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The Splendour of Yoga for Mental Health

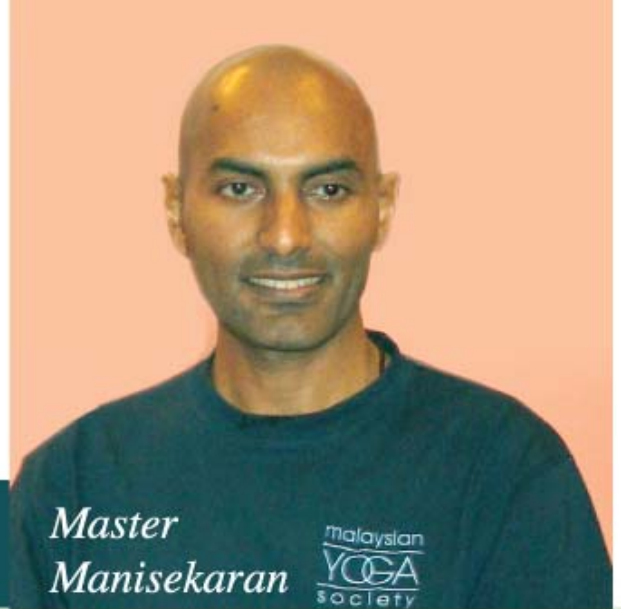
**Peace of
Mind and
Heaven Within**

**AHIMSA: Love
Yourself So
Other Forms of
Love Will Grow**



Message from Master Mani

YOGA & Mental Health



Yoga has always been associated with supernatural mental powers and abilities. How about mental health?

Supernatural mental powers and abilities are not necessarily signs of a mentally healthy personality. History has shown so-called extraordinary men and women performing atrocities beyond human belief and conception – seemingly healthy and well-trained men and women chopping off heads and limbs of defenceless men, women and children throughout the history of mankind.

So, in the midst of all these where does yoga come in? Yoga does not build extraordinary, powerful physical bodies or talented business brains; it builds a clear mind that is capable of compassion, love and harmony, and eventually unleashes the dormant enlightenment, which already exists within the layers of conditionings and self-limitations.

Therefore the true practice of yoga is not only about flexibility, balance, toning, beauty, slimming, etc, but in the true original import is the awakening of enlightenment, which is the best state of mental health. **YM**

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Advisor:
Master Mani

Editorial
(Writers and Contributors)
Surya Tay
Vijaya
Lee Yan
Meiwan
Navanesan
Jamie Spatafore
Other contributors

Advertising & Circulation:
Kasturi

Graphic Designer:
Danny Kwok

Cover Design by:
Danny Kwok

Printed by:
Vivar Printing Sdn Bhd
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50470 Brickfields KL



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Manisekaran

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+603 2260 5322
- Bangsar
+603 2282 4980
- Damansara Utama
+603 7726 6682

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There are four types of yoga and they are Raja-Yoga, Jnana-Yoga, Bhakti-Yoga and Karma-Yoga. According to Swami Abhedananda (1967), the word 'yoga' means unity of the petty self (jivatman) with the higher universal Self (paramatman). Basically the psychology of yoga seeks to prepare the mind so that one will ultimately be able to appreciate the glory of the Absolute. However, when the mind is subjected to internal or external disturbances, it loses its equilibrium. Under circumstances where there is no check and balance, the mind gradually loses harmony, and eventually the individual becomes mentally or psychologically unwell. This is when the individual may seek psychiatric treatment. It has been reported that 37% of the loss of healthy years from non-communicable diseases is from mental illnesses (World Health Organization, 2011). There is a whole range of mental or psychiatric disorders, but the prevalent ones include depression, schizophrenia, eating disorders, attention-deficit hyperactivity disorder (ADHD) and also insomnia.

According to Sinha (1976), the basic sources of mental illnesses are not only due to Nature (Davik) and Society (Bhautik), but also the Self (Atmik). Problems evolving from Nature could be in the form of natural disasters, while those from Society could be related to religion, politics or even race. It is the problems created by the Self due to unpleasant feelings such as envy, hatred, jealousy, revenge to mention a few that are so common these days amongst all walks of life.

The psychopharmacological treatments for mental illnesses are widely available, but the response and tolerability of these drugs remain unpredictable and inconsistent (Balasubramaniam, Telles & Doraiswamy, 2013). In addition, these drugs are expensive and they bring about serious side effects to the patient.

From another point of view, Kapil, one of the forefathers of yoga, opined that a great many problems of the psychologically unstable individual is due to lack of samyak jnana (proper knowledge) about Purusha (Self) and Prakriti (Nature) (Sinha, 1976). Nevertheless, the Samkhya philosophy failed to reveal a method of achieving this goal. It is



the yoga Sutra of Patanjali that provides a methodological process for achieving the goal laid down by Kapil (Sinha, 1976).

Patanjali's system of yoga, which is a comprehensive structure, involves not only the body but also the mind. In simple words, one must acquire samyak jnana, but more importantly practise yoga in order to achieve an excellent state of body and mind. The practice of yoga for mental health can simply comprise pranayama, asana, bandha and also mudra.

Pascal (2013) reiterates that the practice of hatha yoga helps one live in the moment. Many people in today's society tend to either live in the past or dwell into the future. When the minds are cluttered with far too many unnecessary and undesirable thoughts, there will come a point when these individuals are unable to handle themselves. This is when psychological disorders such as depression or anxiety set in. Therefore, one of the things to strive for is the ability to focus on the 'now'. It is the 'now' or the present moment that the individual would feel most calm, composed and centered.

In the practice of hatha yoga, the focus is on the journey of going into the asana, holding the asana and coming out of the asana. The magnificent effects of yoga lie in the synchronization of the entire journey of the asana with breath. Therefore, when the individual is focusing on the asana and breath, all other thoughts slowly begin to diminish and eventually fade away. In other words, yoga makes one return to the present. Even if it is for a short duration of yoga practice, one will be able to

feel more positive about themselves. It is this positive feeling that can boost overall mental health in the individual.

Several studies have demonstrated the benefits of yoga in specific psychiatric disorders. Shahidi et al. (2011) found that laughter yoga, which encompasses unconditioned laughter and yogic breathing, is effective in improving depressive moods amongst elderly depressed women. In another study in Taiwan, it was found that the practice of yoga for 70 minutes, three times a week over six months showed significant improvement in the sleep quality, depressive moods and health status of adults in Taiwan (Chen et al. 2009). All the 139 adults who participated in this study were over 60 years of age and had no prior knowledge of yoga.

The findings of the study conducted by Visceglia and Lewis (2011) revealed that schizophrenic adults on medication who participated in an 8-week therapeutic yoga program showed significant improvements in psychopathology and medication compliance. The therapeutic yoga program comprised a series of asanas, pranayama and relaxation. An earlier study by Duraiswamy et al. (2007) which investigated the efficacy of yoga therapy as an adjunct treatment to the ongoing antipsychotic drug treatment also showed similar results. The moderately-ill schizophrenic patients assigned to yoga therapy for four months showed significant improvement in their socio-occupational functions and quality of life.

