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***Read about what
our instructors say***

Message from Master Mani

The International Yoga Instructors Course (IYIC) programme that is being offered by the Malaysian Association of Yoga Instructors (MAYI) is one of the few courses which transmit the ancient science of yoga in its original, authentic form.

Teaching is an art and the IYIC is unique as it does the double job of imparting both the art of teaching and the ancient science of yoga. You will be taught to teach from the onset of the lessons, and the incorporation of a mock yoga class environments helps simulate the experience of actually teaching (as you learn) and goes a long way in helping boost your confidence, in both teaching and public speaking. Needless to say it helps mould skilled Yoga instructors.

The programme uses natural yogic methodology to accelerate learning, to improve absorption and retention of lessons learnt. The teaching method is also unique in the sense that the method will help develop body memory of the techniques that by the time the course is completed, the knowledge is internalized and it is the experience of many that energy will flow naturally, making teaching the joyful experience that it should be. -You will not be scrambling to remember the techniques as you start teaching. The teaching methodology employed during the IYIC will facilitate the recollection of body memory and helps to ensure that the knowledge comes easily and intuitively.

As a graduate of this course you will always have superior skills in teaching especially because your confidence level will always remain high with the amount of knowledge gained; the IYIC course covers more than 400 core asanas (postures), while variations from these asanas could run into the thousands.

The IYIC is a thoroughly practical course. It is ideal for all those who are keen to polish their teaching methods, embark or progress further in their career as a yoga instructor, and deepen their understanding of asanas, pranayamas (breathing methods), and shatkarmas (yogic cleansing methods).

Teaching is a privilege and an honour; more so if it is for Yoga. Yoga is the holistic art of evolving the mind and body of a person. You will find that being an instructor will have a threefold effect; on you, your students and on the people around you.

The IYIC course is the only one certified by a Society (ie MAYI) which is legitimately registered with the Registrar of Societies unlike many of those run by individuals or privately registered companies. While there are many overseas entities claiming to be accredited or 'recognised', the truth is that there is no governing or accreditation agency in any part of the world which can make a claim to such exclusivity. Our certification has been used worldwide and is the preferred teaching credential in the world of yoga internationally. **YM**



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*Master
Manisekaran*

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Calling all yoga enthusiasts, we are currently seeking your contributions either written or photographs (with catchy captions) on anything and everything about yoga. Selected works will be published in our next issue. In every issue, there will be a lucky winner who will receive a whole month of free Hatha Yoga Classes worth RM90! So get those pens and cameras out and start snapping and writing. All works should be emailed to

yogamail@malaysianyogasociety.org

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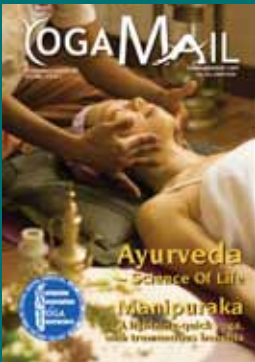
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Family Yoga



Nourishing the Whole Family

Spending time with our children after work is perpetually in our To-Do List. We told ourselves ample of times that we will spend the rest of the evening with our children communicating with them and showering them with our love but ended up managing dishes and laundry, and fussing over their homework instead. As high functioning parents, we often end up juggling between a fulltime job, house chores and child up-bringing. Finding time to communicate with

our children is tough, let alone finding the right manner. More so if we have more than one child and all are demanding equal attention. We are constantly concern about our children's wellbeing and academic performances – measuring if they are getting sufficient nutrients for their development, worrying if they are coping well at school, wondering if they will grow up as successful adults. Like an uninvited guest outstaying its welcome, the worries never cease to end. Whether our children will turn out to be the next Bill Gates or Einstein in the future there is never a dull moment when it comes to parenting. It's like stepping into a roller coaster ride letting every adventure unveil itself with every turn with no chance of disembarkation. So, what are our options? We can opt to adapt to its momentum and approach it from an entirely new perspective. A perspective that allows us to remain sound and balanced amidst the demands set upon us.

Looking for a solution? We have one for you...

Assuming that there is a place for you to wind down after a week of hard work and this place has a line up of activities which focus on total wellbeing. Now before you feel guilty about enrolling into this guilty pleasure alone and set yourself in a dilemma between pampering yourself and spending time with your family members, lets imagine that you are allowed to



have your children AND your parents participating with you in the activities. Three generations coming together for some good R & R moments. Well, imagine no more as this place does exist. Specializing in children and family development, the Super Yoga Kids (SYK) has designed an array of programmes with a simple vision in mind – educating the whole child and nourishing the whole family. And by popular demand, SYK has cooked up its latest recipe and formulated the Family Yoga sessions.

What is Family Yoga?

As the name suggests, Family Yoga is a yoga class where the whole family can participate as it creates a space where family members can connect with each other regardless of age. We have seen in many instances where a parent is at loss when put alone in the same room with a teenage child. Many would resort to reading the newspaper or submerging themselves into any other engagements just to avoid the awkwardness of silence. In SYK's Family Yoga, communication is multi-directional – children, siblings, parents, grandparents and even extended families get a chance to interact with each other in a never before thought of non-verbal way. The activities allow each member of the family to get closer to one another and to simply appreciate each other's

presence. This interactive and family oriented programme benefits everyone in the family through a series of cooperative activities and partner poses facilitating connection between each other and bridging generation gap. It supports a healthier lifestyle through the guided yoga practices taught in each session and parents would leave feeling empowered to take charge of their family's wellness. These sessions are often regarded as golden opportunities to parents who are set to show their children the true meaning of a healthier lifestyle choice.

The everyday stresses that a family goes through is slowly damaging the relationship and weakening the family ties. This is most apparent in metropolitans where social demands and stress level skyrockets. Adults as well as children face a myriad of stresses courtesy of the environment as well as from each other. Spending time together where everyone feels restless and edgy does not count as family bonding moments. Neither does sitting together in the living room watching the television. Family Yoga activities allow everyone to put aside their worries and welcome a new sense of rejuvenation and discovering each other in a new light – emerging anew and to simply function as a strong family supporting each other in its entirety.

In simplicity, in SYK the wellbeing of your family is our main focus. It's a great way to get you, your children and your parents to get away from the mundane routines and get involved in fitness activities which could also deepened the connection with loved ones in a playful yet relaxed way. As a healthy parent and child relationship is ultimately important, grandparents are often passed off as babysitters. A relationship between grandchild and grandparent is just as important as it helps the child to further develop a sense of understanding and respect for the elders in the family. And the

joy and laughter, and having a grandchild in close proximity could improve the health and lighten up the mood of the elders.

Family Yoga allows the family members to have positive physical contact with each other. Countless researches have shown that touch plays an integral role in promoting physical, mental and emotional wellbeing and happiness. Children often find it difficult to express themselves to their parents, even when they need them the most and some parent appear aloof due to hectic schedules. This non-verbal communication portrays a mutual love and affection which helps children to learn appropriate physical boundaries while boosting self-esteem and a positive body image while strengthening the sense of family unity. Children could then grow into confident and loving adults who are capable of building strong relationships with a show of positive leadership.

