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**Yoga Movements for Your
Child's Development**

**Family Bonding with Family Yoga
Yoga Therapy: Childhood Obesity**

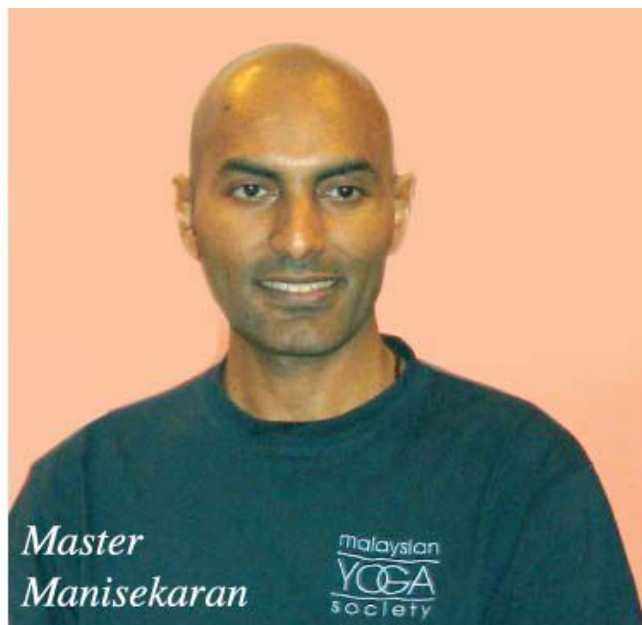
Message from Master Mani

Children are like a sheet of cloth, pure and white, when they first come into this world and life experiences colour them - this is often repeated by all of us. But to me the colouring really begins with and from the parents.

Some parents are not there when the child is growing up, newborns are abandoned almost daily, and there are those physically there yet emotionally not. Some over indulge and are ruled by their children, being overly emotional with all matters concerning their off springs, while others exert absolute control and rule over them with an iron fist. There are parents who don't communicate with their children, and those who do talk to them but more as a shouting ritual from the morning reminders of brushing teeth until sleep time. Some parents echo their own parent's way of parenting in their own family unit and bring up their children as pale replicas of themselves. Could it be they feel happy having clones of themselves in their ultimate comfort zone?

Is this what is considered progress or evolution in bringing up our children? Why can't we just act as protectors and allow children an opportunity to be happy yet at the same time instil positive and progressive values? Why can't we learn not to raise our voices or inflict pain, be it physically or emotionally on our children? Why aren't we practising communication skills that can bring out the best in them?

Imagine being in our children's shoes... would we want to be treated the way that



we as parents are treating them? Are we practising extreme parenting through absolute indulgence or absolute control; where children are either holding parents to ransom or parents are using emotional blackmail on children to get things done?

Yoga provides a solution to both parents and children. Using technology that is amazingly practical, we can learn methods to be better parents and children can cultivate to be at their best. Practical everyday techniques can be found in yoga which helps to unlock our full potential as enlightened parents and perhaps wonderful happy children will then be our joy to behold everyday.

Little ones who attend a properly structured programme for children will have a much better chance to grow up as well rounded and emotionally stable young adults. Otherwise they may self destruct as they mature with the pains of life slowly eating into them. Children bestowed with yoga can grow up with knowledge and greater clarity. So it is now time to take the next big step in our lives as parents to start learning techniques that help us manage our children and can help children manage their own lives...

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Advisor:
Master Mani

Chief Editor:
Navanesan

Editorial/Writers:
Surya Tay, Mei Wan,
Raji
Vijaya
Other contributors

Advertising & Circulation:
Nisha Chang, Lee Yan

Graphic Designer:
Danny Kwok

Cover photo by:
Clarence Leong

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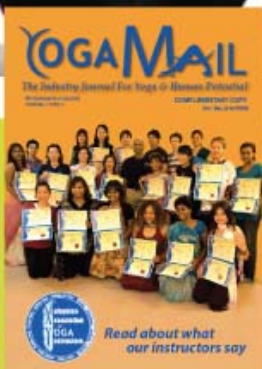
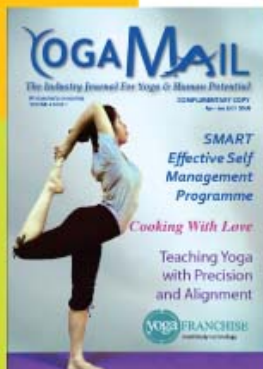
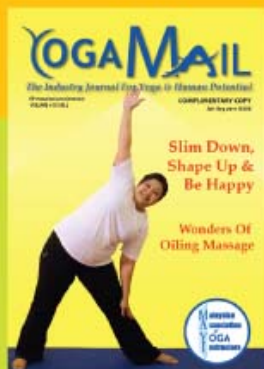
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Yoga Movements for Your Child's Development

Keep on Moving!

Every adult would agree that movements come easy for all children. Well, who wouldn't? They are in fact like fully charged bunnies, ever bouncing around with seemingly endless energy. If we are to be so bold as to say that children actually need to move more, one could actually hear the parents and teachers gasping in disbelief before you can even say, 'run!'

So, why would we say so?

Ever thought of this? - The human body is an intelligently wired unit. Not like a puppet, mind you, but internally 'wired' in such a way that all parts are interconnected and interdependent. Externally, it may not seem so but with careful thought and awareness, we would be able to feel each and every part of our bodies functioning in perfect synchronization. 'Perfect' may be an overstatement here as many would testify that they experience flashes of 'un-coordinated' moments. So now, we have two statements that contradict each other. Are we 'intelligently wired' or are we 'un-coordinated'? The truth is we need to put in some effort to remain 'intelligently wired'. A group of muscles will only turn limp if under utilised for a period of time and could easily lead to the latter state of being 'un-coordinated'. So to put it in layman's term, we have to keep moving and be aware of the movements.

Children are already moving about a lot so, why the need to move more?

Granted, children appear to be moving a lot. But when it comes to academics or time to study, the common sights that behold are those of them sitting at their desks buried heavily in their text books. Upon closer observation, we may find them fidgeting, drumming their fingers, scratching their heads, rubbing their ears, shaking their legs or the like, being unable to

concentrate. We would be quick to say that these are signs of stress or are more likely to assume that these children have a lack of interest in the topic matter, or simply, a lack of concentration and attention. But have you ever thought that the fidgeting is a way of the body yearning for the need to move? And these movements are needed in order to prepare the brain for learning?

With each movement, signals are being sent to the brain and the brain gets activated and stimulated with new learning. Simple movements like crossing the arms or legs require co-ordination and provide more stimulation to the brain than we think. This is

especially true for cross section movements (such as touching the left foot with your right hand while standing with legs apart) where both the hemispheres of the brain receive equal amounts of stimulation. Note that in



most of our daily activities, we tend to unconsciously use the more dominant parts of our limbs when moving. For example, right handed children would automatically use their right hand to write, pick up things, comb their hair, etc.

So, in order for the brain to maintain its balanced 'fitness', it needs to be complimented with balanced bodily movements. As when the brain is 'balanced' and 'fit' only then can it function to its optimum potential.

A whole body movement

A whole body movement utilises all parts of the body. Many a times we think that the exercises we have been doing is sufficient. Let's have a closer look now – does the type of exercises you have been doing utilises your toes, ankles, legs, fingers, wrists, arms, upper body, lower body, the sides of your waist,

neck and eyes? Or do they involve the motion of lengthening of the spine, mid section crossing, and strengthening of the body? If any of your answer is no, then let's have a quick reflection here – would you still consider that a whole body exercise?

Here comes yoga...

In Super Yoga Kids (SYK) programme, we recognise the importance of building the foundation of learning and the foundation that we speak of does not refer to pre-school writing skills and the like. The foundation that we are so concerned about is the preparation and the enhancement of the whole physical, mental and emotional bodies and their integration. This is what we hold true to when we design our programmes into a unique system that educates the whole child be it for toddlers, pre-schoolers, formal school children, teenagers or young adults. And needless to say, one of the main components in our programmes is balanced bodily movements. Research has shown that co-ordinated and balanced movements appears to stimulate natural substances in our bodies which in turn stimulates the growth of existing nerve cells and increase the number of new nerve cells and neural connections in the brain. Our brains require less energy and function more effectively as we learn and master movements and motor skills.

The wonders of yoga movements...