Cohen et al. (2004), who investigated the effects of Tibetan Yoga on a group of adult cancer patients suffering from insomnia, found that yoga had significantly improved their sleeping habits. These patients were assigned to seven weekly yoga sessions upon completion of their treatment. The practice incorporated breathing and mindfulness techniques, visualization, and low-impact asanas.

In all the findings mentioned in this article, pranayama or breathing techniques were incorporated in the yoga therapy for the treatment of psychiatric illnesses. Pranayama have been proven to reduce cortisol (the stress hormone) levels and blood pressure (Pascal, 2013). In addition, when asanas are performed, endorphins are released, and these hormones help in the

management of mood swings and stress. In fact studies conducted in the United States on a group of 11th and 12th graders who attended yoga classes instead of the traditional physical education classes revealed that the teens reported feeling more centered and in control of their emotions (Pascal, 2013).

Evidently, literature has revealed the benefits of yoga in various psychiatric illnesses in the absence of pharmacotherapy. Nevertheless, it may be wise to take note that not all types of psychiatric conditions can be treated through yoga alone. In certain illnesses, for example, schizophrenia, yoga works as an adjunct to medication in improving the negative symptoms, quality of life and the socio-occupational functioning of the patient (Visceglia & Lewis, 2013). **YM**

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Peace of Mind and Heaven Within

by Vijaya

Suicide is said to be the second largest killer because every 40 seconds one person is said to be taking his life, and around 800,000 people die due to this, yearly.

Even if they don't go to that extreme, millions live in utter despondency and in depressed state of mind. Why?

According to World Health Organisation (WHO), mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

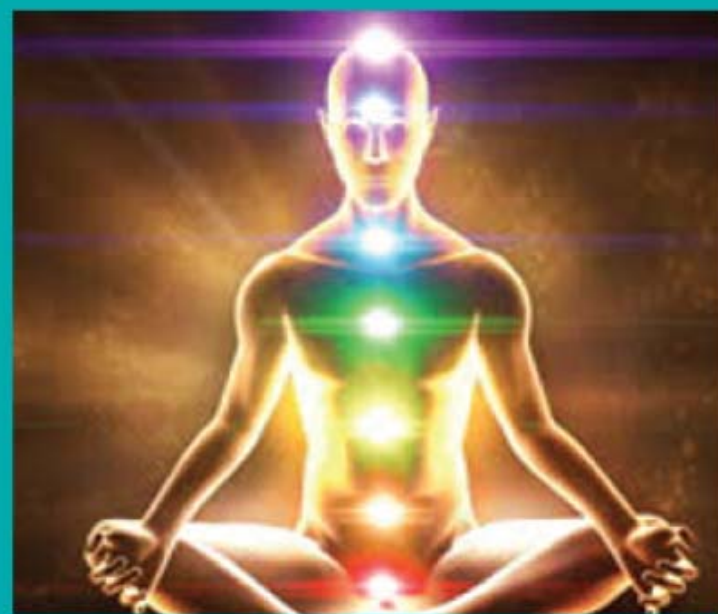
Our attitude towards life determines that. Do we want to be narrow-minded, unrealistic, delusional, agitated and stressed out or be open to ideas, work towards wisdom and have a realistic, positive and progressive mental attitude?

A mind that is working efficiently and guiding one unto a path of prosperity and continuous growth while giving one happiness, peace of mind and strength to overcome the challenges of life — isn't that what we want?

A friend of mine suffers pneumonia, bronchitis, stomach complications, recurring cough, asthma and lethargy, among others... a year ago, when I got to know her, she was disconcerted, in tears and drowned in despair. She took my advice and joined yoga classes... also because her doctor advised her to. Her working hours are not regular, but is sleeping and watching TV during all her free/available time, going to help?

Is procrastination helpful when dealing with life-threatening problems?

If we happen to have issues, being mentally healthy means being committed in all ways — time management, food management, regular practices, etc — to handle the issues at hand with clarity, and exercise patience to overcome them. With faith, supported by authentic ways, eventually, we may.



A cousin of mine was about to go through a very expensive and complicated operation due to fibroid in the uterus... her business, ironically, is selling health supplements... For some unknown reason, she came to me instead, and before long was totally involved in yoga and Kriya practices and voila, completely cured after a few months.

Kriya and Yoga practices talk about balance — external and internal; wealth outside and inside; the body systems; balance of the natural energies in the body; of the sympathetic and parasympathetic, or the Ida and Pingala nadis (psychic channels). Being balanced means being mentally very healthy. And only this state can lead one unto the path of discovering the heaven within.

Hell or heaven, whichever we live in, exist within. Hell means being mired in the workings of the lower nature and heaven means functioning from our higher nature. It can only come with awareness, purity and clarity.

If there are conditions, blocks, deep-rooted fears, negative emotions, depressive thoughts, subconscious disturbances, emotional turmoil, etc, you can't just shake them off by going to the smartest doctor, cleverest shrink, most well-known/established surgeon or dishing out millions of dollars, if you have them.

There are specialised ways to deal with them. One of the safest and most sophisticated ways is Kriya Yoga.

Kriya Yoga is an amazing and powerful yoga-based technique that totally relaxes the mind, neutralises the emotions and cleanses the "unwanted" yet steadfast impurities surrounding the inner world — the world of the known and unknown parts of the mind, consciousness, nadis (psychic channels), sushumna, subtle bodies and energy centres.

When cleansing is done, the bioplasmic energy centres, or chakras, are awakened. When this happens, it paves the way for the balancing of the energies and expansion of consciousness, which can be naturally followed by the awakening of the dormant energy lying at the Mooladhara Chakra (or the base cakra), which is known as Kundalini energy. With the ascension of Kundalini begins the journey of self-realisation, or realising our higher nature. It is also called "Yoga" (union), or experiencing the heaven within.

This is according to great Kriya practitioners like Master Manisekaran and other gurus like Swami Sivananda and Swami Satyananda.

Experiments have been made to observe the effects of Kriya on the brain activity. Using the electroencephalo-graphy, or EEG, "considerable increase in alpha and theta activity" could be detected in the brain, showing that the brain is deeply relaxed and focused after doing Kriya Yoga. (Erik Hoffmann, PhD)

"Kriya eventually opens up the possibilities of full brain activation. In the past, yogis have attained liberation... this is nothing other than the full awakening of the brain's capacity," said Master Mani.

Even if science can reveal more about this ancient practice, according to the masters, it should not be a subject of study or fascination at all, but rather a subject of practice — serious practice! Even as it is practised, it will reveal itself. **YM**



A

HIMSA: Love Yourself So Other Forms of Love Will Grow

by Jivanti M

The world is such that some things we hear these days are beyond our comprehension. If I dare say even rudely awakening.

Video of a human being beheaded in an open desert is shared via the mass media. In the name of religion, we are treating others unkindly. We have all been slowly accustomed to view this type of suffering as normal. As part of something that happens to us occasionally and to another person in another part of the world.

Something very dangerous is happening to humanity. We are slowly deviating from our true self of being a compassionate being. Many of us walk the planet everyday not knowing this is our true essence. This can change a person or break a person. And the worst of it all, we are unconscious of it.