The Family Yoga sessions are conducted by certified instructors and are available in Brickfields and Damansara Uptown on Saturdays and Sundays. For more information about the Family Yoga sessions and other yoga programmes, holiday workshops and classes organized by Super Yoga Kids, call 03-2260 5322 or 03-7726 6682, or email enquiries to superyogakids@gmail.com



Asana Of The Month

Matsya Kridasana (Flapping Fish Pose)

This posture is ideal for relaxing and sleeping. The bent knee and the head may be supported on a pillow for further comfort.

Steps:

- Lie on the stomach, with legs outstretched.
- Interlocked fingers, with palms facing downwards.

Gently turn the head to face left with the right cheek resting on interlocked fingers.

- Bend the left knee and bring the left knee upward, while maintaining the right leg straight.
- Try to touch the left knee with left elbow.
- Place the knee according to your comfort.
- Close the eyes with ease and mentally relax the body. Relax as long as you feel comfortable.



Breathing Pattern:

- Normal and relaxed.

Consciousness:

- Physical- on relaxing the body and breathing.

Benefits:

- Stimulates digestive peristalsis
- Relieves constipation
- Relieves backache
- Relieves sciatica
- Fat reduction around waist line

Chef Yogi's Food Notes!

Pumpkin



Ingredients

- ✓ 100 gm Pumpkin flesh
– cut into cubes
- ✓ 1 tablespoon grated coconut
- ✓ 2 cm ginger – finely pounded
- ✓ 1/2 teaspoon mustard seed
- ✓ 1/4 teaspoon turmeric powder
- ✓ 1 sprig curry leaves
- ✓ Sugar and salt to taste.

Method.

1. Heat 2 tablespoon olive oil in a pan. Saute mustard seeds, curry leaves and blended ginger till fragrant.
2. Add in the pumpkin cubes, turmeric powder, salt and mix well.
3. Stir in some water to cook further until pumpkin is just tender.
4. For a little flavour, add some grated coconut and stir well.
5. Lastly, add sugar to give just the slightest hint of sweetness (only once the pumpkin has cooked well).

Give it a taste, and if your palate is happy, it is ready to be served!

EVENTS

MAYI FREE YOGA THERAPY CONSULTATION FOR THE PUBLIC

Free Yoga Therapy Consultation Days, open for the public, were held on the 26th February, 1st May and 5th June in Bangsar, K.L. and Bandar Puteri, Klang by Malaysian Association of Yoga Instructors (MAYI). Approximately 20 certified yoga therapists under MAYI network volunteered their time to provide this service as a social contribution to all who are facing health problems and seeking alternative or complementary treatment for their condition. More than 50 members of the public with various ailments flocked in to find out how yoga can alleviate their health problems.

Common medical conditions encountered by the yoga therapists during these sessions were gastritis, acid reflux, indigestion, irritable bowel syndrome, constipation, hypertension, insomnia, arthritis, slipped disc, neck, shoulder & back pain, as well as menstrual disorders. Therapy provided for these patients on the spot, was according to their needs, which included consultation to identify the root cause of problem, easy to follow corrective yoga postures, healing breathing techniques, stress relieving guided relaxation, home remedy tips and yogic counselling on lifestyle and diet.



An observer commented that many who attended the sessions were looking pensive and worried when they first walked in. But as they left the studio after therapy, they were looking much brighter and more cheerful. From the good response, MAYI plans to announce more free sessions in the future as a continued community service and creating greater awareness of therapeutic benefits of yoga.





The early of Saturday of 17th July 2010 saw the Bangsar Sports Complex car park and its surroundings filled with cars to the brim. Late comers found themselves making the rounds again and again before eventually finding a car park. People from all walks of life were streaming in. The occasion? The 2010 Yoga Competition and Carnival organized by The Malaysian Yoga Society (MYS) was being held. From the young to the not so young, everyone made a beeline well before the opening time at 9.00 a.m.

The fund raising event, a vision of the society's founder, Master Mani Sekaran, was organized and run entirely by volunteers of MYS headed by Jamie Spatafore, the organizing Chairman of the 2010 Yoga Competition and Carnival. The objective of the carnival was to raise awareness of yoga, and it can be practiced by everyone from all walks of life regardless of age, gender and background.

Proceeds of the event went to MYS yoga projects for the underprivileged and Pusat Jagaan Sinar Harmoni (a children's home in Seri Kembangan).

There was something for everyone! Various types of delicacies and drinks to suit the palates of all, games and fun contests for the young.

There were puzzles to be solved, sand art, wishing wells, nails to be looped by rings, nail mats, fish-a-fish. Books, incense scents, saris, health drinks and even a security system were on display.

To date, the competition was the largest in Malaysian history, drawing contestants even from Johor and Perak. All in, there were 348 participants, 230 children (4-18 years) and 118 adults (19 years and above).

Each participant performed 5 asanas (postures) demonstrating exceptional grace and mastery.

3 championship trophies were up for the children's category, adult's category male and female.

The Overall Champion in the Children's Category was Ganesan Thiagu, while Vikrash Kumar was the Overall Champion in the Male Adult's Category and Leong Vern Chin was the Overall Champion in the Female's Adult Category. The overall champions also received hampers sponsored by Nestle and BMW.

At the competition, two contestants took the spotlight in a most unique way when 5 year old Janeve Vidthyah was declared the youngest winner and 79 year old, Kumarasamy Muthu declared the most senior winner.

International Yoga Instructor Course for all AGES

Yoga has increased in popularity over the years. The term has been broadly used but narrowly defined. Patanjali systemised Yoga into eight branches or limbs - asana or the posture holding as we know, is but one of the eight limbs.

Yoga classes that do but teach only asanas do little justice to the system of yoga formulated by Patanjali. The Yoga taught by Malaysian Association Of Yoga Instructor(MAYI) is but one of the few types of yoga that seeks to encompass yoga in all aspects envisioned by Patanjali. From the Yama or the 'correct action' equivalent in Buddhism through the stages including asanas and pranayama and up to the final stage of Dhyana or 'the merging with the Self', the yoga taught by MAYI touches all these aspects.

From this, one can only expect that the International Yoga Instructor Course offered by the MAYI which seeks to train aspiring Yoga instructors to imbibe the art and beauty of yoga will encompass the all the aspects of Yoga as taught in their very own, regular Yoga classes. I undertook this course for the main purpose of being able to share with family and friends the wonderful benefits of doing yoga. What i got off the course was definitely more than I what I had bargained for! Most importantly, I discovered that there is a certain grace to Yoga that I was not able to capture before as a student. The IYIC classes opened my eyes and I fell in love with Yoga, all over again.