Physiological blockages can be deemed as a main contributor to learning blockages. In order to have optimum learning results, the whole body should be prepped up with some movements which can enhance learning. Such movements usually derived from movements that utilises the whole body namely the left and right side of the body, as well as the top and bottom part of the body. When we move, there is a direct link to the two hemispheres of the brain and to the specific parts of our brains which are dedicated to enhance specific learning. Movements of all sorts involve other parts of the body which at a glance may not seem to be directly involved or utilised but play a crucial roles in our lives, such as our eyes and ears. (A simple test for those who think that our eyes are not that important to facilitate movements;

try tip-toeing with your eyes open and then try the same movement with your eyes closed and you will find a clear distinction with the sense of balance.) The integration and co-ordination of the eyes through movements is important to support reading readiness and the disability of the eyes to track while reading may affect a child's ability to read. Hence constant practice of integration and strengthening on all these vital parts of our bodies should be in everyone's list of priorities.

Yoga movements which are famously known for its utilisation and integration of all parts of the body have been deemed as an answer to enhance learning. This is something that SYK students will gladly testify to as all have found that the yoga movements that they have been so diligently doing have indirectly help them in many ways and especially in enhancing learning. Most children and teenagers whom have integrated yoga as part of their lifestyle have found vast improvements in their studies and ability to learn. Most importantly, learning becomes effortless and enjoyable for them.

The top 10 reasons SYK students (and their parents) love SYK classes so much (not in any particular order) is that, Yoga:

1. Enhances the gross and fine motor skills
2. Activates increased brain functions (memory, concentration, receptivity, listening skills, comprehension, etc.)
3. Improves physical, mental and emotional co-ordination
4. Adds to the results of academic performances
5. Enhances sports performances
6. Promotes self correction of postures and alignments
7. Induces relaxation
8. Cultivates bodily awareness and respect
9. Rejuvenates the physical, mental and emotional bodies
10. Promotes well being

So, now if you think that learning is all in the head or brain, let's think again. Or better yet, visit our Super Yoga Kids classes to keep on moving. All are welcome!

For more information about Super Yoga Kids, log on to www.superyogakids.com, or be our friend in facebook: Syk Superyogakids. **YM**

EVENTS

Malaysian International Yoga Competition 2011

9th and 10th July 2011 witnessed the gathering of 431 participants (aged 4 to 80 years) from far and wide in 1-Utama Shopping Centre for the first Malaysian International Yoga Competition (MIYC) organised by Malaysian Yoga Society (MYS) with the support of Malaysian Association of Yoga Instructors (MAYI). Participants, judges and yoga enthusiasts of the grand event flocked from various parts of Malaysia, Singapore, Thailand, Indonesia, India and Iran.

The event was officially opened with a ceremonial ribbon cutting by MYS President, Master Mani, accompanied by the organising chairperson Tan Siok Pei, vice chairperson Annie Kong, and celebrity guests; TV personality, yoga enthusiast Chui Leng and local drama actress Angie Soow.

On the first day of the event, 4 adult age categories of participants comprised of 124 adult yogis, went on stage to perform to their best ability before a panel of qualified judges, their 5 favourite yoga postures. While on the second day, another 4 children age categories of participants comprised of 307 teens and mini yogis had their turn. The second day of the event rose to a gripping climax when all the winners from each of the 8 age categories returned on stage to compete for the overall MIYC championship title.

Teachers were seen coaching their students as participants worked hard at limbering while waiting for their turn, amidst the cheering crowds of family members and friends who came to support the participants. Hordes of shoppers also joined in to witness the excitement from the

tiers above the shopping concourse where the event was staged. There was a stadium like camaraderie atmosphere throughout the competition. A children's fun activities corner was set up to keep children participants occupied while waiting for their results. There were games, story-telling, face painting and henna tattoo art.

"We have participated in yoga competitions in India as it is a tradition there but the whole atmosphere of MIYC is very different," remarked a participant from India. "It has been a most warm, welcoming and exciting experience for us. We look forward to coming back next year and bringing more friends from India to participate."

Kanisorn Namchai Suadwong from Thailand, who seized the 1st place winner title for the 30's age group category, is also a yoga champion in his own homeland, promised to return for MIYC next year with more participation from his fellow countrymen.

Youngest participant was 3 1/2 year old Koh Kian Hong, while the most senior participant was 80 year old Kumarasamy Muthu.

The overall champion title was awarded to a composed and calm 24 year old Samir from India, who took home the challenge trophy as well as USD\$2000 cash prize.

The main sponsors of this event were 1-Utama and Jen Studio. Some of the winners decided to donate their cash prizes back to the organiser, MYS, for the funding of their welfare projects.

It's not about winning in the competition - 3 children finalists share with us:

Yelil Perumal (6 yrs)

"She simply loves yoga and practices daily whether there's a competition or not."

— Saras (mum)

Nikesh Ram a/l Ravindran (8 yrs)

"He has been learning yoga for 4 years and I am his teacher. This is the 1st time Nikesh has entered a yoga competition and he enjoyed it very much."

— Manimagelai (mum)

Chia Chai Wei (11 yrs)

"This is the 2nd time Chai Wei has taken part in the yoga competition. She encourages all yoga friends to continue practicing and participate again next year."

— Ms. Koh (yoga teacher)

TEERING OFF ON THE JUNIOR WORLD GOLF CHAMPIONSHIPS GREEN WITH YOGA

KHAVISH VARMAN, age 11, has been in golf training since he was two making him one of the new breed of young golfers to shoulder the country's challenges in the future. He made his debut on the international golf scene last year and finished 15th in the boys' Under-12 section at the True Vision International Junior Golf Championships in Thailand. This year he placed no. 5 in the US Junior World Golf Championships. Attending SuperYogaKids classes since 2007 has definitely helped him tremendously to stay on track mentally and physically for nurturing his golf playing career.



"It will be a chance to compete against the young talents from other countries around the world. Although I am eyeing to be among the serious contenders to claim the title in the section, I do not want to be over confident about my chances in my first appearance at a well known international junior tournament. I will just go out there and play to the best of my ability," he said.

Goal setting: Khavish aiming to go all the way to the top

EVENTS

MAYI Members Monthly Gathering

For this year 2011, MAYI (Malaysian Association of Yoga Instructors) gatherings are held on the first Saturday of each month creating a platform for yoga instructor members the opportunity to widen their network and socialize with each other to stay abreast on the latest developments in the industry.

At each gathering, a special topics session which is relevant to teaching yoga is included so that MAYI members may enhance their knowledge and widen their perspective of opportunities available to them to propel their experience further. These are conducted by in-house or external guest trainers and some of the highlights so far were the new Mind Body Technologist (MBT) trainer/apprenticeship programme which focuses on the development of out-of-the-box yoga applications for the corporate world, a free yoga asana workshop on Precision and Alignment Discovery and the very practical interactive session covering Essential First Aid Tips for Yoga Instructors.

An attractive new MAYI t-shirt was revealed during a membership drive earlier this year which each new member is entitled to receive upon membership sign up. Special discount on courses is also one of the many privileges as a MAYI member card holder.



Yoga in Schools

How does Yoga work for Children?

To many parents and the layperson, yoga lessons for children seem unnecessary or may even be mistakenly compared on par to activities such as gymnastics or ballet or just for the kids to have fun while stretching. More often than not parents will place priority on an educational based tuition programme for their children focusing only on one aspect of learning (eg. math, science, language, art). Perhaps this oversight is due to the general lack of understanding what yoga is in its completeness, further obscured by the way it has been delivered over the past decade with over emphasis on its physical appearance, which is only one narrow aspect of yoga.

Completing a Child's Education with Yoga

When yoga is brought to children within an educational context the poses can act as "pathways" to enhance learning in the areas of math concepts, linguistics, ecology, science, nature, reading and more. Approach to teaching is playful and creative, not to criticize the child, but rather encourage a more team based group approach. For example, instead of getting it 100 percent correct, the process of following, assuming and maintaining a yoga pose is emphasised.

In a yoga class with active participation, improvements in body and spatial awareness takes place, and the children become more confident. They will then naturally be motivated to experiment and challenge themselves to go beyond their conditioned boundaries.

Another aspect of the benefits of yoga is sensory based. The poses, breathing exercises and mind training provide feedback to improving children's integration of sensory input. The child can be encouraged to simply verbalize positive statements which can help the child feel powerful, confident and capable to deal with whatever challenges them. Imagine a six year old in a "Brave Warrior" pose stating, "I am strong, I can do my work." or a group of children supporting each other in a balancing "Tree" pose stating "Together we focus and help each other be strong." Many of today's children are overbooked with organized activities, experience high academic demands and other social / family anxiety issues. Yoga techniques incorporating relaxation, visualization, stress relief and breathing give children a chance to let go of the stress they feel in their lives. The ability to calm one's self is a skill that will benefit a person from childhood to old age.