We struggle.

We surrender to our body's flight or fright mechanism by fighting harder. We want to put up a brave front. We convince our mind that we are strong and further inflict injury to our minds and hearts by not taking a break. Like a rubber band being stretched to its maximum capacity, we stretch and stretch further. Somewhere in between, all hell breaks loose and we crumble like a cookie. We burn out.

If only, we paused.

If only, we were a tiny bit kinder to ourselves before that breaking point.

The great Mahatma Gandhi wisely said:
"True Ahimsa should mean a complete freedom from ill-will, anger and hate and an overflowing love for all."



Kindness in these rushed modern and technological times has become a luxury. You are lucky if you are helped in times of distress. In ancient days, our parents and forefathers were brought up practicing kindness. These days, we contemplate on kindness. We think twice. We retreat into our own shell taking care of only our home, our family and our loved ones. Patanjali's first Yama or rightful self-restraint is ahimsa which simply means non-violence.

The generally known term of ahimsa was always denoted to vegetarianism but digging in deeper into the real meaning of it, one can related ahimsa to everything.

If I may put it to you very simply, it means what you think, say and do all resonates with this one word. Love.

Yoga is nothing but an excellent experiment to prove this fact in a multidimensional way.

It means you think kindly of yourself and others. It means you speak kindly to yourself and others.

It means you behave kindly to yourself and others.

And the best place to begin is with you.

I have always been a believer of self love. I think that is ultimately the highest form of ahimsa. To love yourself. Only when you have practiced this, you will then begin to love another being because you come from a place of self respect and realization that the world around you is your mirror image. You are ultimately the very person you serve with or without kindness.

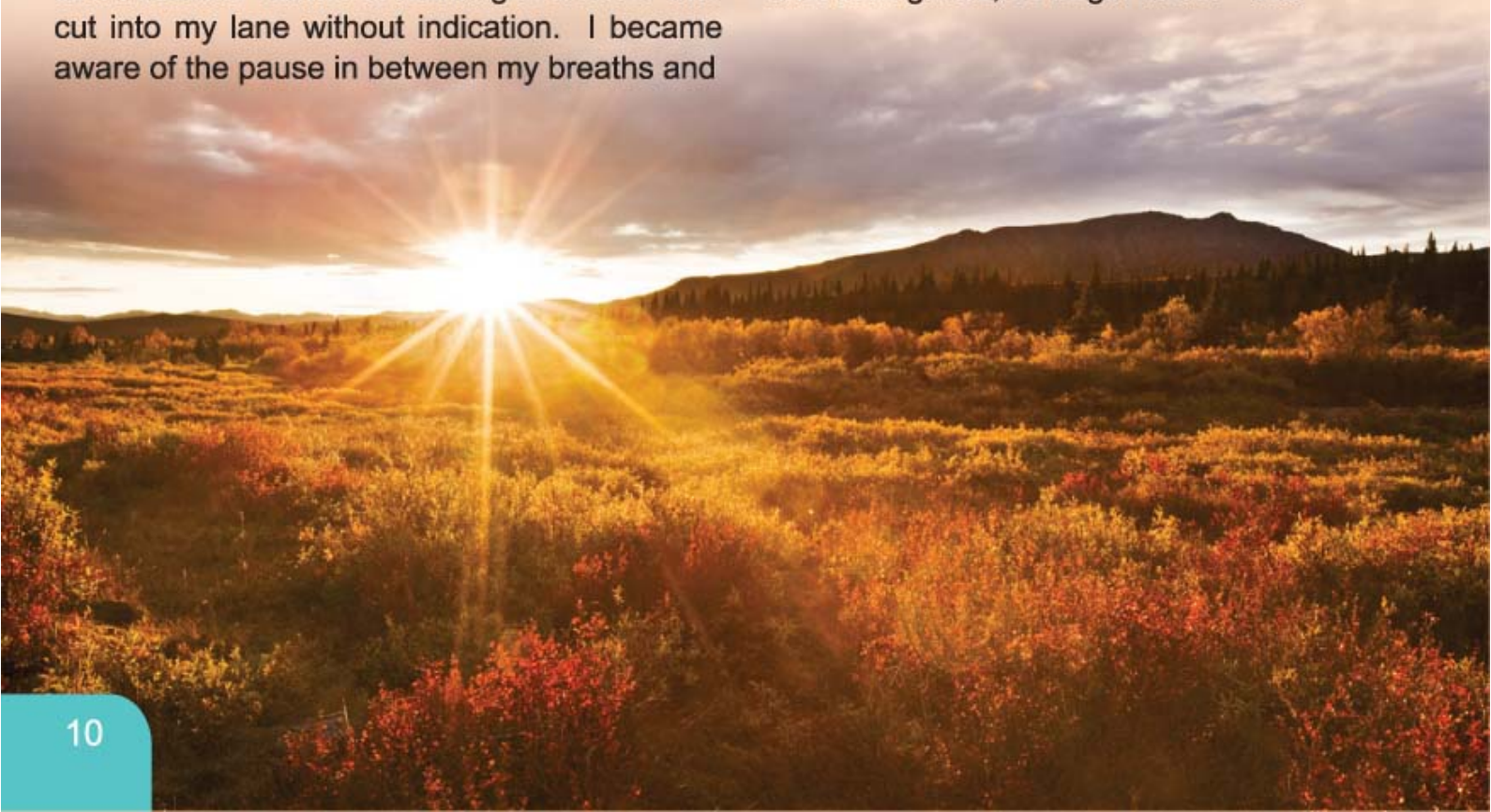
From the practice of asanas, I have learnt that I should be kind to myself and respect my body's own boundaries. If perfection of being in a posture was what I was aiming for, the pain and discomfort that came from my muscles and joints was a reminder to be mindful and then let go of that perfection to avoid injury. I became kinder to my body. I stop pushing my body to listen to me and rather, I will start listening to my body.

In being curious of experimenting how the breath can control my emotions, I practiced deep breathing at traffic light stops and instantly saw I became calmer to reacting to a driver who cut into my lane without indication. I became aware of the pause in between my breaths and

escalated it to towards pressing the pause button when I was confronted in challenging human relationships. I reduced hurling words and raw emotions slowly. I let it pass. Just like passing clouds and watched my life change.

Perhaps the best form of non-violence happened in my mind, with continued devotion towards yoga, I rehabilitated my thinking. I rewired my brain's neural network to be positive so that everything else became positive. I refuse to let the negative voice of others drown me and continue living life in a dynamic but peaceful way. Eventually, giving love for the sake of loving with no thoughts of its return became effortless. Love seems to be oozing out and spilling everywhere and along the way touching some other lives before coming back to me and nourishing me even more. In a way, it was like renewable energy.

Love comes in many forms. So extend it through a smile, a hug, a genuine compliment, an inspiring speech or the selfless act of service. The best part of it is that if your heart beats then you can practice this form of ahimsa. That is the only requirement; for you to be alive. Your love for yourself is the love from which all other love grows, so begin there. **YM**



EVENTS

MIYC 2014: Catalyst for Positive Transformation *by Vijaya*

Never before in the history of Malaysia have we seen yoga performance being taken to such an encouraging level as this year. Time has come to raise the bar and bring the overall standard of Malaysian International Yoga Competition (MIYC) to the next level.