What I really liked about the IYIC course is the fact that we were taught as to how to penetrate the asana deeper; for eg how to bend forward deeper in a seated position without straining our backs; I found that going deeper into the asana was guided by very specific steps that made most use of our muscle and body structure; I found that I was able to go deeper into the asana simply because my understanding of

how to get into it deepened. Partner assisted practices ie with other co – students also helped us go beyond what is called our 'body memory' or conditioning. An example is the fact that we may think that we are only able to run non- stop on the treadmill for 15 mins and the body starts showing signs of tiredness and there is a want to stop; but if there is a good tv progamme on, or we simple decide to steel ourselves and soldier on, it's possible that we could last for a further 15 minutes.. Without a break! Overcoming body memory was not something I had given much thought to before.

The IYIC also turned out to be a personality development course of sorts. We found that besides yoga we were also armed with the necessary skills to become a yoga teacher. Each of us had the privilege, in each class to become the instructor to our fellow students during revision of previous lessons. We were taught to be non-judgemental and compassionate to our students, emphasising at all times that Yoga is non-competitive and that we are our own absolute measure of our abilities to hold the asana. We were taught to be discrete, especially in the case of students who were struggling. Master Mani was a wonderful teacher who imparted the art of yoga to us.

The gentleness, understanding, discretion, humour, quick thinking and patience that it requires; who better to impart it to us that Master Mani himself, who embodies all of this and more, and is one of the master teachers I have met in life.

When the last class came, we were all a little sad and felt like our usual Monday evenings would not be the same anymore. We took home priceless knowledge and some wonderful friendships.

The IYIC journey is one of its kind.



I was diagnosed with a condition known as SLE (Lupus) in 2006. It is an autoimmune disease whereby the body's tissues are attacked by its own abnormal antibodies. At that time I was working as a sales executive in a highly stressful environment. It was inconclusive whether my condition was due to family genetics but stress, environment and lifestyle definitely played a role in my condition.

It was a painful experience as I suffered the effects of oedema (water in lungs) and my mood was frequently in a bad way. In 2007 I was admitted twice into ICU after epileptic attacks and was administered nine chemotherapy (stage 4) treatments after being discharged. You see, SLE patients have virtually no immune system working.

I soon developed a phobia to be in crowded places for fear of being infected by others. My kidneys started to fail and high blood pressure was another resulting problem that surfaced. Eventually due to the endless need for medical leave, I had no choice but to resign from my job. It was an extremely depressing time for me. In 2008, while my condition was under control with heavy medication, a friend motivated and encouraged me to sign up for MAYI's International Yoga Instructor Course (IYIC) conducted by Master Mani. With the clear understanding on yoga practices and through my own efforts to practice regularly, I discovered improvements in my health gradually.

I was so inspired to continue training with the Self Mastery Course in 2009 where a quantum leap in my health took place. Believe it or not, now I have stopped taking all except 1 type of medication for SLE and the doctor has declared my urine protein level (indicator for kidney problems) to be normal. Now I have returned to leading a normal working and more fulfilling life.

YORIKO Phang (34yrs , full time tuition teacher)

The International Yoga Instructor Course has taught me that yoga is a body-mind science. It has helped me manage my emotions, deepened my self-understanding, enhanced my leadership skills, and guided me to a more disciplined lifestyle....also given me a skin that is glowing and radiant!

Neha Koh (31yrs, yoga centre owner and full time yoga teacher)

Learning the proper way of yoga practice in IYIC helped the healing of my knee which was injured with gymnastics. My muscles have also been strengthened with the right techniques. I have started teaching children's yoga classes after graduating from the SuperYogaKids Instructor Course. It's very different from teaching gymnastics as it has elements of fun while I help the children to concentrate while learning. Teaching them to understand how the yoga postures work and self awareness makes it really interesting.

Daphne Chin (20yrs, full time administrator, part time yoga and gymnastics teacher)

I chose MAYI IYIC because the certification is internationally recognised. The course is very well organised with syllabus covering topics for 3 levels (Foundation, Intermediate and Advanced). Before IYIC, I had been taking yoga lessons at another yoga centre since the age of 14. There we were taught advanced poses without the basics, so it was quite difficult.

What I appreciate the most is also learning the therapeutic purpose of yoga which has given me a better understanding of its health benefits. I have slimmed down since and love how my skin condition has improved after learning the yogic detox methods. I look forward to continue my training with MAYI Yoga Therapist Certification Course next.

Jocelyn Teh Yeen (17 yrs, college student)

I started yoga when I was 52 years old. In my younger days I was not athletic and tended to be rather weak health wise. So at this point, I was a little doubtful about the benefits of yoga for me especially at my age. In fact the thought did cross my mind whether I might break my bones while attempting some of the poses.

Remembering the saying, "Rome was not built in a day", I started regular yoga lessons once a week. I got hooked and became rather passionate about it. Soon the benefits of yoga started to materialise. Before I started yoga, I had frequent back aches. With the practice, the occurrence reduced to almost negligible.

Last year I injured my knee due to daily mountain walks in Bali. But to my great surprise after my return, as I continued with teaching yoga 3 times a week, not only did I recover from my injury within a few weeks but there was added strength to my legs without me being aware of it. This is the wonder of yoga... Do not ask, just do it. Use it, or lose it.

So my philosophy now is, "Do not let what you cannot do stop you from what you can do." I am now fit and strong! Well, as for the side effects?... They are joy, bliss and a passion for life! To acquire ancient yoga wisdom and knowledge through a Master teacher is the best investment in one's life. This is how I feel IYIC has benefitted me the most. It's important for us to be prepared by understanding the true benefits of yoga as we do not know when we will need it. I have been teaching yoga classes for 2 years and what I can say is that when you are certified, it speaks volume. In addition I have also completed the Yoga Therapist Certification (YTC) Course which has enriched and added values in a new dimension for me. I am more connected with my true self through the therapeutic mental visualisations and harmonising techniques learnt. "The power of NOW" is being applied instantly by observing ancient wisdom and moving towards oneness of being.

Two months ago, I was diagnosed with diabetes and "all hell broke loose"! How could I, a yoga instructor and therapist, get caught in this dilemma? This couldn't be happening to me! I was scared, depressed & reading up on all the complications. For two weeks I

The IYIC course has brought me to a clearer understanding and appreciation of the benefits of yoga postures and the correct way of practicing which I didn't find in the yoga classes which I had attended previously in other fitness and yoga centres.

I have started teaching pregnancy yoga classes after also taking up MAYI Pregnancy Yoga Instructor Course (PYIC) and am learning a lot from this experience. As I have done a lot of research through reading up on yoga for pregnancy, I feel it is important to share the benefits of yoga with as many pregnant mothers as possible.



was like a lost child in the darkest moments of life. I kept asking myself, "What went wrong?" I wanted to turn back the clock.

My wife was away then. When she returned, she said that I was like a flower wilting away. Even friends could tell from my appearance that I was not well. Then I began to understand. Due to the hectic schedule of my full time work in architectural and construction line, I am highly stressed out. On top of this, my overseas projects compounded the stress. It became clear that the Universe was trying to tell me with signs and that I had to listen... "Slow down", it was telling me. "Let go. A new lifestyle has to evolve..."