Here are 5 examples from numerous research studies to prove that yoga does work for children in more ways than one...

1. In a research in Bangalore a group of children demonstrated a 43% rate of improvement in the spatial memory suggesting that yoga practice (including physical postures, yoga breathing, meditation, and guided relaxation) improved the performance of children's right-hemisphere brain activity. – Indian J Physiol Pharmacol 2004
2. Another study in Vivekananda Kendra Yoga Research Foundation, Bangalore, showed a group of children from ages 9 to 13 who received yogic training (postures, breathing, maintenance of silence, visual focusing exercises, and games to improve attention span and memory) had a 17% increase in steadiness at the end of the period. It concludes that yogic instruction improves children's ability to control their minds and bodies.

3. Studies in the US have evaluated the programs whereby teachers incorporate yoga techniques in the classroom in schools and students demonstrated improved self-esteem and academic performance as well as the ability to relax.
4. A yoga program was introduced to boys with ADHD and was effective for stabilizing emotions and reducing children's oppositional and disruptive behaviour. Most of the boys were under medication and research findings were that yoga was particularly beneficial when medications wore off. Parents also reported that children were able to hold their attention and were less restless after yoga. - Journal of Attention Disorders
5. A study in Germany showed that students who received regular 60 minutes yoga instruction had an increased emotional balance in the long term and showed reductions in fear, feelings of helplessness, and aggression. This study also observed that students who received yoga instruction transferred what they had learned to situations outside of school to improve their well-being and to control negative feelings. - Early Child Development and Care, Vol. 175

Bringing Yoga to Schools in Malaysia

Since February 2011, weekly yoga lessons have been conducted at two schools in Kajang by karma yoga teachers of MYS. Despite the time spent traveling through the heavy morning traffic from K.L., the momentum of the classes has not waned. Perhaps this is also fuelled by the enthusiastic response of the 60 something students, who try their best not to miss their weekly sessions that seem to settle a mist of calm cheerfulness over them on Fridays. These children might consider it a TGIF of sorts.

MYS had the pleasure to receive positive reports from the teachers who are in charge of coordinating the yoga classes at these two schools:



SMK Tinggi Kajang (Kajang High School)

According to teacher advisor, Murugan, the 13 boys attending weekly yoga lessons in school are from a specially selected Form 5 class. Amongst them, it is known that several come from broken families, have no parents or have been neglected due to family circumstances, while the backgrounds of the rest are rather ambiguous. Whatever it is, it was very clear that these boys were sorely in need of attention and their future in the school was at tethers edge unless they themselves would change. The school board had concluded much earlier that they will take all measures possible to help these students pull up their socks in

terms of their personal perception towards education, academic achievement and attitude. At that point before the yoga lessons commenced, it appeared that the boys were still not responding.

Since the regular yoga lessons in February, Murugan, who personally oversee the boys, gradually observed subtle yet remarkable changes in them. He expressed that it was sometimes quite difficult to pin point exactly what had changed but for sure the boys' aggressive tendencies in school have toned down. In the past, there would be fights even amongst their own friends in the pack, let alone their rivals. Their teachers can now say that the boys are able to hold learning attention during class in session and to top it off is the new found respect which they now display willingly towards their school teachers and elders.

"Perhaps it has something to do with donning on a different and proper set of attire for the yoga classes to learn yoga in school," he remarked, seeming to imply a shedding of the boys old selves to reveal the better self...



SRJK (T) Kajang (Kajang Tamil Primary School)

Over here for the ninety plus boys and girls of specially selected classes from Year 4, 5 and 6 attend yoga lessons once a week before starting routine classes on Fridays. The school Senior Assistant of

Co-curriculum activities, Genggamah, shared that these are the classes that have lagged behind in academic performance due to poor discipline. The class teachers were constantly grumbling that their students were generally disruptive and hyperactive with low attention span throughout school hours.

Since the children started to participate in yoga lessons, reports from class teachers have been encouraging remarking that majority of the children are now attentive when learning, more cooperative in completing their homework and also displaying more respect towards teachers.

Another school where morning yoga classes by MYS volunteers have been more recently implemented on a weekly basis is **SRJK(T) Saraswathy, Sungai Buloh (Saraswathy Tamil Primary School, Sungai Buloh)** and school teacher Jaya gave a feedback that the two groups are from Standard 3 and 4. The children's attention span was notably accelerated while preparing to perform their choice of five favourite asanas for a yoga competition in July. The fun element in this unconventional form of goal setting had certainly won them over as there was no pressure involved. Every child was encouraged to just do their best and assured they would be just fine.



To view MYS school yoga class projects updates, go to Facebook: Malaysian Association of Yoga Instructors (MAYI) group.

The next intake for MYS Learn to Teach Karma Yoga Programme is in November 2011. All applications for this fully funded free yoga training must be received by 31st October. Please contact Vivien for full details at **03-22605322** or **012-6555192**.

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- How to calm restless minds and hold children's attention in class.

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03-2260 5322
03-7726 6682

Email: theyogafranchise@yahoo.com
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F Family Bonding with Family Yoga

Do you believe that family bonding is an important key for success and happiness at all levels?

Many people go through life not knowing where they belong and this can affect their self esteem which plays a major role in a person's ability to succeed in life. Through consistent effort to communicate with family members, we can strengthen family love, respect for each other and the sense of belonging. Isn't the best feeling in the world being able to go to a place where you call home where your loved ones are?

One of the best advice to cultivate healthy family relations is to participate in activities where the whole family can bond together and spend special moments together where everyone can feel close, experience acceptance and unconditional love from the people who mean the most in their lives. Such activities would ideally provide spontaneous opportunities for all members of the family to express affection towards each other, recognise positively in each other the special qualities (including the quiriness), praise or encourage each other, share ideas and listen to each other with full attention. This kind of environment can bring about a lot of healing for the whole family. And even as families grow and change over time, they would have nurtured the skills to keep family relationships happy and healthy.

A parent, Shila Devi shares with Yoga Mail readers her experience in **Family Bonding with Family Yoga**.

Meet Shila's boys: Arjun s/o Kumaran (9 yrs), Kishen Kumar s/o Kumaran (7 yrs), Parveen s/o Kumaran (4 yrs)

Shila: "It made good sense to enrol in Family Yoga at Yoga Franchise since Arjun was already attending the SuperYogaKids class and his younger brothers wanted to join in too. As for me, it's the best of both worlds as I get to learn yoga while spending meaningful time together with my children. This is especially advantageous for me as a working parent and time is precious.

During the Family Yoga sessions parents and kids are fully involved and help us to develop our relationship. Usually when parents send their children for extra-curricular classes, parents are not involved and they may only observe on the side line. Or during typical Malaysian family time like watching movies together, we are not having any interactions with each other until after the movie. But in Family Yoga this is not the case. Parents get an opportunity to be role models for the kids. Like when I attempt to do a yoga



pose, my children will say "Hey, look... Mum is doing it." (Maybe they think, "Mum's cool...") and they feel even more motivated to follow and learn. This gives children another perspective of their parents as they are really taking an interest in learning and doing what they are learning too."

Shila's favourite part of Family Yoga: "We especially love the blanket massage game which teacher Alice Tay introduced to us. This game has fostered so much better relations for all of us especially between Arjun and Kishen. Previously they used to have more disagreements with each other. I would also play with them this game when we are at home together and it really brings us all closer to each other in terms of expressing our affections unconditionally. It's a lot of fun. There are also many other games that we have learned which we now include in our family play time at home."

Shila's observation of positive changes: "Arjun is rather timid by nature and the Family Yoga sessions really give him a chance to come out of his shell, unlike other classes where other children are involved and he tends to retreat. He has learned to speak up more and can open up better during activities."

Fringe benefits: "We are all more aware of our health and how to take care of it from the yoga perspective. Recently I even participated in the yogic full intestinal cleansing here at Yoga Franchise which has helped improve my sinus condition, and I have not suffered any gastric pains since. Even my husband commented that my immune system has improved greatly as I am usually the first in the family to succumb to a bug if there is one. He has even encouraged me to do the cleansing again in the future."