It was truly an awakening for the local participants. The stage as well as all the important placings, medals and winnings went almost entirely to the very strong and accomplished team from India. The youngest performer right up to the oldest one (from over 100 people) -- whether child, boy, girl, man or woman - showed extreme strength, dedication and hard work as he or she worked single-mindedly towards achieving excellence.

The whole team took the annual competition to unprecedented heights with their show of absolute mastery over the postures.

This is something for local participants to learn and emulate.

Otherwise, this year (full of surprises), the MIYC 2014, organised by the Malaysian Yoga Society (MYS), was a tremendous success with a record 800 local and overseas participants, of all ages, showing their very best Hatha Yoga skills on stage at the Kandiah Hall in SJK (T) Vivekananda, Brickfields, on August 30th. The Vegetarian food Carnival, held in conjunction

with the competition, was a great attraction as well.

There was increased participation from Singapore, Iran, and Thailand and. Overall, the participants gave a stunning and awe inspiring performance.

Though many children and adults adorned the stage with their interesting variations of amazing twists, balances and stretches, the overall champion in the children category, Yogesh Shankarsing Pardeshi from India, and the overall champion of the adult category, Chanakan Avarakkadjakaval from Thailand stole the show with their winning postures.

"The competition was much tougher this year, but local participants, a majority of them students, showed commendable improvement and great skill in presenting their poses," acknowledged Miss Devi, one of the volunteers at the competition and a yoga instructor with MYS.

Many of the students were trained by qualified MYS instructors over the year and came from underprivileged background. All these participants and those from homes were fully sponsored by MYS.

Can these students grow on par with their overseas counterparts?



When it was suggested that we should have a different category for local participants, Master Manisekaran, the founder and president of MYS, said special treatment would only make the local team weaker. "If we can rough it out, we can emerge tougher and face the world anywhere, anytime with a steady state of emotion and evolved body-mind system."



"We will improve with that kind of attitude," he said. "It is also a reality structure. When they grow up, go to work and raise a family, a protective mechanism will wipe them out of the growth circle. They should instead learn from their peers (from other countries) and emulate them."

Indeed. This is not merely a competition. It's a training ground for the holistic development of a person. It gives one the opportunity to deepen his knowledge and understanding of yoga, and about his self -motivating him to move forward and gear his self towards excellence. In the process, he would gain the strength and steadiness of mind to attain that state.



The spirit of competitions apart, the event is one of MYS' efforts to spread the awareness about the science of yoga and its colossal benefits to the body, mind and emotions.

Miss Devi, an ardent practitioner, said that yoga has the power to effect transformation from the deeper levels of the mind and has an amazing influence on the entirety of a person: internally and externally.



Umang Dawn, the leader of the Indian team, shared an interesting fact with us. The children as well as adults in their group are all high achievers in their respective fields, and have shown tremendous drive to succeed in yoga as well, hence their extraordinary performance, he said.



"One does not need to tell them to practise," he reiterated, "they do it daily, on their own". Wow!
YM

Shashankasana (Moon Pose)

Step by Step:

1. Sit in vajrasana while keeping the spine and head straight with the palms placed on respective thighs.
2. While inhaling, raise both arms above the head, keeping them straight and shoulder width apart.
3. Exhale while bending the trunk forward from the hips, keeping the arms and head straight and in line with the trunk.
4. At the end of the movement, the hands and forehead should rest on the floor in front of the knees.
5. Bend the arms slightly so that they are fully relaxed and let the elbows rest on the floor. The buttocks remain seated on the heels.
6. Rest in this final position for 5 seconds or for as long as comfortable.
7. Then simultaneously inhale and slowly raise the arms and trunk to the vertical position. Keep the arms and head in line with the trunk.
8. Breathe out while lowering the hands to the knees.
9. This is one round.
10. Practise 3 to 5 rounds.



Benefits:

- Stretches and strengthens the back muscles and separates the individual vertebrae from each other, releasing pressure on the discs.
- Regulates the functions of the adrenal glands.
- Tones the pelvic muscles and the sciatic nerves and is beneficial for both the male and female reproductive organs.
- Regular practice relieves constipation.
- Relaxes the mind and relieves depression and anxiety.
- Helps reduce emotional instability and anger.

Contra-Indications:

- Not to be performed by people with very high blood pressure, slipped disc or those who suffer from vertigo.

A

Articles by Practitioners

Discovering Yogic Practices in Treks along Nepal's Breathtaking Landscape

by Susan Tam

Beautiful mountains, amazing scenery and breathtaking landscapes – these descriptions will lure any visitor to Nepal. As a first time traveller to the South Asian nation, I was excited and nervous at the same time when I embarked on my three-week exploration in this land-locked country. Bordered by mountain terrain, you knew that nature's wonders will reveal itself to you, once you allow yourself that space for this experience. And what better way for you to explore Nepal's heart-stopping landscape is through multi-day trekking.

Admittedly I have never been a great fan of trekking. Long walks along the beach and parks as you know do not count as trekking. My husband Pat Fama was keen to re-explore Nepal's natural scenes through trekking and although initially reluctant, I knew it was an experience that was going to excite me, frustrate me and most importantly change my perspectives on life.

In Pat's second trip to Nepal, he suggested we explore the Langtang trail, northeast of Kathmandu known to be a shorter trek and an experience marked as easy to moderate on the hiking scale. Having no real trekking experience, I felt we ought to do a more established route in the Annapurna Conservation area, but we decided that Langtang would save time and offer a fresh experience for both of us.

Langtang is a popular route for trekkers, but there was no formal information for independent and budget travellers like us. After much research and conversations with other travellers, we manage to get tickets to the town where you start the trail from, Syefru

Besi, just under 100 km from Kathmandu. However, due to the rough terrain the bus had to travel on, the journey took six hours on the 'Super Express' service. How long it took on the local bus, we weren't sure and did not take our chance to find out.

Having said my prayers and taking deep breaths when the bus was weaving through landslide-ridden roads, one lane highways with no safety barriers, we arrived safely in Syefru Besi. We began our trek on the next morning, after a hearty breakfast of toast and eggs. The trail is marked on the guidebooks and we packed very light so we did not hire any porters. Having only five kilogrammes to carry in our knapsack, we set out to trek on the rocky terrain towards the Langtang Valley. In every guide we read, we were told that the climb up to 3,500 metres above sea level where Langtang Valley was located, was going to take two days, with plenty of lodges to stay at along the way.



As a regular yoga practitioner, I felt I was ready to take this trek and would do it relatively easily. But, as always when you presume a certain situation, you're always proven wrong. The Langtang trek was clearly marked, but it had many ascents and steep descents. Climbing up a slope became much easier to control compared to when you go down, as you're able to control your centre of gravity and grab on to the rocks or branches above you. But on the way down, the situation was a completely different matter.