Fortunately with my knowledge of yoga therapy techniques, I quickly overcame my depression and stress. I started to practice all the pranayama (breathing) techniques and soon picked myself back up again mentally. Remembering Master Mani's words of wisdom, "Asana (yoga postures) is 90% exercise and only 10% healing. Whereas yoga therapy is 90% healing and 10% exercise." I realised that by just teaching yoga twice a week, it wasn't enough for my condition to improve. What I need now is a disciplined yoga therapy programme, with proper diet and a balanced lifestyle. So this is what I have embarked on with a new resolve ever since. I look forward to the day that my symptoms will be eradicated and a rejuvenated new me will emerge.

Yes, I am willing to share this to all, as it is Karma Yoga. The universe opens up to us in little strokes. I am well and ok... now. This is the power of now.

Lim P-Tong (age 56yrs, international holistic architect, artist, landscaper, interior designer & part time yoga instructor)

At work I was nick named "mini pinscher" by my colleagues due to my strong personality which can be quite aggressive. Although assertiveness is required in my job when dealing with clients, I tended to be over assertive most times. However, after taking up the Self Mastery Course, I found myself becoming more patient, more tolerant and somehow it seems to have become easier for me to solve problems without me getting overly assertive.

Stephanie Chan Yi Ling (27yrs, midwife & part time yoga instructor)

I run a learning centre with a group of teachers for children in a community of low cost housing flats in Desa Mentari. Our classes for ages 7 to 17, start at 4pm and end at 10pm, Monday to Thursday. Every Friday we hold a teachers meeting to brainstorm ways to improve and uplift our students from their challenged backgrounds. On Sundays we spend half a day on yoga lessons conducted by volunteer teachers. Weekday mornings are when I give lectures to young nursing trainees under a special vocational training programme at the YWCA.

At my age, I find MAYI hatha yoga to be an excellent form of exercise to stay healthy as it involves the whole body. In the nursing trainees' practical training, the joints exercises have proven to be a very effective tool and we have been teaching them to the elderly in nursing homes with much appreciation.

Over the years of giving yoga lessons to our learning centre students, I have observed that the students are settling down

much more easily in class now. Can you imagine how chaotic it can be running 3 class groups of small children at the same time in one small room?

As you can see, my work schedule keeps me extremely busy with little time for myself and I require a lot of energy physically, mentally and emotionally. I realise now the importance of making time to take care of myself also as I am experiencing the great benefits in attending Kriya yoga classes regularly.

In each working role, I feel in total presence and clarity regardless of the situation. Kriya yoga has given me this sense of calmness, emotional stability and energy to cope with any excitement or emergencies, whether in dealing with patients or students.

Stella (66 years, nursing lecturer, principal of learning centre and volunteer yoga teacher)



Signing up for IYIC was like a "retirement plan" for me and I didn't plan on starting to teach even after I graduated as I was quite comfortable with my full time job. But with encouragement from Master Mani and positive support from my classmates, I plucked up the courage to start teaching part time and have never looked back. Teaching a yoga class after a long hectic day at work brings back my personal balance. I consider it a part of my overall self development as there is continued learning for me as well, while I share with my yoga class students.

Alice Lee (45 yrs, full time in insurance industry & part time yoga teacher)



Before joining IYIC, I had been attending yoga classes at a renowned fitness centre for several years. I realise now what we were taught there was purely physical. Completing the foundation level of IYIC has given me a totally new perspective of what yoga really is. It's the first time I have experienced breath awareness and am becoming more sensitised to my own internal circulation and energy flow. It feels great!

Julie Hoh (49 years, full time mother and homemaker)

The Story of KRIYA

(Continue from Apr - Jun 2010 issue)

By Vijaya

These seemingly simple movements are also continuously influencing the gross and subtle bodies of Annamaya kosha (physical), Pranamaya kosha (energy), Manomaya kosha (mental), Vijnanamaya kosha (wisdom) and Anandamaya Kosha (bliss). With the cleansing of the 'samskaras' or what people wrongly term as 'bad karmas', tremendous healing and huge transformation happens as we move inward to reach the centre.

That is like clearing the air for the next process to take place. When there's clarity and the bodies are properly energized, consciousness expands and travels from the lower chakras to settle at the higher ones. This is when dramatic changes, in totality, may happen to a person's personality.

Have you seen an egoistic, selfish, quarrelsome person turn 180 degrees into an amiable and charismatic character who champions for the cause of peace and charity? That sort of transformation does not merely come with book-learning or going to the best school in town or being the highest IQ-test scorer. It doesn't come with material-gratification or anything you can buy in the best designer shops in the world. It comes only with practice and when consciousness expands due to that practice.

In a certain state of higher consciousness, when you come across truths uttered in any form, by anyone, even through books or even by a passing stranger, it might hit you so strongly that you would be transformed in less than a second. That is a miracle and you know where it's coming from.

... In a less dramatic way, we can examine the changes within us. How is it that I'm more confident and less careless? Not so forgetful and suddenly so forgiving of myself and my mistakes, as well as others'?

How is it that things are happening smoothly for the day... in terms of health, focus of mind and generally in every aspect and experience?

Categorically, transformation happens to the body, on a physical and subtle level, and reaches out to every nook and corner, both visible and invisible to the naked eye. The state of mind is stirred and guided to a meditative one and consciousness expands as we become more and more aware with each practice. Due to this, the self evolves. Hence, the transformation is not only holistic, but also 'whole-listic'.

Don't stop here....



With that comes the question of genuineness, purity of thought, intention, intensity, karma yoga, selfless service, sincerity, integrity, etc, etc.

Everything counts.

Because, when total cleansing has happened, coupled with favourable behaviour and understanding, the path is paved for mother Kundalini to shoot up the spine through the susumna nadi and penetrate the sahasrara chakra. That is the no-mind zone spiritual masters call bliss, and which every practioner has the opportunity to experience. With the ascend of Kundalini will come purity, sagacity, clarity... and that ultimate goal of every soul.

The question is when?

It can be now, this very moment. Let not the mind set a time limit. Because sages say, even time does not exist as we understand it. Every moment that comes is a new moment that is a fresh opportunity for evolution, and there's only NOW. Which is a 'present' in itself.

In the deepest part of the being, where the knowing-all zone exists, we would know why and when and what went wrong and what to do about it... all!... because Kriya Yoga, the ancient science from the 'scientists of the inner world', the sages of yonder, speaks for itself.

The effects of a set of Kriyas, or Kriya Yoga, normally lasts for 48 hours. Years of practice, according to experts in the method, would bring about a completely new being with a mind that's super aware, clear, amazingly centred and so concentrated that if the person wants to use it to bend 'spoons', he could. -Our intention is not to bend spoons, of course.

