Remember to praise the effort and not the result. Results are variables and quite often not within anyone's control. However, the attitude of the child while taking on or seeing a task through is more consistent. We would all love our children to be curious, creative, confident and responsible with strong decision-making skills. The path to that is by recognising the physical mental and emotional effort the child has put into the task and acknowledging it – showing our children: “Hey, can you see you are capable and did all this?” Making the child visible to him or herself and fostering a strong and positive sense of self.

A Healthy Family is One that Learns Together!

The easiest way to engage children in practice other than through play is through practising partner poses. Children always, always want a connection with us. Immaterial of what behaviour shows up, the plea is always the same: See me! Hear me! Love me! And as parents, isn't that what we want more than anything else in the world as well?

Partner poses help in maintaining consistency. They tell our children: “Hey, I'm on the mat with you and this is my sacred time with you, for you, because you matter to me and you are valuable, and I love you. I'm not ordering you to practice, I'm in this with you, as I am every step in your life.”

It strengthens communication, trust and the sense of support as we guide our little ones from simple asanas to more advanced ones. It sets the blueprint for the journey called life where our little ones know we will navigate it with them and they are not alone. Knowing that parents and family members are available and are the most reliable and stable support does wonders for a child's sense of security. On a lighter note, practising together makes for great memories and stories in the future!

Of course, all of the above sounds great in theory (and it is very attainable, as overwhelming as it might sound in the beginning), but what if we're struggling to maintain a routine or don't feel confident in guiding our children or just don't know how to? Enrol in a class. Enrol the child in a class and find out from the teacher how we can best support them or even better if there is a family yoga class near you enrol the whole family. Investing some quality time with the family will do wonders in strengthening the family's bond while making our little ones feel loved and secure and receptive to all the wonderful learning experiences in life. **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

I Got a 'D' in My Report Card!!

by D

*You have to lose weight!
You cannot eat that much of rice!!
Your hip to waist ratio could be contributing to these results.
Maybe you are stressed at work, change your job!
This is no joke at all; your reading is way too high!!*

*Here, try this pill!
Having babies can be difficult now; the baby too can get affected!!!
Why don't you go and see another specialist?
Moringa tablets work wonders!!! You should buy it right away.
Try soaking ladies finger and drinking the water. It works like magic!*

Did all of those statements induce an alarming state of restlessness within you?
Well it certainly did to me!!!

My Big Dilemma - The diagnosis of the **BIG "D"** got to me at an early stage of adulthood. I have heard about this condition amongst my older colleagues and some family members too, but it came on to me as a real shock! I happened to have myself diagnosed with a Type 2 Diabetes Mellitus in one of my regular hospital visits. I took a day off to visit the doctor as I was not "feeling too well"- a little dizzy and there was a change in appetite. Few hours later that day, I had an overwhelming emotional surge of doom as the doctor mentioned about the results. It was so silent behind the scene and I had close to zero suspicion despite the obvious symptoms the doctor mentioned. It was supposed to be my OFF day with an MC!!! Not a nice way to get an MC certainly. While I may have been familiar with the name of the condition, I was not at all sure at all what it meant at the first instant. I paused to digest it and sense a deep gush of fear rushing through me changing forms to well up in my eyes. I took a breather and continued to ask the white coated person in front of me what all these actually meant.

#Here is a **NOT SO FUN FACT** before I continue with the story:

Diabetes is The 'MOST POPULAR' health disease carried upon by 2.5 to 3.0 million Malaysian citizens as of 2018 according to the chairman of National Institute of Diabetes (NADI)

We championed it!!! Go on, Google it! You will see it too... I am one in a few million!!!