The great change happened after four to five hours of walking. I was exhausted and frustrated, having been no closer to our first lodge in Lama Hotel. I was getting upset and my backpack felt like it was ten times the weight I packed in the morning. The final straw came when I slipped on a rocky slope and sprained my ankle. Losing my emotional control I burst into tears because I felt I could never finish the trek or reach our first destination. My ankle was not badly injured and we pushed on. At that point I was so upset I felt like turning back. We finally reached lower Remche after eight hours of walking on the first day. We spent a night there to rest and get some food, as well as share our experiences with fellow trekkers.

It was the next morning that I felt that I could not turn back, we had come so far after such a long journey and it was just the wrong thing to do if we had not pushed on. But this time, we set smaller targets, walking less hours and taking one step at a time. I felt here is where my yoga training played its part. Being present and mindful when I took one step at a time help me to focus on my steps and minimise slips and avoid falls. Being able to take deep breaths as we take each step was indeed powerful. Once we broke down our long journey into palatable chunks I felt I could accept it and most importantly achieve it. I realise I could apply my yoga learnings here; it is not the final pose that we must aim to



achieve, but the 'journey' to reach the final stretch, to be aware of our breath, mind and presence and enjoy that moment. I felt that was the most powerful lesson that trekking in Nepal has given me.

Once I overcome that negative barrier of not being able to complete the trek, I felt empowered, strong and happy. I was able to tackle the 'goals' in smaller parts and once we reached Ghordatabela and Langtang Village at 3,500 metres, I was so overwhelmed, light and joyous. Words really can't express the feelings I felt when I completed three days of ascending to the Langtang Valley to soak in the most amazing views of the Himalaya range. I can only ask you to experience it yourself so you too can enjoy nature's pleasures. What this experience has also taught me was, not only to open myself to challenges and embracing difficult situations, but it has taught me respect for our environment, the tough terrain, its beauty and creatures, all these lessons will forever be etched in my memory. **YM**

A

Articles by Practitioners

Benefits of Yoga as a Stress Reliever for Postgraduate Students *by Nemala*

Yoga is now a commonly associated practice everywhere around the world acknowledged for its outstanding benefits. Somewhere you will be able to find someone associated with the practice of yoga, be it in the form of breathing (pranayama), physical (hatha), meditation, the philosophical knowledge or in an act of kindness.

Such rapid expansion of yoga practitioners worldwide, have also allowed students of all backgrounds and faculties inclusive of postgraduate students to tag along in contributing to the rise of this practice.

How often would any of us relate Yoga to a postgraduate student or a future medical doctor, engineer and accountant? It makes many wonder, how does this ancient practice of yoga empowers these futuristic modern knowledge seekers? Well it's about time all of us find out how much Yoga and University learners go hand in hand in process of ascending individuals to become the amazing persona they dream to be.

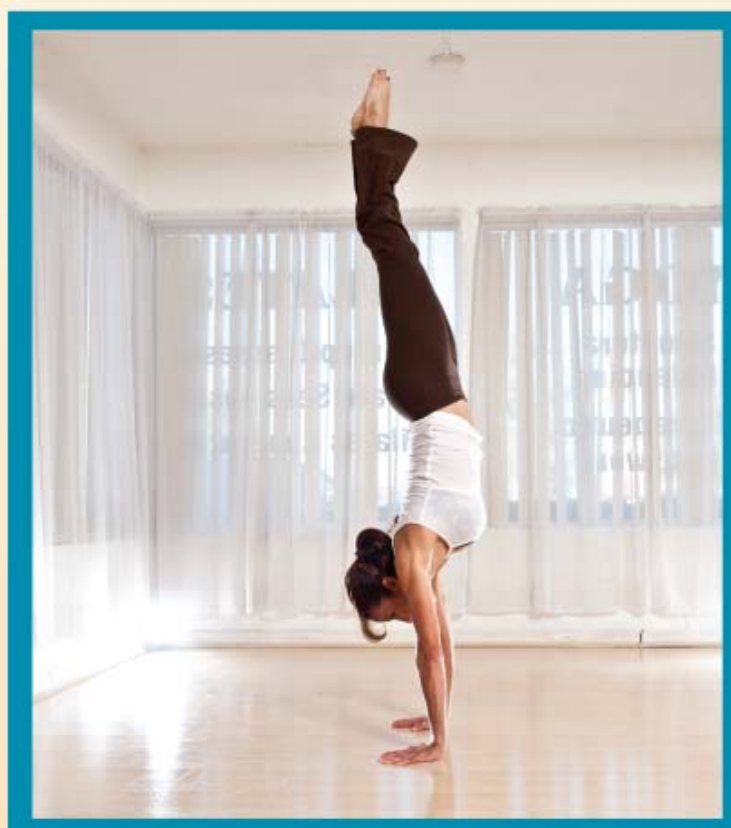
Generally, it is no surprise to find a university student especially a postgraduate being in an overwhelmed conditions with numerous assignments and journal articles to write, assisting in multiple research projects, organising events, attending major conferences and many more while keeping a balanced social life. Such a volume of undertaking can eventually create stress hence making life seem heavier than it should. This is where the practices of Yoga allow these students to unload their stress and get their bearings back on the goal after such an exhausting period.

A study published by Harvard Medical School suggested that regular practice of Yoga truly helps students to handle stressful situation by reducing performance anxiety and improving

moods of young professionals in high stress situations. Essentially yoga has a biochemical effect which resembles that of anti-depressants and reduces excessive adrenaline and dopamine production - all of which enhances calmness and reduces stress. This ability to handle daily stress while giving your best determines pretty much everything in making the bench mark of an excellent student!

Additionally, unlike many other physical activities out there that leave one feeling fatigued, yoga allows a complete relaxation of body and rejuvenates the practitioners. This is why even athletes of major leagues adhere to yoga to improve their health and performance. So if it's clearly making a difference for the world class athletes, all the more it will for us!

Besides being a great stress buster, a study published by "Explore" in 2013 reported that adolescents who practiced yoga instead of regular physical education for a semester, developed better kinaesthetic awareness



(relating to the use of sense organs in your muscle and other body parts to feel the position and movement of your body) and establish more respect for their own bodies. The practice of Yoga often requires one to make subtle changes in body movements to promote better body alignment. Over time, this does not only encourage good posture, improve body awareness and provides greater self-confidence but ultimately makes one feel utterly comfortable in their body. This healthy dose of self-image is very important for everyone as well as for students. Without which, many might find difficulty to mingle with others, to share ideas or to even speak up for their rights. Imagine the difference that it makes to a student when they are able to give out a presentation with such confidence? The sky is the limit!

Incidentally, did you know that having developed a proper body posture correspondingly creates a longer capacity for pupils to sit for hours without discomfort while writing their thesis or studying? Well now you do 😊

However good posture alone may not be adequate to make a person sit for hours and be totally focused in what they do. In fact, I personally feel it is much easier to get the mind distracted with multiple other things that is happening everywhere else but on the required matter. So what could anyone do to ever improve that? Again, the answer rests through the practice of yoga. Yoga is the ideal tool that can improve concentration and allows the mind to be focussed on the task at hand. How does that happen you may wonder? For me it all starts with the simple tree pose (balancing pose) that is practiced during the yoga sessions. That instant during the balancing pose is when an individual forgets everything else and becomes one with the moment, being absolutely one pointed in order to hold the balance to successfully complete the posture. This skill later evolves allowing you to reach your full working capacity, especially with a little extra help from a combination of breathing and relaxation techniques to help centre yourself.