But as the saying goes, at the end of the day, it's in our hands. It is we who decide what is the reason, goal and intention behind our practice. Intention matters and the Almighty Lord is very aware of it all.

Like any practice handed down from antiquity, it is not advisable for a person to try this by their self. It has to be handed down through a master, who is an adept at it. The true master knows where and when and whom to give it to. Because, imagine giving a handful of precious stones to a beggar in the street... would he know of their value? He might sell it for 10 ringgit at the nearest store for lunch.

All said and done... what does a practioner need to do? ... Simply practise... with awareness, of course. In the correct manner. And not be like the beggar...

(P/S: If you know the real story, Kriya has come to you and not the other way around)

Kriya Yoga is a simple, psychophysiological method by which the human blood is decarbonized and recharged with oxygen. The atoms of this extra oxygen are transmuted into life current to rejuvenate the brain and spinal centers. By stopping the accumulation of venous blood, the yogi is able to lessen or prevent the decay of tissues; the advanced yogi transmutes his cells into pure energy.”

— Swami Yogananda

YOGA is not only about stretching and breathing. It consists of other aspects too. Yoga has eight limbs (branches). Let us begin with the 1st limb of yoga,Yama. Yama is a combination of 5 aspects of universal ethics. They are

AHIMSA, SATYA, ASTEYA, BRAHMACHARYA, APARIGRAHA

APARIGRAHA (UNSELFISHNESS)

Aparigraha is the fifth Yama. Aparigraha means not to grasp or clutch onto things. One should not be greedy and should learn to live with few possessions.

Once upon a time there lived a farmer in a village with his wife and two children. They were indeed quite well-off. They had a beautiful hen which laid an egg everyday. It was not an ordinary egg, rather, a golden egg. But the man was not satisfied with what he used to get daily. He was a get rich-trice kind of a person. The man wanted to get all the golden eggs from his hen at one single go. So, one day he thought hard and at last hatched a plan. He decided to kill the hen and get all the eggs together.

So, the next day when the hen laid a golden egg, the man caught hold of it, took a sharp knife, chopped off its neck and cut its body open.

There was nothing but blood all around & no trace of any egg at all. He was highly grieved because now he would not get even one single egg.

Previously, his life was going on smoothly with one egg a day but now, he found that he had made his life

miserable. The outcome of his greed was that he started becoming poorer & poorer by the day and ultimately, he became a pauper. He was a foolish farmer.

So, the moral of the story is- one who desires more, loses all. One should remain satisfied with what one gets.

When we clutch on to fewer things, space is made for more beautiful things to flow into our lives. As the Zen saying goes, only an empty cup can be filled.



Find the animals

The names of 16 zoo animals are hidden in the letter square. Some names are across. Others are down. We found ELEPHANT. Can you find the rest?

Word list

BAT
CAMEL
CHIMPANZEE
ELEPHANT
GIRAFFE
GORILLA
JAGUAR
KOALA

LEOPARD
LION
MEERKAT
MONKEY
SLOTH
TIGER
WOLF
ZEBRA

C	A	M	E	L	S	L	O	T	H
H	A	N	G	I	R	A	F	F	E
I	G	O	R	I	L	L	A	D	R
M	E	E	R	K	A	T	E	L	W
P	Z	G	U	M	O	N	K	E	Y
A	K	O	A	L	A	L	I	O	N
N	O	T	I	G	E	R	T	P	W
Z	E	B	R	A	E	L	B	A	O
E	L	E	J	A	G	U	A	R	L
E	L	E	P	H	A	N	T	D	F



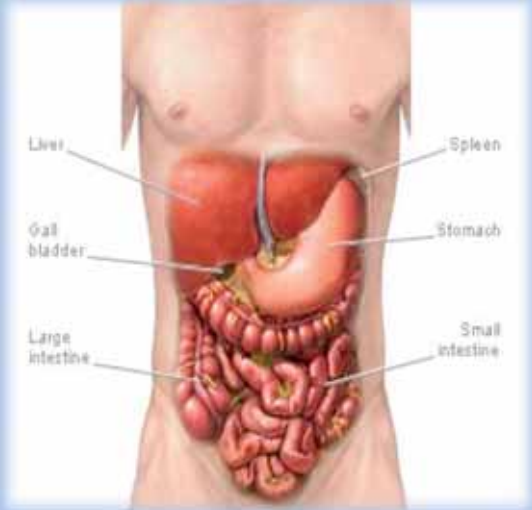


NSR Centre
Natural · Slimming · Rejuvenation

NSR Full Body & Parasite Detox Programme

Give your body a clean bill of health. Rejuvenate it with a thorough Body Detox.

Whether we realize it or not, our bodies are full of **toxins and parasites**. They are not easily discarded by our bodies and over times will cause serious health issues. Today many health experts are of the opinion that a lot of illnesses and diseases are due to unhealthy lifestyles we have led over the years.



What is Body Detox?

Body detoxification is a thorough cleansing to remove built up toxins and parasites. Just like an engine of a car, the body needs to be serviced periodically to clean up the oil clog and be tuned up for a smoother ride. Detoxification serves as a preventative health measure that lightens the load of excess “garbage” in your body and cleanses the colon, lymph glands, kidneys, lungs, liver and skin. However young or healthy we may be, or however healthy lives we may try to lead, we live in a world where toxins are forced upon us (especially in big cities) where pollution is an everyday occurrence which we cannot escape from, and something which ultimately effects our well being.

Who need a Body Detox?

A sure way to tell whether you are in need of body detox is to look for these symptoms or signs in your body. When you start to experience some or any of them, there are chances toxin / parasite is invading your system.

- **Chronic fatigue**
- **Excess weight**
- **Flatulence, gas & bloating**
- **Impaired digestion**
- **Stomach pain**
- **Food allergies**
- **Irritability, mood swings**
- **Bad breath & foul smelling stools**
- **Persistent constipation**
- **Frequent colds**
- **Recurring headaches**
- **IBS (irritable bowel syndrome)**
- **Acid reflux**
- **Unhealthy skin, rashes**
- **Metallic taste in mouth**
- **Candida infection**
- **Hemorrhoids**
- **Insomnia and other sleep problems**
- **Parasites**

Do you know Parasites cause CANCER?

No. 1 GLOBAL KILLER

(Studies shown by W.H.O.)



ROUNDWORM



HOOKEWORM



NEMATODE



PROTOZOA



FLUKE



TAPEWORM

The Benefits of a NSR Full Body Detox Programme

The NSR Full Body Detox Programme thoroughly cleanses the colon, liver, gall bladder, kidney, pancreas and purify your blood by using natural approach. You will be taught how to cleanse and stimulate the major detox organs which will result in a fuller, healthier life.

Once you get rid of the toxic substances and parasites in your body, you will feel a difference in your well being and it will show.

The one month programme will certainly do wonders for your body. At the end of it, you will certainly be pleased with yourself that you gave your body a chance it deserves.