Website: www.superyogakids.com
Email: superyogakids@gmail.com
Facebook: Syk Superyogakids
Contact: 012-267 9621 (Sumi) or
012-313 3678 (Manisha Teh)

Why are we RETREATing?



Often times, when we think of a retreat the general vision is the getting away part, the place, the fun or reprieve we get by going on one, and most times, just to get away from the mundane issues that start to eat at us in the usual grind. We tend to look forward to being in the retreat and easily to lose sight of what's next on the return from one. What was it that drove us to the state of so looking forward to getting away from it all in the first place?

At a recent yoga retreat organised by the Yoga Franchise, Master Mani spoke of a few main orientation of retreats: family, corporate (training/team building), spiritual, and then there is yoga.

He said that family vacations are typically to spend together-time with family members after long durations of being caught up in the rat race with hardly a minute of quality time as a family unit. At team building retreats there is the pressure of performance especially so for the non-performers. The truth is, in a corporate scenario one tends to feel they have to behave in a certain way amongst colleagues and bosses which can be stressful. As for the more spiritual oriented retreats, it could be that the spiritual leader's presence is the main inspiration for the followers in a more religious way with good intentions to become better. Without the spiritual leader, this retreat will not have any oomph.

The common aftermath of these vacations is that one ends up feeling like they need another holiday, after the holiday! Otherwise, they feel recharged yet have a sinking feeling of coming "back to reality" with issues they had still unresolved. Another two weeks later, everything is just as before...

The objective of the 3 days 2 nights yoga retreat at Janda Baik entitled "Leave all your stresses and worries behind" was exactly so as Master Mani emphatically advised all participants to spend moments in finding themselves during the many activities that were lined up.

Before dawn of the first morning, early risers enjoyed meditation under the stars with Master Mani followed by an energising asana session against the backdrop of hallowed deep green hills at sunrise. After a short

relaxation was a special solar revitalisation practice, which left participants glowing. They were later treated with a Neck and Back Rejuvenating workshop involving partner work and creative use of yoga props. The many fun activities inserted soon brought out the playfulness in everyone. Games were sprinkled subtly with easily overlooked yogic elements. They teased the players' natural reactions, interactions with others and with Mother Nature; and put self awareness, agility, creativity as well as team work to the test. Extended yoga nidra (deep relaxation) sessions reinforced positivity and were healing for the soul after the scrumptious masakan kampung vegetarian meals.

With hair down by now, the group strolled downhill to the kampung riverside before dinner time for a cooling soak and splash around. All these paved the way for effective concentration and memory enhancement practices through the ghee lamp used for trataka and colourful mandalas at night fall. In conclusion, a (group discussion) was held upon special request, where everyone had the opportunity to share and help each other find some light to questions of the heart.

"Master Mani is truly a mahaguru. I requested for this session as there were some issues on my mind to resolve. Without giving me the answers directly himself, he came up with nine other relevant topics to involve everyone in this satsang and got us all to find answers within ourselves!" Adrian Long said laughingly.

And so this is the makings of a yoga retreat – helping us to peel off the layers slowly, to catch glimpses of the real self within and inching us closer towards resolving what brought us here in the first place. **YM**

Other specialised yoga retreats available are organised by:

Natural Slimming & Rejuvenation Centre (NSR) offers a unique "Be Fit & Fabulous" retreat programme of self discovery to reconnect with inner self and beauty, while at the same time losing weight and learning life-changing skills to achieve ideal weight. In this care free vacation, one will experience a new approach to exercising and eating habits through a nutritional culinary programme, improved self-esteem and discover solutions to struggles with eating and body image.

FB: NSR-Centre-Natural-Slimming-Rejuvenation

"SMART stressfree" offers one day or multi-day corporate retreat exercise carefully designed to fit leadership strategies, teamwork, team assessments and decision-making, communications or other professional development topics in support of corporate training initiatives. This trademark yoga based programme makes the experiential learning highly effective through fun activities that test and sharpen wits, awareness, focus and creativity! Debriefing is included to share the learning values of participants and how it can be applied to daily work settings allowing them to return to work with renewed fervour for their careers!

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MOTHER'S CORN™

A sana Of The Month

Parighasana (Cross Beam Pose/Rainbow Pose)



Methods

1. Rest on your knees in a kneeling position about 3 feet away from your partner.
2. Extend your outside legs to the side and rest your inside hand on the floor with palm press firmly on the floor for support.
3. Breath in and as you breath out, bring your outside arms up and grasp your partner hands together to give a lovely stretch to the upper side of your body. The side of your body create the arc of a beautiful rainbow, filling you with its vibrant light.
4. Release and change sides.

Benefits:

Parighasana elongates and engages all the core abdominal muscles, especially the intercostals, laterals, and dorsals. By stretching out and strengthening the intercostal muscles, which connect the ribs, this pose encourages deeper breathing and improved lung function. Through regular practice, Parighasana can help alleviate asthma, allergies, colds, and other respiratory concerns.

In addition, Parighasana stimulates digestion and helps to regulate kidney functioning, flushing toxins from the body. The side bend increases spinal flexibility and sends an influx of fresh, oxygen rich blood to the vertebrae.

F

Article By Practitioner: Finding my joy

*I didn't think I could and
then it came rolling to me.*

by Kaycee Ram



A couple of years ago, in the progression of my career path the PhD loomed brightly. However, upon checking the available programmes I could not find one which I could stomach. Nor did I find any that interested me.

Personally (forgive me if I am speaking out of turn) the PhD programmes I have checked seemed quite dry and dull, and it certainly wouldn't be an antidote for my quest. Truth to be told, becoming a dried prune certainly has no appeal to anyone. Anyway, in the midst of weighing my options for furthering my studies, important questions like 'What really would intrigue and sustain me into a few years of research?' came forth. Most importantly, the subject matter must be something that would uplift my spirit for years to come. Truth be told, 'Yoga' was banging loudly in my consciousness.

What is Yoga? As far as I know at this point of time Yoga equals postures. To me, if you are doing a particular posture with perfect alignment then you have made it into the world of Yoga. Alignment is equal to godliness, and that reflects the extent to which I am informed about Yoga. An acquaintance persuaded me to try a few classes of Yoga near her office. Thinking that I am a novice and would need a helping hand, I took up her offer and to my surprise, found these Yoga classes to be not fun, and I encountered a number of unpleasant experiences (injury, hanky-panky administration and bullying approach to teaching Yoga).

However, to be fair, despite all that, something else also happened in the Yoga class, once in a while, a very rare occasion indeed, I would experience a deep centering of being right here and in the now. Weird but true. I sincerely didn't know what was the trigger and so here begun my personal quest.

Since those earlier classes were not 'fun' I begin souring for other Yoga classes in Malaysia. My motives were pure selfishness, I wanted to experience that centering again on my own. I spent many afternoons reading and inquiring on finding an authentic Yoga class. Six weeks went by with nothing to show. Fear mixed with distrust encroached my search but I keep praying for a proper, and more importantly, professionally run Yoga class.

Something funny was taking place too, every time I search over the net MAYI website kept coming up, call it what you like but I don't believe in coincidences. MAYI came calling and I decided to give it a try. With much trepidation and scepticism I began attending the weekend basic Yoga classes and to my disbelief MAYI offered high quality classes and were professional, in all aspects; administration, the instructors and the programs. Mama mia! They have this in Malaysia? Please tell me I am wrong...anyway you know why the incredulity, right? I had different expectations and bad experiences. Readers for your information, I am not alone.

I met Linda in my weekend Yoga class and as we exchange names and stories, soon we stumble upon our past association with previous Yoga classes we have attended. Scandalously, Linda had experienced something similar. And here I thought I was pretty special; those incidences were exclusive, and that I am the selected one... The underlying thread of our experiences is unprofessionalism or should I should say, heartless professionalism.

Linda and I both find it hard to get a hold of an authentic, exquisite Yoga teacher. By authentic I mean someone who knows the art and is a personification of Yoga itself.

Exquisite on the other hand would be someone who loves this science and delivers it from his heart, and not from his mind, or his ego, or his desperate urge to make financial ends meet. The Yoga teachers whom we met, neither authentic nor exquisite, have hurt both Linda and me, either physically or emotionally. For me, MAYI is an answer to my prayer. We not only got healed from the previous injury but we have been progressively taken into a land of mysticism, self mastery and healthy being. -Everything I am vying for! Sign up now and discover for yourself, Yoga could be what you have been looking for all these times. **YM**

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Yogic Wisdom For Daily Living

Yoga Sutras of Patanjali - Verse 12 : abhyāsa vairāgyābhyām tannirodhaḥ

Mental modifications are restrained by practice and detachment.