Continuing D story-The doctor explained that the blood test shows abnormally high sugar reading in my circulation and that alone qualifies me for the title. He explained that I may have missed some symptoms such as excessive thirst, frequent night urinations, changes in appetite, dizziness due to sugar fluctuations and a couple more. He suggested that I undergo a test of glucose tolerance just to check on the range of fluctuations. I nodded while thinking of getting a second opinion at a private hospital. As the chat continued, he outlined the Diabetic dietary advice and suggested that I shed off the extra pounds. He told me to get a healthy lifestyle by exercising, managing stress and joining support groups. After a while I simply tuned out. The little voice in my head continued to urge me for a second opinion. As soon as I collected the medication, I left the clinic.

The second opinion – Well, pretty much the same dialogues. It is like a standard template the physicians go through with a Diabetic. Oh! I got more info this time around.

The risk of suffering from a kidney failure, heart attack, stroke, poor vision, or a diabetic wound is apparently greater for me in another 10 years.

#Sorry to say pregnancy may not be feasible or viable if the sugar level is not well controlled.

Great additional info that came with a price!!!

What did I do next? - I pretty much googled up Diabetes Mellitus, became an expert about the condition, crunched on some of the greatest medical jargons, learned some mathematics, adjusted my food intake, became a healthy cook, took that herb, hit the gym, managed my stress levels and pricked myself to see if anything changed.

Nope! Not much of a change. Some weight gain, in fact! I became increasingly worried if I will ever get pass this. People who knew my recent dilemma had their own views.

At 33, 22 units of insulin in divided doses, 1 oral medication twice a day, fluctuating weight, overworked and lacking rest, I was totally devastated. "Yoga Therapy may help with Diabetes" – my mind deduced upon listening to a Doctor's interview on the radio one morning on the way to work. I contacted her, consulted and agreed to try whatever she suggested. I have never done yoga before. It was some of the top suggestions by "PEOPLE" around me too. Why not, I thought to myself.

My first session at Yoga - It was a personalized wellness programme predominantly using yogic techniques. The first session was a good ice breaker. The trainer explained and I listened intently. We agreed that I would keep a record of the food I consumed then on, keep check on my

frequency of the exercise done at home and keep track of my glucose level when I prick my fingers.

I did the rock and roll people! I mean the yoga pose – it was fun ☺ It brought back some childhood memories. Then came the spinal twist, the leg raise and other asanas. It turned to be quite informative, exciting and relaxing all at the same time. I liked the part where she explained the rationale behind what we were doing and how it was going to help with my 'D'.

Fast Forward - During my ten sessions which was interspersed between a few 'cannot avoid work' dilemmas, I learned many poses toned my abdominal muscles, my lower back, the gluteus and thighs. I loved the plough pose. I was surprised I could execute the pose. My back hurt initially after all the gala time with rock and roll but soon settled. The stress on my shoulders melted away, but weight fluctuated again.

I got a good hang of some breathing techniques too and not to forget the interesting visualizations and meditations. I could feel zen despite my work stress. I did Kunjal kriya (Vomit it all out) and Jala Neti (nasal cleansing - ewwww)

The Results – I was happy to see the marked difference of the key 'D' marker of HBA1C pre and post yoga wellness programme. My daily fluctuation of sugar which ranged between 6 – 10 mmol/L was brought down to between 6-8 mmol/L. It was what we aimed for. Minimizing sugar fluctuations throughout the day and normalizing the HBA1C so that the 2 different doctors I visited quarterly could help scale down my medication and insulin utilization was what I desired. It was a 99% success story.

I want you to be happy like me – Are you having a Big D problem just like me? Give yoga wellness a try. It may work for you too just like it has for me!

YM

Wellness Yoga

DIY – Yoga Wellness Tips for Diabetes by Leong Suit Wan

Diabetes is a disease related to impaired glucose tolerance in the body; glucose(sugar) is the source of fuel for the body. Diabetes is one of the most complex health conditions that causes metabolic imbalances involving the regulation and utilisation of insulin and glucose in the body. It is a disease afflicting the pancreas mainly and also the liver, intestine and muscles of the body. It is a chronic disease that requires major lifestyle change and constant monitoring.