Course Duration: 1 month

Workshops: 20th November 2010
(2.00pm – 5.00pm)
4th December 2010
(10.00am – 1.00pm)

Course Duration: 1 month

Workshops: 8th January 2011
(10.00am – 1.00pm)
22nd January 2010
(10.00am – 1.00pm)

NSR Natural Slimming & Rejuvenation Centre Sdn Bhd

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**Terms & Conditions Applied

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Occupation : _____ No. of Child & Age : _____
Email Address (Compulsory) : _____ Mobile No. : _____
Address : _____

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WAITING YOU**

YOGIC SCRIPTURE

“Nauli is foremost of the hatha yoga practices. It kindles the digestive fire, removing indigestion, sluggish digestion , and all disorders of the doshas, and brings about happiness.”

Hatha Yoga Pradipika
Chapter 2, verse 34

Shatkarma and asanas stimulate digestion, but nauli is said to be the best for this. It quickly tones the abdominal muscles, nerves, intestines, reproductive, excretory and urinary organs. In fact, there is no one part of the internal system which is not stimulated by this practice. When the abdominal muscles are manipulated, not only are they toned, but all the internal organs are massaged.

Asana and pranayama practice definitely generates energy, but nauli activates the system in a much shorter time and with greater force. Its effects are particularly noticeable on the digestive and excretory systems. It generates heat in the body, stimulates digestion, assimilation and absorption, thereby reducing excretion. It balances the endocrine systems and helps control the production of sex hormones.

Nauli is especially useful for alleviating constipation, indigestion, nervous diarrhea, acidity, flatulence, depression, hormonal imbalances, sexual and urinary disorders, laziness, dullness, lack of energy and emotional disturbances. Through its practice one can control one's appetite and sensual desires and strengthen one's willpower. If this can be attained, the practitioner will definitely find deeper satisfaction within.

However nauli cannot be practiced by everyone, there are some contraindications. Remember, hatha yoga is the science of the body & mind, and should not be approached as such, and never in haphazard or careless manner. It is dangerous to try and learn it following instructions from books. For harmonious development you must have the guidance of a teacher with a comprehensive knowledge of yoga.



Article by Practitioners

Grounded with Gratitude

by Nalini Singam

2003 was a turning point in my life. It was the year I lost my mentor, my inspiration, my source of nurturing and strength.... my mother. I was devastated and felt so lost after her passing. There was a constant ache in my heart mourning her loss. However, she was still watching over me and she must have guided me to discover yoga through a warm and generous soul. Dora, my first teacher opened my mind and heart to the joys of breathing, mindful yoga asanas with proper alignment, without judgment or expectation. I was inspired to learn more about yoga, the science behind it as I watched her live her life with love and acceptance. I was rejuvenated after each class and felt a strength growing within my heart with all the qualities I admired in my mother. From a stressed, critical and fearful corporate busy bee, I was beginning to realise the wonders of simple things in life. Thank you, Dora for leading me to path of yoga, for taking time after every class to share your discoveries and igniting my thirst for knowledge.

Two years into my joyful journey, I was lost and found myself searching once again. I was sad to bid Dora farewell as she was relocating to East Malaysia. I joined various yoga classes to fill the void. Most classes, especially at the gyms were more a physical workout without any mind and body connection. Yoga became competitive, it seemed more like a challenge to become more flexible and agile. I left feeling drained and depleted after a class instead of feeling energised and centered. I persevered with yoga, determined that I had so much more to discover.

I underwent a surgery and had complications in the recovery process. It was a low point in my life as I didn't

like feeling helpless and not being in control of the situation. A dear friend gave me a book that changed my life – Eat Pray Love (“EPL”) by Elizabeth Gilbert who wrote about her despair and how she changing her life by simply living her passions and nourishing her soul. The book was structured like a Japa Mala (prayer beads) with 108 tales (beads). Thank you, Molly for the life-changing gift.



Every Japa Mala has a 109th bead. It is not a spare but a marker for you to pause from your absorption during meditation to thank your teachers. I pause even before I finish to thank all my teachers that I have named, my mother as well as those who appeared before me in unexpected ways to guide me through my journey. I am grateful to my uncle for introducing 'The Secret' to me and helping me discover the power of human intention and thought.

After much soul searching, my family decided to take a huge leap of faith by starting a new life in a new country. Brazen with this decision and inspired by EPL, I started exploring ways to live my passions in my new life, breaking away from the staid corporate existence that I had led for the past 19 years. I am grateful that my husband, father, and sisters had complete faith and supported me instead of dismissing it as a mid-life crisis and a waste of my 'high flying' career.

Searching for a yoga instructors' course, I stumbled upon MAYI. I went to the Bangsar Centre to enquire and was literally guided by Master Mani in his car to the Brickfields Centre. Only on hindsight, could I fathom how he guided me back on track on my spiritual journey. Thank you Master Mani for your guidance and shaktipat (divine initiation) both of which have helped release the bound energy from its coil, thereby allowing it to begin journeying upward towards God. This is the greatest gift from an enlightened master. I am also grateful that I was given the opportunity to study Kriya Yoga techniques under the tutelage of Master Mani when I returned to KL for a holiday. His teachings have taken me to the next level of my journey and dramatically changed my life. Letting go of fear, doubts,

judgment and criticism, I have now learnt to forgive, accept and love unconditionally. I still have to a long way to go with my sadhana (practice) but the journey has at least begun.

The knowledge and confidence I gathered at the International Yoga Instructor's Course (IYIC) course is immeasurable thanks to the endless patience of Archarya Nava in answering my never-ending questions. He and my soul-sisters with whom I have been reunited with in IYIC, have been the pillars of my growth. Despite the miles, they are constantly supporting and encouraging me to progress in my quest and start teaching yoga. One of them will always be miraculously online whenever I am in need. Thank you Archarya Nava and my soul sisters- Lee Yan and Serina.

Having found this inner strength before my big move, adjusting to my new life has been a joyful adventure despite moving during the onset of the global financial crisis at the end of 2008. Instead of fearing about starting over and worrying about financial stability, I feel safe and contented....I feel like I have come home. I start each day with joy, looking forward to my daily sadhana and Kriya Yoga practice. I feel so much healthier and full of energy which helps me tackle endless housework and laundry (.....life without a maid!). I am grateful that I have found contentment pursuing my passions at this stage in my life – yoga and cooking. I am happily teaching yoga as well as cooking vegetarian food for a large family in Melbourne once a week. I am grateful that my husband and daughters have whole-heartedly accepted my decision to trade in my high heels for bare feet. They have also embraced yoga into their lives by starting their day with Surya Namaskar.

I am truly Grounded with Gratitude. Namaskar.

YM

It may all disappear soon...

Anyone who visits the area leaves in awe at the wonder of this hidden treasure, yet, no-one knows how long it will last and how much longer its residents will be able to survive. The surrounding shores are slated for major development.