Sri Patanjali gave us the definition of Yoga in verse 2. That is the cessation of mental modifications of consciousness. Then he goes on in the next 10 verses to describe or classify the mental modifications so that we may become aware of what causes mental modifications and therefore an impediment to Yoga.

Ok, so we have some understanding of what Yoga is. Also, we understand the impediments to Yoga. What do we do now? Patanjali clearly says that practice and detachment are the way to restrain the mental modifications that carry us out of Yoga but what does he mean? Let us take it one at a time.

Practice

What does he mean by practice? Does he mean going to a yoga class at the local gym and doing some stretches? If so, then what about the people who aren't near any classes? What do they do? Can they never achieve Yoga? Sure that makes anyone attending a yoga class feel special but any philosophy that excludes others simply because of their life circumstance is nothing I want to be associated with. There has to be a broader meaning of practice hidden in this text. If this broader meaning of practice is truly inclusive then it has to be separate from time and space. In other words, anyone at any place and any time can achieve Yoga. If it isn't then that practice may be said to be good and beneficial but it falls short of what a seer like Patanjali is trying to tell us.

Ok, let us say that we accept the above. If we do, then this practice must be mental instead of physical. Why? We always have access to our minds don't we? Therefore we are never bound by time and space. Anyone can do this practice. Therefore anyone can limit the mental modifications and achieve Yoga. This is the inclusive practice Patanjali gives us. Ok we understand all of this, but we still aren't satisfied? What is the actual practice? Do I think of something? Do I visualize something? Do I do mental japa, etc? This is an area of great debate. The fact of the matter is anything can assist but what must happen is the "calling back" or "remembering" of our true nature which is peace.

Detachment

Right now there are millions of people in the world who are physically detached from life. By choice they go up into the hills. They hide themselves in ashrams and monasteries. They say they are detached and physically they are but what about their minds? I'm not here to disturb them and only they will know their minds but there is a chance that they are only suppressing desires and those seeds will pop one day with even greater force.

Also, once again how many of us can physically remove ourselves from life? We are worldly people with social commitments. Will we be short sighted, mentally small and say "it is our karma" so therefore we can't achieve Yoga? I don't believe this. There has to be a broader definition of detachment. There has to be a way to be in the midst of action but yet not allowing it to affect our consciousness. The best handbook on this that I have found is the Bhagavad Gita. It is a perfect manual on "living a balanced life".

In my experience, real detachment comes from an internal understanding of our situation. For example, we all loved riding our bicycles when we were younger. However, as we got older and society allowed, we were able to drive cars or motorbikes. Did we, at any time, ever say "I think I'll detach from my bicycle today"? Of course we didn't. It just naturally happened because internally we knew that there were more modes of transportation available to us and they are just as fun. Now we need an important point here. Detachment doesn't mean we don't have any feeling. I went on a bike ride with my kids the other day and I loved it. I was fully involved with it but I knew that this activity wouldn't last forever and when it ended I was mentally ok with it. This is real detachment.

Practice and detachment are the means to rid ourselves of mental modifications. Patanjali did not say practice OR detachment. They must both go hand in hand if we want to stay in Yoga (Union). This is difficult and it takes a great skill but we must begin. If not now, when? **YM**



A

t Your Fingertips

Cinnamon – An Alternative to Sugar

The secrets of an ancient spice revealed - Cinnamon

In the first century A.D, Pliny the Elder wrote that 350 grams of this spice was equal in value to over five kilograms of silver; about fifteen times the value of silver in weight. It was also once so highly prized that it was used as currency and wars were fought over it. Only society's wealthy elite could afford it. This mysterious, strongly fragrant, yellowish-brown curled up sticks of thin bark is cinnamon.

Cinnamon, one of the world's oldest spices, has a history of more than 2000 years. It was widely used in ancient times by the Egyptians, Romans, medieval Europe and ancient China and its origins can be traced to the island of Singhala, now known as Sri Lanka.

Low Calorie Alternative to Sugar

This ancient spice has many medicinal and culinary uses. Today, pure cinnamon (*Cinnamomum verum*) has become one of the world's most popular spices and can be afforded by all. This sweetly aromatic bark not only offers a low calorie alternative to sugar when used as a condiment and flavoring but it has an amazing list of health benefits.

Cinnamon is a healthy sweetening alternative because it contains only a trace number of calories in one tablespoon. While sugar raises the body's blood sugar levels, studies have shown that cinnamon may lower blood sugar levels. It can also help regulate blood sugar levels in people with type 2 diabetes and benefits those with Metabolic Syndrome.

Not only does cinnamon lower the blood sugar level, it has also been shown to improve cholesterol ratios so that a tendency toward diabetes is halted. Something as simple and inexpensive as two teaspoons of cinnamon each day may actually prevent diabetes and all



of its negative effects. Studies have shown that blood glucose control improves just by taking ½ teaspoon of cinnamon a day. Cinnamon also helps to improve insulin resistance which in turn helps with weight control.

Cinnamon and Weight Loss

Health experts suggest that weight loss from the consumption of cinnamon weight takes place due to the spice's thermogenic effects. When consumed, cinnamon is known to develop a thermogenic burn within the body, boosting the body's metabolism. It also inhibits bad cholesterol levels and further contributes to weight loss by lowering blood sugar levels and boosting insulin levels. This is one of the reasons why cinnamon is highly recommended to patients suffering from diabetes and obesity. Blood glucose and insulin resistance are known key contributors to diabetic conditions. In particular, abdominal fat cells are very sensitive to insulin levels. Abdominal cells store more energy than any other part of the body such as the thighs, hips and buttocks. The cells in the abdomen are close to digestive organs and a complex network of blood vessels keeps excess glucose stored close to where it may be needed.



Cinnamon – An Alternative to Sugar

- A common ingredient in Chai tea, cinnamon is thought to aid digestion of dairy products and fruit
- Cinnamon maintains normal levels of insulin and cholesterol
- Cinnamon plays a major role in weight loss, reducing fat and cholesterol levels in the body.
- Cinnamon soothes and calms the stomach, preventing ulcers.

It has been commonly observed that cinnamon weight loss is especially effective for abdominal fat and the stomach.

Substituting cinnamon for sugar can be beneficial to your health, taste good, and coupled with a low calorie diet, can facilitate weight loss. This spice can be a healthy way to add flavour to foods, especially when used in place of adding more sugar or salt. Cinnamon weight loss offers an alternative means to enjoy the taste of your food and get a real weight reduction aid.

Health benefits of cinnamon

- Cinnamon lowers cholesterol and enhances the effectiveness of insulin in people with Type II diabetes, resulting in reduced blood sugar levels.
- Cinnamon has a long history as a fragrant spice and medicine. In Traditional Chinese Medicine, cinnamon is known for its warming qualities and the aroma is thought to enhance cognitive thinking and increase metabolism.
- Cinnamon contains antioxidants to boost the immune system.
- Cinnamon is an anti-blood clotting and anti-inflammatory food. Inflammation is the root cause of many health problems such as arthritis and heart disease.
- Cinnamon contains manganese, fibres and calcium
- Cinnamon is anti-microbial and has been studied for its ability to stop the growth of bacteria and fungi, including Candida yeast.

How to use cinnamon in your daily life

In order to enjoy the effects of cinnamon for weight loss, it is recommended that it should be included in most of the foods you consume. Some studies suggest that even half a teaspoon of cinnamon in your food can reduce cholesterol levels.



1. Pour cinnamon into a drink instead of sugar for a natural sweetness. Begin with 1 tsp. of cinnamon and continue adding until you have reached your desired sweetness.
2. Sprinkle cinnamon on top of heart-healthy oatmeal instead of topping it off with white or brown sugar.
3. Add 1 tsp. of cinnamon to 6oz of yogurt and fruits to bring out the sweetness of the fruits. Blend well and serve.
4. Add a tea bag to boiling water and begin sweetening your tea with 1 tsp. of cinnamon. For a richer warm beverage, boil 1 cup of milk and place two cinnamon sticks in the milk. Allow it to simmer for 10 minutes before drinking.

Pure cinnamon is available for purchase at the NSR Centre. To further understand how to use cinnamon and other herbs for weight loss, please consult our slimming expert at the NSR Centre. Contact us at **03-77241072 / 03-77241079** or email us at nsrcentre@gmail.com



Yoga Therapy: *Childhood Obesity*

According to WHO, in 2010 around 43 million children under five were overweight. Obesity means having too much body fat; different from being overweight (which means weighing too much and weight may come from muscle, bone, fat and/or body fluids).