Diabetes has become a common disease for people of all ages. Countries are fighting hard to control the disease by educating the society about it. Diabetes ranks as the second highest disease in Malaysia as per the reports produced by the Ministry of Health in Malaysia. The number of diabetics is growing every year due to poor lifestyle and dietetic choices. Although medical technology has advanced, diabetes still remains as a chronic disease and if is not managed in the early stages, it can become not only fatal, but also an expensive disease to treat.

Diabetes is preventable and treatable through diet, exercise and lifestyle changes. Exercise is very effective for the treatment of diabetes because it can considerably increase the insulin sensitivities and lower the blood sugar levels. Yoga is one of the most holistic methods and natural forms of exercise that can help prevent and manage diabetes both physically and mentally. Yoga has the ability to balance the endocrine hormones, massage and tone the abdominal organs, stimulate the nervous and circulatory systems, and reduce stress. Yoga postures aim at stimulating the insulin-producing cells in the pancreas gland.

Regular yoga practice can help reduce levels of sugar in the blood. At the same time, the blood pressure is lowered, reducing the severity of the symptoms and slowing the rate of progression of the disease. The possibility of further complications is also lessened considerably. Stress is one of the major reasons for diabetes as it increases the secretion of glucagon (a hormone responsible for increasing blood glucose levels) in the body. Consistent practice of yoga asanas (postures), pranayama and meditation helps reduce stress in the mind and protects the body from adverse effects. Relaxed and concentrated state of mind creates a calming effect on the nervous system which brings balance between the sympathetic and parasympathetic nervous systems.

I would like to share some of the yoga asanas (postures) which can be practised by all at home to maintain a happy and healthy body. Yoga asanas help in harmonising the body, breath and mind, thereby contributing to the overall health of the individual.

Enjoy practising Yoga, be Happy and Smile Always.



1. Parivrtta Sukhasana (Twisted Easy Seated Pose)

Benefits : This asana helps to not only stimulate digestion, but also detoxify the digestive gland at the same time.



2. Paschimottasana

(Seated Forward Bend/Stretch Pose)

Benefits: This asana massages internal organs located in the abdomen and enhances blood circulation to the abdominal region.



3. Ardha Matsyendrasana

(Half Spinal Twist Pose)

Benefits: This asana creates a good twist to the abdominal region stimulating the solar 'plexus. It helps optimise functions of organs such as the kidneys, pancreas, small intestine and gall bladder.

4. Dhanurasana

(Bow Pose)

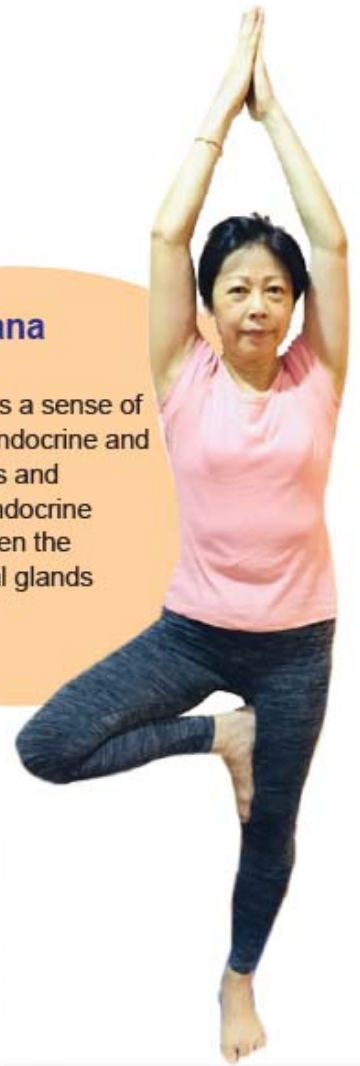
Benefits: This asana relieves excessive gas in the stomach and intestine, and smoothen the elimination processes. It promotes deep core muscle activation and spinal nerve activation.