Part of the ambitious Iskandar Development Region, the thick mangrove forest facing the seagrass meadow (formerly the homes and land of local fishermen) are to be converted into warehouses; work is already underway on a myriad of petrochemical storage facilities adjacent to the existing Tanjung Bin Powerplant facility and as part of the Tg Agas Oil & Gas and Maritime Industrial Park; and the current Port of Tg Pelepas has plans to expand. On top of that, across the maritime border lie Singapore's Tuas and Jurong Island areas, also hubs for petrochemical and energy producing industries.

Reclamation work and construction in shoreline areas stand to wreak havoc on the marine ecosystem as it is impossible to completely restrain building debris, detritus, sediment and pollution in such a fluid environment. Add to that the very real potential of heavy metal, chemical, oil and other detrimental pollution and leakage from the resultant industries, and it is not a pretty picture for the relatively fragile ecosystem in the area.

Already sporadic pollution events from existing factories, agricultural activities and other industries have led to occasional mass deaths, an overgrowth of nutrient-indicator algae and the smothering of seagrass. Who knows how much longer the ecosystem can survive.

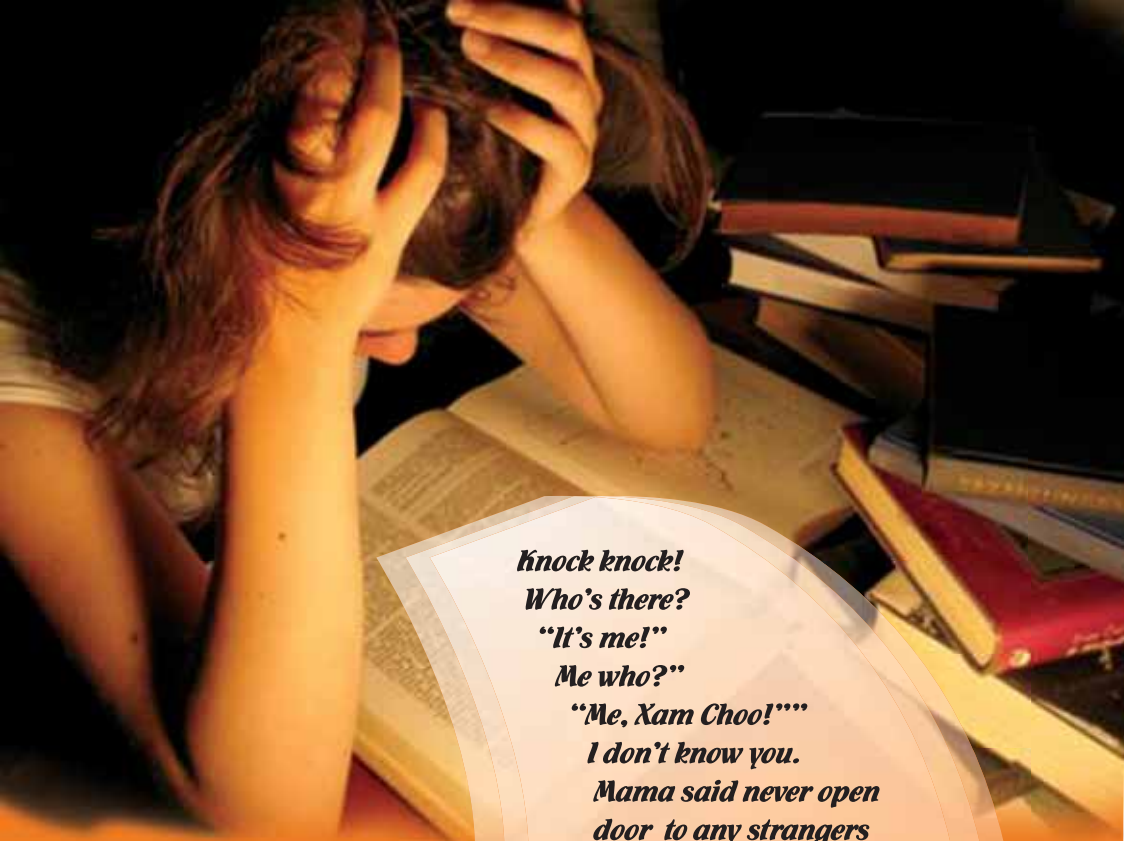


The local folk will suffer the most

While environmentalists fight for the salvation of the marine ecosystem, an often forgotten populace is the local Malay fishermen and Orang Asli who live in the vicinity and have depended on the seagrass meadows for sustenance and income for decades. Not only have they been displaced and moved inland as their land is increasingly taken from them, but the ecosystem that they depend on is constantly deteriorating, leaving them with less fish and crustaceans to catch and sell. This means they have less to eat and live on.

It is easy to say that they should simply switch professions to industries available in the area; factory, plantation or other work, but with their souls in the sea and no understanding of any other way of life, it is not a simple transformation to make.

Whilst development is necessary for the country and the economy, real effort needs to go into the protection of this unparalleled ecosystem and area and even more attention should be given to the local folk who stand to lose their traditional way of life and standard of living. Our marine natural heritage and the local cultural heritage may be lost entirely. **YM**



Xam Choo

by Enbarani

*Knock knock!
Who's there?
"It's me!"
Me who?"
"Me, Xam Choo!"
I don't know you.
Mama said never open
door to any strangers
less I ended like
Snow White and
Little Red Riding Hood.
"I am not the Evil Queen
And certainly not the Big Bad Wolf.
I am plain Xam Choo!"
Hark brings you here?
"The thrill of test
is what I'm best
to make my nest
and feed my quest;
Oh learned one
my gesture is pure
that knows no cure
Please open the door
and I will tell you more!"*

SHOO!!!

Food For Thought

Tips to prevent H1N1 naturally

by Sun Lim

"How to prevent H1N1 naturally?" have become one of the most common or popular question among my clients. My answer is very simple - "Just boost up your immune system". In anticipation of the 'How to..' that comes next, I usually volunteer some tips and would like to share some of them in this article.

(All suggestion here do not intend to replace the treatment from medical doctor, and if you have any symptoms of H1N1, please do seek for medical help immediately.)

1. Keep a positive mind:

Worry and anxiety create the most toxins of all. Too much worry and fear can lower down your immune system and many physical problems have a root emotional cause. When you focus on your fears, your body becomes susceptible to illness.

2. Consume adequate Vitamin C:

Vitamin C is vital to prevent the flu. According a recent research by the National Institute of Health (USA), individuals need to intake a minimum Vitamin C dose of 1000mg daily to completely saturate blood plasma with vitamin C. Unless you consume sufficient fruits and vegetables, you may not need such a high dosage of the Vitamin C supplement. This is because Vitamin C is easily obtained from a diet that is rich in fruits and vegetables. Examples of Vitamin C sources from our diet is as follows:

- A 100mg guava fruit provides between 200-400 mg of Vitamin C
- Broccoli – half cup serving provide 45mg of Vitamin C
- Add a slice of tomato to your sandwich. Each small slice of tomato provide 25mg of Vitamin C
- A kiwi fruits contain 55mg of Vitamin C
- Half a medium mango or papaya provides 95mg of Vitamin C.