Children need enough food to support healthy growth and development. But when they take in more calories than they burn throughout the day (eating in excess and exercising too little), the result is weight gain and may lead to obesity.

Childhood obesity carries higher risk of metabolic diseases (diabetes, hypertension, heart disease, liver disease), joint problems, musculoskeletal discomfort, breathing problems, poor self esteem and continued obesity in adulthood.

With the right support, encouragement and a positive role model, obese children can be guided to reach and maintain a healthy body balance.

Here are some yoga therapy techniques for childhood obesity:

- Sun Salutation (set of yoga postures performed in a dynamic sequence) practiced daily to exercise the whole body and burn calories
- Other dynamic yoga postures which improves metabolism and the health of the thyroid gland:



Shashankbhujangasana



Dynamic trikonasana



Kati chakrasana



Ustrasana



Druta halasana

- Pranayama (breathing techniques) such as Nadi Shodhana (alternate nostril breathing) to balance the distribution of energy flow throughout the body; Ujjayi keeps the thyroids healthy
- Shatkarma (cleansing technique) such as laghoo shankaprakshalana (for above 13 years)

These techniques must be practiced only after learning from a qualified yoga teacher or yoga therapist.

Further recommendations for diet :

- Increase intake of fresh fruit and vegetables;
- Reduce deep fried food, junk food, sugary/starchy food



Many of us are teachers by profession; whether teaching yoga, English or even life skills as a parent. But as we rush around trying to prepare the next class, lecture or lesson plan, it might be wise to stop, find a seat in nature and accept delivery of Gaia's free tutorials.

A natural habitat of any kind is often a city-dweller's escape from the rat race. We might go there to let off steam and get some exercise, or chill out and read a book. But how many of us take the time to well and truly immerse ourselves by watching, listening, smelling and processing what nature has to offer?

Give and Take

From your garden or in a park, watch how an insect flutters from plant to plant. As it flies and feeds, it pollinates its food hall, making sure that there will always be more flowers from which it can find food. It takes, but it gives back. Whether intentionally or not, it makes plans for the future and ensures its own long-term survival. We too can apply this practise in our own lives; we live for today, but there must be something that we can do to make sure that we have a tomorrow. When we receive, we must always return the favour.

Size is not Everything

Observe an ant at work. He is tiny but strong and determined. A single ant can haul an item many times its size to its nest. And when the task is too large, his tiny friends help him complete it. A tiny shrimp can dissect a sea star a hundred times its size in order to get its next meal. A minute mosquito is large enough to kill a grown man with dengue. Size is never a limitation to what an animal, insect or a human can do. Anything can be achieved with determination, will power and simple faith that everything is possible.

Everything is Connected

In nature every component of an ecosystem depends on each other. A lack of a certain species of bat might mean the loss of a durian harvest; the loss of a seagrass habitat might mean that some fish lose their nursery and cannot survive to adulthood; a sudden influx of a certain species of sea star might mean the death of a coral reef – there are many examples of seemingly unrelated things actually being very closely connected. In life, things are often a lot more connected than we realise. And then suddenly one day all the seemingly random nodes will suddenly make that connection and everything will fall into place. We can only try to take real good care of each little part of our lives, and one day, all the dots will be joined and we'll finally understand the complete picture.



Balance is Crucial

In nature there must be perfect equilibrium for everything to survive. When a habitat is disturbed; for example, if one species is removed, the imbalance can have highly disastrous consequences. When a herbivorous fish is overfished, algae on a coral reef is left to multiply, and can eventually suffocate and kill the reef. But once that fish is left alone, nature's processes help it to multiply, and barring any other disturbance, it will reduce the algae cover and the coral reef will be able to recover. In the same way, our lives must also have balance; and although sometimes we may spin out of kilter, if we replenish what is lost, balance can return and life can once again continue on an even keel.

It takes Many Kinds

Look carefully at the myriad shapes, patterns and sizes that can be found in a garden or forest. Notice how many different leaf shapes there are – their different sizes, textures and patterns. Each individual leaf, plant or tree has its own look and feel. And each one seems to serve a different purpose. A rain tree offers shade in the searing heat; a herbal plant offers a traditional cure for modern illnesses; a flowering shrub offers nectar to garden insects; even a prickly cactus is a much-needed source of water in a dry area. Similarly, in life we may meet and encounter many different people, with a variety of personalities, looks and attitudes. We may not understand all of them, but each is there for a purpose, and our interaction with them, however short helps to weave us into what we are and completes the eclectic web that makes up our being. If one particular character seems too much to take, remember that he is there for a purpose, however obscure, and he too belongs in the wonderful patchwork of our lives just as every component of a habitat has its place in nature. **YM**



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Inner Insights

by Selva

Hi, my name is Selvaganapathy. My friends just call me Selva. I am 18 this year and got started in yoga when I found out more about it through my parents and also the media and books. Both my parents are currently yoga practitioners, so in a way it was natural that I too got into the practice.

Yoga was something that I chose to learn and knowing for a fact that it is quite rare to see someone of my age practicing yoga, I was all prepared for it. I didn't feel out of place at all while attending the 5 days intensive foundation level International Yoga Instructor Course organised by Malaysian Yoga Society (MYS) at Sekolah Kebangsaan Fletcher earlier this year.

At the beginning of the course, my mind was quite preoccupied with some other personal matters that I was dealing with. By the third day of the course however, I was able to put those matters aside for the moment. It was a good opportunity for me to meet other yoga practitioners. Although I was the youngest participant, I felt comfortable and was well able to communicate with my course mates on equal terms. Needless to say I made new acquaintances.

I found the MYS volunteers to be a bunch of friendly people. This was my first encounter with people involved in yoga based activities, and I was impressed by the volunteers who showed a sense of caring and understanding towards the course participants.

My friends were very open about the idea of me attending the course and were excited that I completed it. Some did express their interest to learn yoga once they were done with college as they are presently bogged down by time constraints.

After completing the yoga instructor course, I volunteered myself for the next MYS karma yoga project; Malaysian International Yoga Competition with encouragement from Master Mani and my parents too of course. It made good sense to make use of my time this way, and time was on my hands while taking a break from studies.

It felt good to be part of a team. -It felt more like family. I got to contribute ideas, felt purposeful and gained experience in matters of teamwork, as well as event management. My only wish was that there were more volunteers of my age group. Nevertheless, I had a very good time.

It was inspiring to witness, through the competition, that yoga in fact has no age constraints and it has instilled in me a sense encouragement to perform better in future competitions. This whole experience has taught me that anyone can do yoga and with a good amount of practice, anything is possible. Another lesson is that teamwork is essential in making an event a success.

Even though I have not been practicing yoga in a very consistent manner (yet), and is still relatively new to me, I do realize it greatly improves my flexibility over a short period of time. As for the future, I know that the practice of yoga would help me to be a calm and collected person.

My aspiration for other teenagers and younger kids is that they should take up yoga and remove the stigma within them that yoga is meant for older people. Yoga would help them to become calmer and more stable emotionally, mentally and physically.

I would definitely recommend yoga to them.

My approach would be to explain yoga to teenagers and young kids alike in the simplest manner possible; not to go into too much detail as it would end up confusing them. Since most young people have a preconceived notion that yoga is meant for older people, I would first try to eradicate that notion in them before explaining the benefits of yoga.

Once I return from India where I'll be undergoing a yoga course, I would love to start teaching yoga. With more knowledge and confidence in yoga, I look forward to sharing what I have learned with others.

Given the opportunity I would like to carry out community projects that are more sports based as they are more youth oriented. This will enable the project to attract as many youths as possible as they are more energetic. And wherever possible the teachings of yoga will be incorporated.

I would like to add that those who are interested or passionate about yoga should involve themselves in karma yoga projects organised by MYS or any other organisations for the benefit of themselves and the society. To my parents who have been very tolerant of my sometimes improper behaviour and showed me a path to better myself through yoga, I give my gratitude. Also, a special heartfelt thanks to Master Mani, the members of MYS and to Dr. Shashikanth from India for giving me a greater insight into yoga and how it can help me be a better person. **YM**



Inner Insights

by Nigel

Hi, I am Nigel and have just completed Pre-University recently. I started to learn yoga when I was 13 and it was my mom who encouraged me to join the Super Yoga Kids program. Initially I joined because of my mother but as the months went by, I began to enjoy seeing my own progress with the asanas (yoga postures). Besides having a better knowledge of my strength and flexibility, I have also become calmer through yoga.