5. Vrikshasana

(Tree Pose)

Benefits: Creates a sense of balance in the endocrine and nervous systems and enhances the endocrine signalling between the master hormonal glands and others.



6. Anulom Vilom

(Alternate Nostril Breathing)

Benefits: This pranayama purifies the energy channels, thus calming the "over thinking" mind. It reduces stress in the mind and body.



Articles by Practitioners

The Wonderful Combination of Yoga and Freediving

by Adelen Gustafsson

What is Freediving? Freediving is the art of diving underwater in one breath. One dives by taking in a deep breath, holding, diving and only taking a new breath as one resurfaces. It is an ancient technique of diving underwater without the use of any extra breathing apparatus like in Scuba diving.

Freediving has been around for thousands of years and only recently became popular again. It is commonly used by island fishermen when catching fish, and diving for pearls and sponges. It was even used during the war to aid the military campaigns. A more modern type of freediving is the competitive one, where freedivers from around the world meet to compete in various types of disciplines such as depth competitions and static (where one holds the breath with face in the water). The sport gained limelight in 1976, when French freediving pioneer Jacques Mayol became the first human to reach a depth of 100 metres.

It can be a daunting thought, that you are diving at Scuba depth with only your lungs and one breath, but you will be surprised by what a human body can achieve, especially when one is calm in mind and body. As you hold your breath and dive deeper, the body adapts and goes into an automatic shift called bradycardia. This is when the shift of blood to the lungs and heart slows down the heart rate. This is a Mammalian Dive Reflex, which we humans have in common with sea lions, seals and otters.

Another word for Freediving is Apnea (a translation from the Greek word 'without air') and it is believed that Apnea training gives amazing benefits to one's health. Here are a few key advantages of Apnea training:

- Helps one control the Sympathetic Nervous System and improves the mind to control the body's subconscious sympathetic nervous system.
- Helps build hypoxia tolerance, which helps to maintain normal mental function in situations where the oxygen level is low, such as deep sea diving, mountain climbing at high altitudes, and in case of high volume of smoke, such as a fire in the area.

- Improved lung functions and capabilities.
- Helps in building tolerance with hypercapnia, or high CO2 tolerance.

A research published on the "US National Library of Medicine, National Institutes of Health" website titled 'Mind-body relationships in elite apnea divers during breath holding: a study of autonomic responses to acute hypoxemia' by Frontiers of Neuroengineering", stated that meditation and Pranayama also train the mind and body for longer and safer breath hold (Cysarz and Büssing, 2005). They found that it modulates the emotional processing (Sobolewski et al., 2011) and contributes to a better air hunger control; this is considered to be a dominant and primitive sensation with a strong emotional component that alerts the organism for a risk to survival (Brannan et al., 2001; Liotti et al., 2001). It is then reasonable to hypothesise that the use of meditation, combined with physical training, can modulate psychophysiological responses during breath hold, extending the breath hold time and making the need for air less sensitive.

I have been Scuba diving for about 10 years now, but started freediving early last year, and fell in love with it as it gives me the freedom to move without the weight of a tank on my back and other bulky equipment on my body. Although I still enjoy Scuba, freediving comes with a sense of peacefulness as you are not bothered by the bubbles as during Scuba; though when I started freediving, I was dealing with some personal issues in life, which were holding me back during breath holds and descents. I had fears and every time I descended deeper, I would occasionally freak out a little and turn around and head back towards the surface. I really wanted to go deeper or even hold my breath for just a little longer, but I would find that my mind would disobey and keep me from going further. A few months later, I began to practice yoga more frequently and not long after I decided to take the International Yoga Instructor Course (IYIC) and Pranayama Instructor Course with MAYI Yoga Academy. This was my wisest decision ever as it not only helped me to work on myself, it prepared me for so much more.