Subsequently better concentration with greater mental clarity and a calmer mind is experienced to see through the many tasks given.

More importantly, Yoga can also cultivate great team spirits and sculpts students to become better team players. Typically such atmosphere can be observed when students are learning to perform new poses (asana) in yoga class. Perceptibly some may find it easier to capture the new asana compared to the rest. This is where the students are presented with natural opportunity to guide and help each other as a team. This is particularly undeniable when partner yoga poses are attempted, where practice of yoga naturally fosters a more positive learning environment as students voluntarily help each other and focus on their strengths while tolerating each other's differences. All in all, everyone learns to work better with one another in a harmonious way. Clearly this is an imperative skill to be learnt by anybody.

In a nutshell, practicing yoga on a regular basis will truly improve your postgraduate grades but it certainly doesn't stop there alone. My first-hand experience as a postgraduate student and a yoga practitioner is the significant change on my ability to sustain focus. The easiest way to define is that I am able to keep going with the same velocity and tenacity on my research projects despite the ride getting tougher. And this is not seen only in my studies but also as I handle the many different challenges in my day to day life. It has been my biggest privilege to have come to know Yoga. Yoga, in an unspoken manner has brought me closer to the strength within that allows me to keep moving forward regardless of any circumstances. Which without, the journey thus far may not have been such a bonus! If there is one method that can make individuals more capable in their own selves, to find the anchor within, I would say Yoga is the way.

No wonder this practice has withstood the test of time and science. **YM**

'Lack of true knowledge is the source of all pain and sorrow whether dormant, attenuated, interrupted or fully active.'

All of the pain and sorrow that we think we feel are due to ignorance. How do we get rid of this ignorance? To say we are ignorant is to say that there is some kind of knowledge that we do not know. All of us will admit to having felt pain and sorrow at some point in our lives. We all have had that experience. It is unpleasant and we are not satisfied or happy until we are rid of that which we assume is causing our pain or sorrow.

Patanjali says that the only way to permanently get rid of pain and sorrow is to gain true knowledge. Easy enough to understand but what does he mean by true knowledge? Is he speaking about the type of knowledge found in books or lectures of teachers? Let us break it down further. It has been said that for anything to be considered true it must be unchanging. It does not mean knowledge is one thing one day and something else the other. It has to be the same from beginning to end.

If we accept that premise then we can immediately start pulling a few veils away. Let's take this body. The moment it was born it starts to die. Nothing will stop this process. Sure, we can delay it by living a healthy, natural life but this body will eventually turn back to dust. It is not enduring is it? Then it cannot be the truth. To think that we are solely this body is avidya (ignorance). Instinctively we know this don't we? Be honest with yourself for a moment. Do you see death all around you every day? Cousins, mothers, brothers all have passed away right before our eyes yet if we are being honest we will admit that we do not feel like we are going to die. Why is that? The proof is right in front of us yet we have this feeling that death will not happen to us. That is our instinct taking over and it is right. Sure these bodies will eventually die. This mind will die too. But that is only a fraction of who

we really are. Sad to say that even though we instinctually feel this, it takes many, many years to come to a firm understanding of this knowledge. That is because we have spent many years telling ourselves a lie. It's not only our fault. Society has moulded us to believe in this lie too.

Go outside on a sunny day and look at the sky. What colour do you see? Of course you will see blue but I ask you this question: Is the sky really blue? Doesn't it only have the appearance of being blue? If it were truly blue then when we are in a plane, the wings, tail, etc. will take on a bluish tone. This all sounds very childish and in the west we call it "splitting hairs" but it is an important point. This is just one of the thousands of ways we lie to ourselves every day. I haven't learnt much in this realm but one thing I know from experience is you have to be totally honest with yourself in order to proceed. The first step is to stop lying to ourselves. Stop believing everything society tells us. Stop believing people just because they are older than us. We have to find this knowledge by ourselves. Sure your Guru can push you along, he/she can poke you a little bit if you get lazy but he/she can't do it for you. The Guru can show you the way and even open the door but you have to walk through on your own.

Ok. What do we do? There are hundreds of teachers teaching hundreds of techniques. Which do we choose? Which do we follow? Don't stress yourself so much with who is right and who is wrong. It has been said at the end of the day all are right and all are wrong at the same time. Those things are footnotes and not entirely important at the end of the road. The important practice is remembrance. The important practice is the remembrance of who we really are. Actually it is better put as who we really aren't. We are not the body. We are not the mind. Sure they are a small part of this life but they are minute compared to our boundless infinite nature. This remembrance is the real sadhana and it is a thousand times harder than learning to do a handstand. However, it must be done eventually. Peace. **YM**

A t Your Fingertips:

Fuzzy Memory? *by Lee Yan*

In any living being, at any given moment, some cells are being born, some cells are growing and maturing, and other cells are degenerating and dying. When the process of degeneration exceeds the other two processes, then the ageing process is said to set in. To stop the ageing process, each degenerating cell must be replaced with a new cell and irreplaceable cells must be repaired adequately. This is the same as what happened to the brain, many studies recently have geared towards the study of brain functions and brain degeneration to as condition like Alzheimer's and Dementia have affected many people.

Possible Explanations for Potential Benefit in Alzheimer or Dementia

A medical doctor in the USA had made a controversial claim that she did actually reversed her husband's Alzheimer's using VCO. He had been suffering from early onset Alzheimer's for eight years. She claims the results after he started taking the oil were remarkable. 'He began to get his short-term memory back,' says Dr Newport. 'His depression lifted, he became more like his old self. The problem he'd had with walking improved. An MRI scan showed his brain had stopped shrinking.

If one wished to try it as a health supplement to improve brain function such as learning and memory, virgin (unrefined) coconut oil or VCO would be preferable since it contains higher levels of beneficial "polyphenols" (specifically, ferulic acid and p-coumaric acid). Unlike other commercial grade coconut oil produced from copra, VCO is high in Polyphenols and could be potentially useful for Alzheimer's.

In addition, VCO contains a natural source of antioxidants that help temper the harmful effects of inflammation, e.g., free radical production, which causes so much damage in Alzheimer's and other diseases involving tissue degeneration.

VCO is a uniquely ketogenic food in that it contains a high percentage of Medium Chain Triglycerides

shown to improve memory performance in Alzheimer's patients. When brain glucose levels are low, the brain breaks down fats in our body to produce ketone bodies that provide dearly needed 'fuel' and energy for our brain. In the case of for those who experience fuzzy memory especially Alzheimer's or Dementia patients this source of energy is needed for nerve cell survival and for important synaptic activity such as learning and memory.