Meeting other people who are like minded about yoga would always be a great experience. I would say that one doesn't feel so lonely in the practice of yoga. Sometimes I talk about learning yoga in school and my friends would always ask me to show them some of the poses, then we move on to other topics of discussion.

For me the food fair we had a few years back at La Salle School was the most meaningful MYS karma yoga project as we had a goal to achieve then - to build a yoga home. Well, even though my mom forced me to help out in that food fair (grinning), I'll say that Master Mani was the person who really inspired me to be involved.

This year's yoga competition is the only one I have participated in so far. I just thought I would participate to see where I stand and since I am leaving to further my studies in the United States later this year there may not be such an opportunity in the future. The experience showed me that I have so much more practicing to do in terms of asanas. I also had a chance to be the stage games coordinator during the event so it was fun to see my games ideas implemented.

I think all young people should take time to learn some skills; like yoga, singing, dancing, playing musical instruments, etc. as these would make you a much more colourful character. For those interested in learning yoga, I would emphasise that one should find a school of yoga that best suits their needs whether mentally, physically or spiritually. You see, yoga is a form of science, a science of the body. It teaches us how to improve our body systems for a better state of life. Many of us do tend to overindulge in activities or foods which are not so healthy for us. It is good for us to learn more self control and yoga is a way to lead us towards this goal.



Stress free family, in the picture are, Hing Kok Yin (Dad), Amy Goh Suan See (Mom), (Childrens) Nicholas Hing Yee Liang, 26 (in white shirt), Nigel Hing Yee Xiong, 20 (in black shirt) and Audrey Hing Li Syuen, 16 (in yellow shirt)

After graduating from Super Yoga Kids, I continued my yoga training with Master Mani and learned Kriya Yoga which to me are mental practices that highly benefit disciplined individuals. As far as I can say, Kriya calms me and allows my mind to release blocked energies within the inner recesses of my mind. I find it amazing to just slip into a dreamlike state, to have short bursts of dreams yet be fully aware of my surroundings in certain practices.

Now I have also completed the foundation level of the International Yoga Instructor Course (IYIC) and if opportunity arises, I will definitely teach. If there is a community project I could start it would be to tutor others in school subjects like chemistry, biology and maths. For me it's both fun and meaningful so I like to teach people very much.

Updates from Nigel now attending Drake University at Des Moines, USA:

"Good news, I'll be teaching yoga next semester, coz our yoga style is so much different that she (Health Center Coordinator) wants it as the yoga classes on campus are more like fitness classes. Thank you, mom, for sending me to yoga classes. This job can really beef up my resume and make some friends as well."

Ever noticed how school children come home from school with hunched backs as a effect of carrying heavy school bags? Try these simple yoga postures to ease their back aches while improving their postures.



Cow's Face Pose (Gomukhasana)

Benefits - Relieves back ache and general stiffness in shoulders and neck. It also improves posture by opening the chest area.

Method- Sit with both legs straight in front of body and bend the left leg underneath the right leg so that the left heel is touching the right buttock. Bring the right leg over the top of bent left leg so that the right heel touches the left buttock. Both knees must be parallel together. Place the left arm behind the back and right arm over the right shoulder. Try to clasp the fingers of both hands behind the back



Palm Tree Pose (Tadasana)

Benefits- Strengthen and straighten the spine.

Method- Stand with feet 10cm apart and arms side by side. Raise the arm above the head, interlock the fingers and turn palm upward, place hand on top of head. Breathe in and stretch arms, shoulders and chest upward. Raise the heels (to tip toe) to increase the stretch.



Overturned Turtle (Jhulara Lurhakanasana)

Benefits- Massages the spine.

Method- Lie flat on the back, bend both legs to the chest. Interlock fingers and clasp them around shins. Roll body to the left and right for 10 times then rock forward and backwards for 10 minutes.

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treyoga@gmail.com

Yoga has proven to be relevant and effective for the pursuit of one's well-being at any age at any stage.

The Iyengar tradition is systematic and dynamic with emphasis on precise alignment and therapeutics. It develops strength, stamina, flexibility, coordination, balance and concentration.

Iyengar yoga is known for the **use of props** such as belts, blocks, bolsters and ropes to cater to individual needs and safe practice.

Classes at TreYoga:

- ✔ **Yoga for All Adults**
- ✔ **Yoga for kids**
- ✔ **Prenatal Yoga**
- ✔ **Periodic Workshops with Iyengar Certified Teachers**
- ✔ **Special classes for senior citizens**

We offer our students an encouraging and safe environment to learn and practice yoga, guided by trained, experienced and dedicated teachers.



To Inquire/Register please contact founder teachers:

Carol Zerina

016-602 6368

D3A-9, Dana 1 Commercial Centre,
Jalan PU1A/46, 47301 Petaling Jaya, Selangor

"TreYoga is inspired by the Tree of Life.

TreYoga aspires to be a place for learning, living and loving LIFE!"

Pregnancy Yoga

Joyfully Staying Fit, Healthy and Centred throughout Pregnancy

For Aisshvarya, yoga was already a big part of her life since childhood. Even at a young age, she realised how the practice centered and calmed her after performing her favorite asanas.

It was only natural that she decided to continue her quest to seek higher knowledge on yoga. "While working overseas, I felt the intense desire to further expand my knowledge in yoga so I came back to Malaysia to take it up seriously in 2009.

"I took up Kriya Yoga under Master Manisekaran initially and then a month later, I was so inspired and felt the transformations taking place that I decided to join the International Yoga Instructor Course (IYIC).

"As I learned more I became amazed at how essential yoga is in one's life and how it can transform one for the better, so much so that I want to share it with everyone I know who will benefit from it," she enthused.

Knowing the full benefits of yoga and having completed almost all the courses offered by Yoga Franchise including Urdhva Retas, it was not surprising that she conceived her baby through consistent Urdhva Retas sadhana. She wanted to be ensured of a healthy, happy and strong baby.

"Feeling ecstatic at this point and also how blessed I was to carry this divine child into the world, I knew here is one of many wonderful purposes in life to fulfill," she added.

In order to enjoy a healthy pregnancy and that yoga becomes part of her baby's life as well Aisshvarya then joined the Pregnancy Yoga Instructor Course offered by Yoga Franchise.

The course not only equipped her with the knowledge to teach other pregnant women, it also enhanced her own journey through pregnancy. "The knowledge I gained gave me the confidence that I think every woman should have during her pregnancy. With the experience of teaching pregnancy yoga to others, I feel it is necessary for all pregnant women to learn yoga and experience a healthy, happy and confident pregnancy.



"I learned how asanas can be adjusted to the comfort of any pregnant woman so that both mother and baby can receive the full benefits.

"Pranayama techniques help to balance the hormones, calm and prepare the mother mentally throughout pregnancy and for labour. The baby too receives wonderful benefits from these practices," she added.

"My continued practice of Kriya, pranayama and asanas throughout pregnancy was very comfortable as it helped alleviate back pain, hormonal imbalance as well as mood swings," she reiterated.

Pregnancy yoga should be the first choice to stay fit, healthy and centred in a joyful manner for any expectant mother. More and more yoga is becoming widely recommended by midwives and doctors, and is considered as an ideal birth preparation programme.

The Pregnancy Yoga Instructor Course (PYIC) is detailed in providing both theoretical and practical training necessary to teach yoga classes through the trimesters. Sessions include asanas modified for pregnancy, pranayama, yoga nidra and essential medical information, encouraging participants to develop their own style and method of teaching pregnancy yoga within a clear framework of safety guidelines. It teaches instructors to help prenatal students reap the benefits of yoga through a practice that is calmer and more introspective to support a healthy pregnancy.

The Pregnancy Yoga Instructor Course commences on:

Date: 25 Sept 2011 (for 3 Sundays)

Time: 10am – 5pm

Venue: Damansara Utama

For registration or enquiry,
call **03-2260 5322** or **03-7726 6682**

Chef Yogi's Food Notes!