As I completed my foundation level for the IYIC, I realised how much the breathing techniques helped me in daily life too. I remembered the basic techniques my freediving instructor, Cesc, had taught us such as Kapalabhati (active exhaling), Yogic breathing (deep breathing/sectional breathing techniques) and Uddiyana bandha (abdominal lock). These techniques didn't really make sense to me until I practised more, and the reasons and techniques were explained more during my yoga training. Up till then I also didn't realise how beneficial it was to practice these techniques, I always just thought it was meant to be practiced in freediving though during the time of my freediving course I did it with a friend who was already a yoga instructor and from the first day in the water was already performing excellently.

I have not had the chance to practice much more freediving since then as I have been living in the city and have not been near deep water, but this gave me the opportunity to practise more on my breathing techniques and work on my disobeying mind. Recently, I did manage a trip south to Tioman Island and was invited on a freediving trip day out to one of the islands, Pulau Labas. This island had amazing swim throughs under rock formations all around. I was excited and a little nervous as I had not done any freediving in a while, but I found that after the first dive through I was comfortable and got to enjoy most of the swim-throughs guided by my friend and freediving instructor, Kat. I also found that my mind was calm and able to hold my breathing a lot longer than I could have ever done before. In the morning before the trip, I taught a 90-minute class with some deep breathing techniques and on the boat on the way there I practised Kapalabhati. We were out for more than two hours and even after swimming through currents I was not tired.

Pranayama has been one of my main focus since I started my yoga instructor's training and I have to say that I am glad I found it when I did. By practising simple basic techniques of Kapalabhati and Yogic breathing every day, I was able to reap the advantages and hold my breath longer, and at the same time, keep my mind at ease. Imagine if you could learn more Pranayama techniques. There are so many different types of Pranayama techniques and the advantages are endless. Practicing yoga asanas also help my body prepare and build the strength and stamina for the dive. After a day of diving, Yoga Nidra also helps to calm the mind and relax the body.



Here are some of the techniques used not just for everyday, but specifically complimentary to freediving;

- Kapalabhati
- Yogic breathing
- Nadi Shodhana
- Ratio breathing (breathing with counts at ratio such as Inhale 1: Hold 2: Exhale 2: Hold 1 or higher for more advanced practices)
- Uddiyana bandha (abdominal lock while holding the breath out, a good exercise for the lungs, also massages the internal organs)
- Plavini (packing breath: Breathing in as much oxygen as possible — an exercise to keep the breath in for longer. Excellent practice for diving in one breath. Though mostly done by advanced practitioners, but can be done with guidance from an experienced instructor or Master)

If you have not tried freediving but love to be in water, I highly recommend giving it a go. If you had tried it but was unsure about your breathing capabilities then I highly recommend you to join us on the upcoming freediving-cum-yoga retreat, which we will be hosting in October to learn proper yoga techniques, which will be beneficial for your freediving session. For queries about the retreat, write to yoga@mayiyogaacademy.com. **YM**

Research collected from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3309925/>