Many caregivers for Alzheimer's patients report that when they give the patient high sugar snacks like candy and ice cream, they perk up and become more alert, but the effect is only temporarily. However, ketone bodies contain in VCO is a healthier choice and it can supplement the energy to the brain with a longer lasting results.

A recent case published in the news reported that a 67-year-old former factory worker from London had been diagnosed as being in the late stages of Alzheimer's saw improvement after using VCO. Nearly a year earlier, his speech was gone and he couldn't remember his name or his date of birth. Now he can have simple conversations and can even remember his national insurance number.

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But what about for people who aren't sick - for everyday people like you and me? Well, researchers noticed that in children who follow a special diet together with VCO – they seem to have improved attention, alertness, and social. Obviously, these are improvements that anybody could benefit from and a large numbers of people report feeling clearer, sharper and generally cognitively faster.

Kieran Clarke, professor of physiological biochemistry at Oxford University and head of the Cardiac Metabolism Research Group an expert on the way the body makes and uses energy, believes VCO and similar compounds might help

boosting the brain's energy supply. Professor Clarke explains: 'VCO contains a lot of a particular sort of fat that our bodies can use to make more of "brain food".'

VCO are being used in many traditional forms of medicine. The most well-known of these is the Ayurveda medicine where it's use as an essential component of medicinal preparations. It's recognise for its healing properties to improve variety of conditions. Modern medical science is just now beginning to unlock the healing secrets of VCO. Along with brain supporting herbs like Brahmi, Bhringaraj, Amalaki as well as purification and detoxification through a systematic method could assist in the improving the overall health of the brain and the person's general quality of life.



Some of the testimonial from those benefited from VCO:

"Most people I work with started with a small amount of VCO, with amazing result in improved immune system, energy level, stabilized blood sugar level, improved thyroid functions, weight loss and more mental clarity as well as improved emotional / mental stability. It has so many benefits and it taste great too." - Marie, Nurse

For more information on how you and your family can benefit from using NSR's medicinal quality VCO. NSR's VCO is suitable for vegetarians/vegan users. For other brain supporting herbs and natural treatments availability please feel free to contact us. NSR Centre Damansara Utama at 03-7724 1072.

Disclaimer: This information is meant to supplement, not intended to diagnose, treat, cure or prevent any disease and not replace advice from your doctor or healthcare provider. This information may not fit your specific health circumstances. You should always speak with your health care professional before you start, stop, or change any prescribed part of your health care plan or treatment.

Amanda Yong is 13 this year. Since she was medically diagnosed with scoliosis 7 years ago, she has been wearing a back brace for an average of 12 hours daily. Occasionally she experiences discomforts which are common with scoliosis.

This does not prevent her from continuing with ballet lessons or any other activities that her peers enjoy. In addition to her daily routine since January last year are yoga, swimming and using the monkey bar; all these with the love and support by her parents. Being naturally diligent, she practices on her own without much reminding from her mom as she believes in investing her time and effort to prevent further scoliotic curvature development.

"Initially I was not confident that my spinal degree would improve but my cousin who started yoga lessons a year earlier had improvements. Her doctor recently confirmed that she no longer needed to wear the back brace. After hearing this I had more faith." Amanda shared.

"The effect I get after a yoga class is much more relaxed when compared with ballet or other exercises. From yoga I learned how to apply stretches and breathing to relief the tensions I get."

Amanda and her parents are happy the recent specialist check indicates that Amanda's lower spine alignment has clearly improved since early this year. Despite this she will continue with her daily discipline as she is still growing. Besides practicing Sun Salutations daily, Amanda's favourite postures include:



X-Ray taken: Jan 2014



July 2014 Lower spine
has become more aligned

[illegible]

Triangle Pose



Side Plank



Mountain Pose with One Leg Raised



Cat to Tiger



Spinal Twist on the ground



Ballet Back The Tree
Bend with a
dash of Yoga 21



Eco's Echoes:

Your Supernatural Power (Part 1)

by Ravin.S

In deep thought, we ascertain the single cause of all our suffering is the subconscious belief that 'something supremely or God' has abandoned us. Our beloved ones, as well as our relationships with money, education, health and condition of our physical bodies, all present us to feel disgraced at various times, when our search for love or belonging is shot down. These situations will trigger a tremendous subconscious charge of anger. Diseases of addiction to food, sex, television, internet, alcohol, drugs, blame, rage and all other forms of materialism are our way of seeking 'instant gratification' to overcome for the part of ourselves that feels abandoned.

Once we deeply establish the reality of a conscious being, the blind from our eyes is removed. We learn to build a temple within ourselves where 'Divine Love' may reside, by emulating the everlasting laws of harmony, balance and proportion in thought and in action. Once this process has been fully accomplished, it is impossible for us to blame anyone for our own problems or feel any sense of negative emotions over other's actions towards us. There is no need to try to distract ourselves with the material world, as it is an illusion fashioned by the limitations imposed by our sensory organs, which are not normally capable of detecting the unseen worlds of energy that surround us.

So, how do we attract happiness, not only for us, but for everyone around us too? How to bring peace into our world and heal things around? These questions are always triggering our mind to wonder whether humankind was just a genetic coincidence or it was intentionally engineered. Don't know who or what or how, but the evidence is so overwhelming that, there is an intentionality behind human origins. Let us move on to study the evidence with a bit more depth to see what we are really capable of.

A series of unprecedented experiments demonstrated the existence of an underlying field of energy that bathes the universe. For the purpose of this writing, I have chosen three experiments that completely redefine our idea of reality.

EXPERIMENT I

The scientist designed an experiment to test the behaviour of deoxyribonucleic acid (DNA) on light particles (Photons), the quantum 'stuff' that our world is made of. They first removed all the air from a specially designed tube. The vacuum implies that the tube is empty, but even with the air taken out, the scientist knew that something remained inside - Photons. Using precisely engineered equipment that could detect the particles, the scientist measured their location within the tube. The photons were distributed in a way that was completely unordered which precisely what the scientist expected.

Then, a sample of human DNA was placed inside the same tube with the photons. In the presence of DNA, the particles of light did something that no one anticipated. The particles arranged themselves in double helix pattern as the structure of DNA. The DNA was clearly having a direct influence on the photons, as if shaping them into regular patterns. Human DNA - the substance that composes us was observed to have a direct effect on the quantum stuff that our world is made of. The next surprises came when the DNA was removed from the tube. The scientist thought the particles of light would return to their original scattered state throughout the tube. But instead, the photons remained ordered, just as if the DNA were still in the tube.

With the DNA removed from the tube, what was affecting the particles of light? Were the DNA and the light particles still connected in some way and on some level that we don't recognize, even though they were physically separated and no longer in the same tube?

Evidence arose of the powerful relationship that ancient traditions have held sacred for centuries. The experiment shows human DNA changed the behaviours of the light particles (that our world is made of) which are the essence of the world. Just as our most cherished traditions and spiritual texts have informed us for so long, the experiment validated that we have a direct effect on the world around us. We are manifesting what we want to present around us, depending on how conscious and deep our beliefs are.

to be continued...