3. Drink at least 3000 ml of water.

(This does not apply on the people with kidney and heart problem) Add one table spoon of fresh lemon juice into your water bottle which can provide more vitamin C and make the water more alkaline.

4. Limit intake of selenium to not more than 400 mg per day.

(more than that can become toxin) Selenium is an antioxidant which is referred to as "scavengers of free-radicals". It is also a component of several essential enzymes. It boosts the immunity system and promotes antioxidants. Selenium is also an important mineral needed for proper thyroid function. Natural food sources high in selenium include cereals (wheat, corn and brown rice), nuts (Brazil nuts and walnuts) and legumes, amongst others. Brazil nuts is one of the richest sources of selenium.

5. Cut out coffee

Replace coffee with herbal teas such as dandelion tea, American ginseng tea, fenugreek tea, etc which help cleanse the lymphatic system and boost up the immune system.

6. Use essential oils

Use essential oils for air purification or for massage. Essential oils have their own unique benefits – for example, eucalyptus is good for the respiratory system, Tea Tree oil, cinnamon and lemon are great for boosting the immune system. They are also antiseptic, antiviral and antifungal.

You may mix a drop of Eucalyptus and Tea Tree oil to a bottle of filtered water and use it as a spray for protection and/or outdoor hand cleanser.

7. Jala Neti Cleansing

The Neti Pot should be used for the cleansing of the nasal passage, and doing so will help in detoxification, improve respiratory health and boost the immune system.

8. Take a sun bath

Take sun bath for at least 15 minutes per day between 8am to 10am. The morning sun is the best for this purpose. The sun bath will provide us an adequate supply of beneficial rays which in turn will help in improving blood circulation. The morning sun also provides Vitamin D which help promote the absorption of calcium.

9. Exercise

Do moderate and or relaxation exercise at least 30 minutes per day.

10. Practice Good Hygiene

Wash your hands thoroughly before and after the use of a bathroom. Also be mindful to wash your hands before eating and do not rub your eyes as this is yet another way in which bacteria and infections spread.

And last but not most definitely not the least ;

11. Practice Kriya Yoga!

As we are all aware Kriya Yoga also helps in boosting up our immune system and we should take special care in keeping up with our daily practices.

As you can see there are many natural ways in which we can protect ourselves, not only from the H1N1, but also from other diseases. A healthy body starts with a healthy mind, so keep staying positive, keep yourself full of happy thoughts and those virus strains might just find you a tough nut to crack!

A course about healing

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The Ultimate Awakening of the Power Within

Heal & Be Healed!

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To explore & awaken your personal magnetism.

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To boost your energy level at all times - personal vitality.

Physiological benefits:

- Complete charging of the body.
- Reborn feeling with fresh, relaxed & full vitality.
- Improvement in the functioning of all the inner organs, the digestion, endocrinal system, respiratory system, circulatory system, heart, brain, muscles, nerves.
- Inner harmony of the organs are so wonderfully synchronised & the feeling is simply powerful.

Benefits to the Mind:

- Expansion of consciousness in terms of attaining mental clarity, developing greater awareness & the ability to cope with situations.
- Finer control over the fluctuations of emotions & an increased rationality.
- The state of dharana or one-pointed concentration, which later on the flows into the state of dhyana as the pranas awaken, is achieved spontaneously.
- The dormant centres of the personality respond to the will & you will learn how to use the subconscious & unconscious mind.



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Nobody knew that they could learn to operate their full brain capacity!

For thousands of years a secret technique was used by ancient technologist to conquer the world of mind body training, shape the mind of the masses, change the direction of society, and alter history of mankind.

The common traits of these small, elite group of people was their total defiance to the herd mentality...everyone uses their limited mind power, more so of the left brain whereas these shakers and movers of mankind the super scientists, the true free enterprise multi billionaires, the history changing thought leaders, the founders of the religions and well known philosophical schools- these elite minds used almost all parts of their brains, especially the right brain (which is lost in the transition period from the age of 7 onwards)

The question- Could everyone achieve full brain activation?

The answer is...YES!! No drugs. No hypnosis. No physical exercises. No herbs. Not religious. Not spiritual or cultist. No long meditation. No affirmation. No forcing or fighting with the mind.

Kriya Yoga techniques to unlock the depths of the mind. Learn to manage your emotions, focus on your goals, lift your health quotient, increase your creativity and achieve perfect health and peace of mind.

I understand now how to tap deeper into the mind and awaken its wondrous powerful potential. Self Mastery has taught me to be centered and calm in life's unfolding drama ... makes me the creator of my life experiences. I learnt it, I use it and now I am ... Free!

Sharmini Hensen



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- How to calm restless minds



... a strong foundation to continue my development as an effective kids yoga instructor. It has added depth to my kids classes without sacrificing the fun elements.

...Teaching children is such a joy as they don't judge and can open us to so many new ideas.
 - Grace Tan

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SCHEDULE OF COURSES FOR 2010 (OCT - DEC)

OCTOBER

3/10/2010	6 Weeks to Freedom
7/10/2010	6 Weeks to Freedom
7/10/2010	Yoga Sadhana Course
11/10/2010	International Yoga Instructor Foundation Course (Part Time)
13/10/2010	International Yoga Instructor Foundation Course (Part Time)
15/10/2010	6 Weeks to Freedom
16/10/2010	6 Weeks to Freedom
21/10/2010	6 Weeks to Freedom
23/10/2010	Self Massage Workshop
23/10/2010	Anatomy Workshop
24 & 31/10/2010	Prana Vidya

NOVEMBER

1/11/2010	6 Weeks to Freedom
3/11/2010	6 Weeks to Freedom
5/11/2010	Full Intestinal Detox Practical
7/11/2010	International Yoga Instructor Foundation Course (Mandarin)
14/11/2010	Manipuraka Practice Session
22 - 26/11/2010	Super Yoga Kids Instructor Course
22 - 26/11/2010	International Yoga Instructor Foundation Course
29/11/2010	Self Mastery (Intensive)

DECEMBER

5/12/2010	2010 Graduation
7 - 21/12/2010	North-East India Trip
20 - 24/12/2010	International Yoga Instructor Foundation Course (Intensive)



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T-Shirts (MYS various design)	RM28.00 - RM35.00
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Mala (Rudrasha)	RM25.00 onwards
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Mala (Tulasi)	RM15.00 onwards
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Mala (Crystal)	RM45.00 onwards
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Neti Pot	RM10.00
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Chakra Picture Set (without frame)	RM25.00
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Chakra Picture (Framed)	RM80.00
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Yoga & Philosophy Books (Catalogue order basis/ during events promotions)	Subject to titles
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Ayurveda formulated natural skin
cleanser, toner, massage oils &
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Discounts only apply for yoga mats for minimum
purchase quantity of 20 units

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