<https://divermag.com/freediving-yoga/>

<http://hawaiiecodivers.com/blog/5-crazy-health-benefits-apnea-training/>

Featured Asana

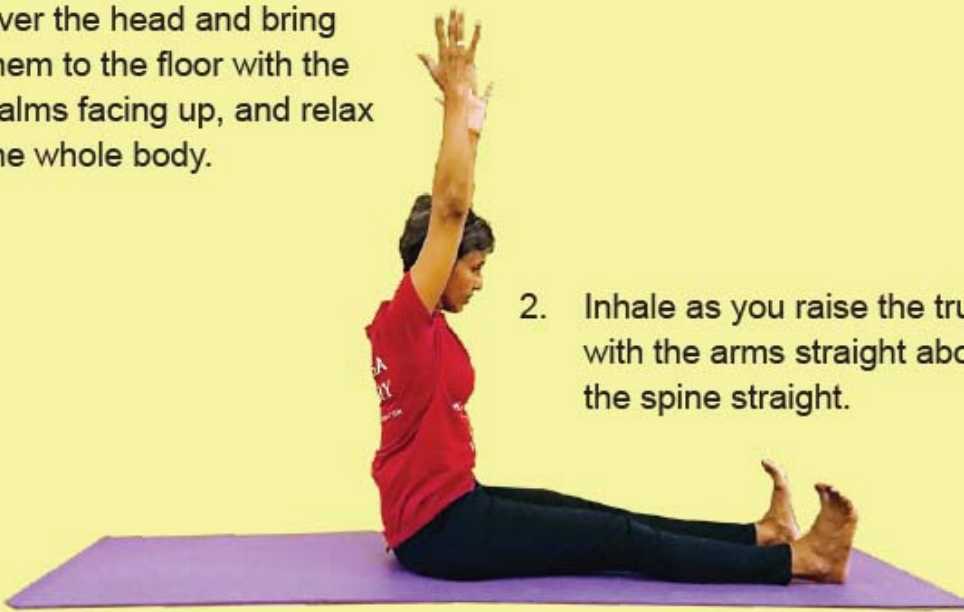
Gatyatmak Paschimottanasana (Dynamic Back Stretching Pose)

Step by Step:

1. Starting position: Lie flat on the back with the feet together. Raise the arms over the head and bring them to the floor with the palms facing up, and relax the whole body.



2. Inhale as you raise the trunk to the sitting position with the arms straight above the head, and keeping the spine straight.



3. Exhale as you bend forward into paschimottanasana in a smooth movement, and hold here for a short time.
4. Inhale as you return to the sitting position with the arms straight above the head.
5. Exhale as you lean backwards and return to the starting point.



Benefits:

- Gently stretches the hamstring muscles and increases flexibility of the hip joints.
- Speeds up the circulation and metabolic processes.
- Renders the whole body more flexible while stimulating physical and pranic energy.

Contra-indications:

- People with hernia, slipped disc, sciatica, heart conditions, high blood pressure or any back problem should practice under guidance.

Chef Yogi's Food Notes!

Orange Cinnamon Hibiscus Margarita by Nicole Yong (without alcohol)



Ingredients:

- 1 cinnamon stick
- 8 – 10 fresh hibiscus (wash and just use the petals only), or 2 tablespoons of dried hibiscus flower
- 1 litre of filtered water
- Orange juice squeezed from 3 fresh oranges
- Lime juice squeezed from 1 large fresh lime
- 2 tablespoons of organic brown sugar
- A little of sea salt for the rim of the glass (optional)

Directions:

1. Place the cinnamon stick, hibiscus petals and filtered water in a small pot and place it on the stove.
2. Simmer gently for 8 – 10 minutes to boil.
3. Add in brown sugar, stir and allow it to dissolve.
4. Let the hibiscus tea cool down for 20 minutes.
5. Then add in the orange juice and lime juice into the warm tea.
6. Place some sea salt onto the rim of the glass.
7. This drink can be served warm or cool.



*The hibiscus tea is known to provide a cooling relief from the summer heat. It helps to improve the mood and has a diuretic effect on the body. However, hibiscus tea is not advised for women who are preparing to conceive and for those who are pregnant.

SCHEDULE OF COURSES: JUL - OCT 2019

JUL

14/07/19	BSR	YA-HCA	YogaAsana - the Handstand & Core Activation Series Workshop
20/07/19	DU	YTCC	Yoga Therapist Certification Course
21/07/19	DU	IYIC 1	International Yoga Instructor Course - Foundation
21/07/19	SLG	MPRK	Manipuraka Awakening & Universal Healing Energy Workshop
21/07/19	SLG	UR	Urdhva Retas & Anti-Ageing Workshop
21/07/19	USJ	WY-SC	Wellness Yoga Workshop for Scoliosis Management
22- 26 /7/2019	DU	IYIC 1	International Yoga Instructor Course - Foundation
27/07/19	BFS/BSR	AMTC	Ayurveda Massage Therapist Course
27/07/19	BSR	WS	Anti-Ageing - the Bodyworks of Inner Rejuvenation Workshop
28/07/19	USJ/PCH	IYIC 1	International Yoga Instructor Course - Foundation
28/07/19	BSR	PBTIC	Pranayama (Breathing Technique) Instructor/Practitioner Course
28/07/19	DU	MPRK	Manipuraka Awakening & Universal Healing Energy Workshop
28/07/19	DU	UR	Urdhva Retas & Anti-Ageing Workshop
28/07/19	KLG	WY-BSR	Wellness Yoga Workshop for Blood Sugar Regulation
28/07/19	DU		Deep Relaxation & Stress Relief Workshop
28/07/19	BSR	YTCC	Yoga Therapist Certification Course