Potato Boat

INGREDIENTS:

- 1 Medium sized oval shaped potato
- Shredded mozzarella cheese
- 2 tbsp finely grated carrot
- 2 tbsp peas
- Salt and pepper to taste
- 4 tbsp tomato sauce mix with 1 tsp lemon juice

Method:

1. Boil the potato, peel the skin and cut into perfect halves (the long way).
2. Scoop out the potato in the centre to form a hollow in the middle.
3. In a wok, add a little oil, the scooped potato, carrot, peas, salt and pepper. Mix well.
4. Fill the hollow potato with the mixture and pour the sauce on top of it.
6. Sprinkle mozzarella cheese on top and the dish is ready to be served!

Health Benefits of Carrots for Your Body !

Improves weak eyesight. The content of beta carotene and vitamin A are high, helping to improve the ability of our vision. So it can prevent eye disorders such as myopic.

Lowering cholesterol. Pectin is the substance contained in carrot, this substance is very helpful to our body to lower blood sugar levels.

Helps to overcome constipation. Health benefits of carrots are a natural fiber that can help to prevent constipation, so will allow you to defecate.

Good for skin (promotes healthier skin). Able to prevent and cope with skin disorders is one of the health benefits of carrots. Skin disorders such as acne, swollen pus, and dry skin can be overcome by consuming carrot.

SCHEDULE OF COURSES: OCT – DEC 2011

OCTOBER

2/10/2011	DU	International Yoga Instructor Course - Intermediate
8/10/2011	BSR	MAYI Gathering
9/10/2011	DU	Super Yoga Kids Instructor Course
9/10/2011	DU	International Yoga Instructor Foundation Course
9/10/2011	BSR	International Yoga Instructor Course - Intermediate
9/10/2011	BSR	Dhyana(Meditation) Instructor/Practitioner Course
15/10/2011	BSR	Manipuraka Practice Session
16/10/2011	BSR	Anatomy Workshop
17-21/10/2011	DU	International Yoga Instructor Course - Intermediate
28/10/2011	DU	Self Mastery

NOVEMBER

5/11/2011	BSR	Full Intestinal Cleansing
12/11/2011	BSR	MAYI Gathering
19-23/11/2011	Bt Arang	Learn to Teach, Teach to Learn
21/11/2011	DU	Super Yoga Kids Instructor Course
21/11/2011	DU	International Yoga Instructor Foundation Course
21-25/11/2011	DU	International Yoga Instructor Course - Advance
28/11/2011	DU	International Yoga Instructor Course - Advance

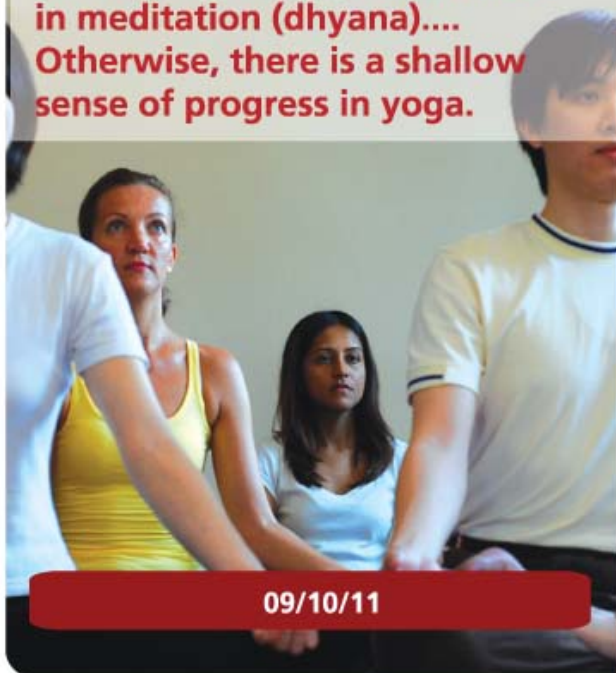
DECEMBER

3/12/2011	BSR	MAYI Gathering
3/12/2011	BSR	Graduation 2011
5/12/2011	BSR	International Yoga Instructor Foundation Course

BSR: Bangsar; DU: D'sara Uptown
 *Subject to change without prior notice

The journey of Yoga starts with the asana (physical postures), moves into pranayama (breath control) and finally culminates in meditation (dhyana)....

Otherwise, there is a shallow sense of progress in yoga.



09/10/11

Dhyana / Meditation Instructor Course

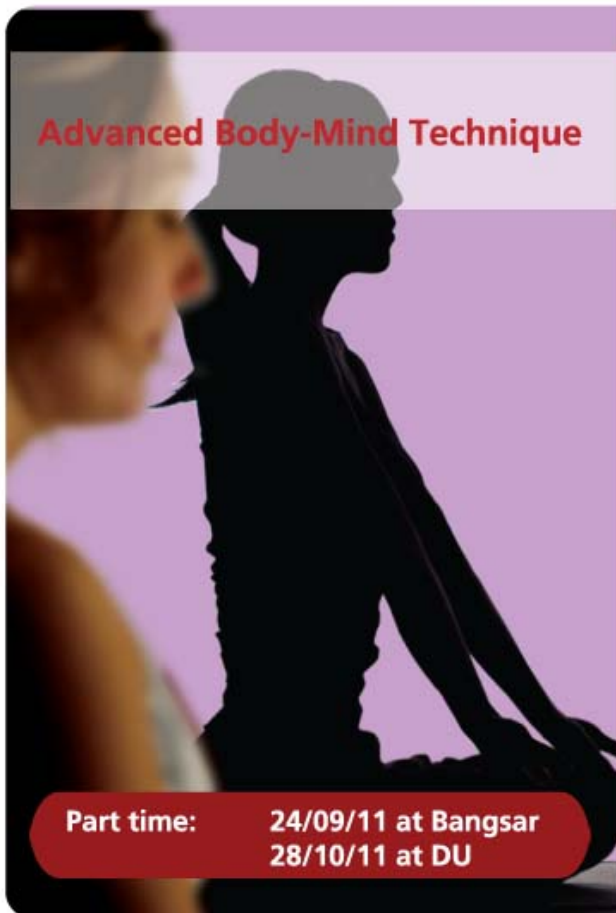
Be recognised as an expert in meditation, a very rare qualification in the scarce teaching niche

Hundreds of thousands of people are looking for an effective meditation technique to help them dive deep into the inner self/mind

Benefits:

- Systematic application of various types of meditation
- The therapeutic application of meditation
- How to conduct meditation classes which are interesting, effective & appealing for the vast majority of the population

Advanced Body-Mind Technique



Part time: 24/09/11 at Bangsar
28/10/11 at DU

Self Mastery

Refine your whole being and transform your whole life into a continuous expression of joy, bliss and wisdom.

Benefits:

- Improved health- keeping body lean by activating pranic heat that improves circulation, tones the skin and helps to maintain youthfulness
- Increased creativity, mental stamina and memory powers
- Increased supersensory perception due to greater clarity of mind
- Feeling light and achieving freedom from disease as body becomes supercharged with energy-increased confidence and positiveness

Contact:

03-2260 5322
03-7726 6682

Email:

theyogafranchise@yahoo.com

Website:

www.yogafranchise.com.my

Organised by:



Endorsed by:



	12 months Membership	Number of classes per year
Rajana Silver Membership	RM900	96 (8 classes per month)
Svarna Gold Membership	RM1300	144 (12 classes per month)



Members will enjoy RM90 or RM130 rebate when referring family members and friends to the Rajana Silver Membership or the Svarna Gold Membership respectively.

Member's Benefits:

- Free workshops
- Discounts on courses, retreats and products
- Be among the first to receive latest information and news
- Travel and enjoy the Yoga World through our local and international retreats, tours and stay-ins
- Instant eligibility in our Frequent Attendee Programme (to be launched soon!)
- Rebate for renewals upon active referral programme
- Birthday and other special days acknowledgement
- Free or low price day trips to parks, waterfalls and other selected outings.

9 Types of Classes for Members:

- Hatha Yoga - Beginner
- Hatha Yoga - Intermediate
- Hatha Yoga - Advance
- Flow Hatha
- Pranayama & Dhyana
- Advance Asana
- Partner Yoga
- Precision & Alignment
- General Yoga Therapy

Plus many more incentives and benefits on the way!



Brickfields

3, Jalan Ang Seng 3,
Brickfields, KL.
+603 2260 5322
Meiwan: 012 323 9010

Bangsar

81A, First Floor,
Jalan Bangsar, KL.
+603 2282 4980
Mona: 012 210 9110

Damansara Uptown

89A, First Floor, Jalan SS21/37,
Damansara Utama
+603 7726 6682
Manisha Teh: 012 313 3678