AUG

04/08/19	BSR	IYIC 1	International Yoga Instructor Course - Foundation
11/08/19	DU	PYIC	Pregnancy Yoga Instructor Course
12-16/08/2019	USJ	IYIC 1	International Yoga Instructor Course - Foundation
12-16/8/2019	KLG	SYKIC	Super Yoga Kids Instructor Course
18/08/19	PCH	IYIC 1	International Yoga Instructor Course - Foundation
18/08/19	KLG	IYIC 1	International Yoga Instructor Course - Foundation
18/08/19	BSR	IYIC 2	International Yoga Instructor Course - Intermediate
18/08/19	BSR	WS	Partner with Precision - Movements with Awareness Workshop
19-23/08/2019	BSR	SYKIC	Super Yoga Kids Instructor Course
19-25/8/2019	USJ	YTCC	Yoga Therapist Certification Course
22/08/19	BSR	IYIC 1	International Yoga instructors Course
25/08/19	BSR	IYIC 3	International Yoga Instructor Course - Advanced
25/08/19	BFS	AMTC	Ayurveda Massage Therapist Course (male)
25/08/19	KLG	WY-PCOS	Wellness Yoga Workshop for Polycystic Ovarian Syndrome Regulation
25/08/19	BSR		Pranayama Workshop
26-30/8/2019	DU	AMTC	Ayurveda Massage Therapist Course
31/08/19	BFS	FIC	Full Intestinal Cleansing Practical Session
31/08/19	DU	FIC	Full Intestinal Cleansing Practical Session

SEP

01/09/19	DU	WY-BSR	Wellness Yoga Workshop for Blood Sugar Regulation
07-09/09/2019	Teluk Batik, Perak	Retreat	Yoga Retreat
08/09/19	DU	WS	Shatkarma - the 6 Cleansing and Detox Techniques Workshop
15/09/19	PCH	WY-TR	Wellness Yoga Workshop for Thyroid Regulation
20/09/19	PCH	KKY	Kundalini Kriya Yoga Course
22/09/19	USJ	IYIC 2	International Yoga Instructor Course - Intermediate
22/09/19	PCH	MPRK	Manipuraka Awakening & Universal Healing Energy Workshop
22/09/19	PCH	UR	Urdhva Retas & Anti-Ageing Workshop
23-27/09/2019	BSR	IYIC 1	International Yoga Instructor Course - Foundation
29/09/19	USJ	IYIC 1	International Yoga Instructor Course - Foundation
29/09/19	USJ	SYKIC	Super Yoga Kids Instructor Course
29/09/19	DU	DMIC	Dhyana (Meditation) Instructor/Practitioner Course

OCT

05/10/19	KLG	AMTC	Ayurveda Massage Therapist Course
06/10/19	USJ	YTCC	Yoga Therapist Certification Course
14-16/10/2019	BSR	PYIC	Pregnancy Yoga Instructor Course
20/10/19	BSR	IYIC 1	International Yoga Instructor Course - Foundation
20/10/19	DU	IYIC 1	International Yoga Instructor Course - Foundation
24-28/10/2019	PCH	IYIC 1	International Yoga Instructor Course - Foundation
27/10/19	BSR	WS	Anatomy & Physiology - the Body from Within Workshop



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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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