Inner Insights: A Kriya Yoga Sadhaka's Sharing and Learning

by GH Lee

I attended MAYI Yoga Academy's Kundalini Kriya Yoga Course (also known as Self Mastery Course) about four years ago. I did not know much about my inner Self then. But one thing I do understand - that this is the most important and fundamental Self-knowledge that I should have. I attended the first briefing by Master Mani, and that led my journey to seek the Self-knowledge with a beginner's mind.

Kundalini Kriya Yoga is a combination of many yoga practices and is beyond my comprehension. I just drop my head and humbly follow the practice. All the 20 Kriya techniques are just preparatory practices for reaching a meditative state. I subsequently attended all MAYI's related short courses to further supplement the Kundalini Kriya Yoga practices.

My daily practices of various aspects of Yoga become part of my life with Kriya Yoga as dominant practice complemented with all the rest. My typical daily practices are as follow; Pawanmuktasana, Surya Nasmaskar, Pranayama, Kriya Yoga, Meditation and Yoga Nidra.

I enjoy practicing Yoga Nidra by moving through the five koshas. The practice normally ends with Self-inquiry of Who am I? The Self-inquiry leads to the realisation that the process of witnessing the awareness is always there after eliminating our body and mind.

Over the years, I have observed an increased in awareness and sensitivity in my life such as follow:

- Less attached to material things and more willing to let go
- Less emotional attachment, more aware of suffering everywhere and as a result tend to have more compassion toward others
- More open minded and willing to subject ideas to test
- More sensitivity of mind chattering, conditioned and compulsive thinking
- More aware of what is true and false ego
- More aware of how body-mind affect each other
- More aware of what is real and what is illusory

This enhanced awareness and sensitivity lead to new experiences which slowly start to refine my attitude and my behaviour changes.

- Physical improvement such as curing of long term foot rashes, lower backache, reduced body stress and fatigue, etc (It works!)

- Feeling more energetic and relax physically, mentally and emotionally.(Look younger and radiant)
- More able to accept life just as it is. More inclusiveness of all things whether good or bad, right or wrong.(Full acceptance, take responsibility and then make creative choices)
- Witnessing without judgement my thoughts, words, feelings and actions as frequently as possible (Maintain mindfulness)
- Last three months during meditation, I begin to experience pranic awakening from the base root chakra, with slow spontaneous knees levitating up, body incline backward, stiffening and begin Ujjayi Pranayama with vibration or trembling (Body and pranic purification and blockage)

Integrating Yoga into my life has been the most valuable investment and also the most fundamental practices for anyone to reclaim their natural state of joy, love and peace. The right understanding is to strive towards how to liberate this life rather than how to control it. Through Yoga practices, I am more able to discriminate between knowledge and experience. So I have become more cautious of talking about anything beyond what I have experience rather than from book knowledge.

All the practices are like spokes in a rotating purification wheel, continuously purifying our body, mind and energy dimension. The life-long aspiration of a wholesome personality is to attain excellence physical health, emotional balance, mental clarity, and spiritual awakening.

In conclusion, all practices are just means for us to express our true Self and this encompass everything we do in life.

I am grateful and thank you to all the Yogi, Guru, Master Mani and friends for their guidance and wisdom.

"Yoga is a re-union of our false separation"
From Unreal to Real,
From Darkness to Light,
From Mortality to Immortality,
Om, Shanti, Shanti,
Shanti.

Namaste. **YM**



Inner Insights: An Unexpected Discovery of My True Passion as a Yoga Instructor

by Suki Liew

I came from a different industry before I started my Yoga journey. It all began when I realised I had a slight scoliosis. I knew Yoga would help me to heal and I should put more effort in practising Yoga as a complete lifestyle.

I moved about in various industries and like some of us, I was unclear about my passions or about what I wanted to achieve in life. But I kept on trying and kept on gaining experiences with hopes that one day, I will get an answer. I thought that it is better to move on rather than to think of all the permutations of obstacles and hindrances that would get in the way.

After I completed my degree, I ventured into different fields such as, Administration, Sales, Freelance Modeling, the Make-up Artist industry and I even became an Auditor. That's quite a wide range of fields, huh? Well, I would say all my previous jobs were great experiences. Since I know working is going to occupy a big part of my daily life, I kept on searching. Honestly, I never saw myself becoming a Yoga Instructor one day, as the thought of it at that time would seem far-fetched.

The thought of taking the Yoga Instructor Course came to me during a period in my life when the people around me often fell sick, but I could not do anything for them. It's definitely not a good feeling when you want to help your loved ones but you possess neither the skills nor knowledge to help them.

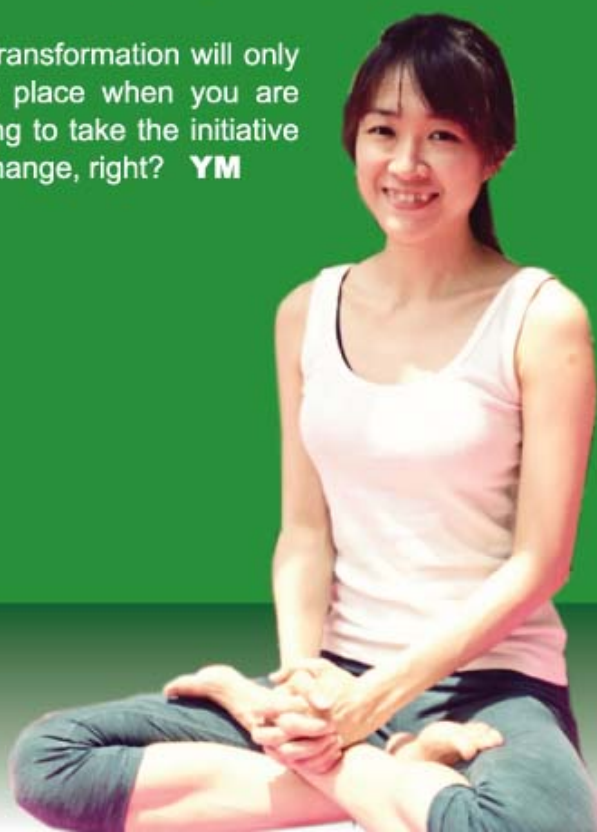
So I decided to look up the International Yoga Instructor Course and started some research. I came to a conclusion that I wanted to learn the ancient teachings of Yoga, as authentically as possible. Consequently, this is where I found Malaysian Association of Yoga Instructors and its founder, my Yoga Master, Master Manisekaran. He is the Master Trainer for the International Yoga Instructor Course at MAYI YOGA Academy. Without any second thoughts, I registered myself for the instructor course. Until today, I clearly remember my first Yoga session. It was then that I discovered that I was not as flexible as I thought I was and found that I had no core strength at all. But then again, no one was born to be flexible and with good strength without practise right? I also remembered that in the course I found classmates

with a wide range of age, from 20-plus year olds to over 50 year olds, and then I realise that Yoga can be practiced and taught to anyone regardless of age.

I eventually began learning from the Foundation, and proceeded to Intermediate and Advanced techniques like Philosophy, Breathing Techniques, Human Anatomy, Shatkarma (detox techniques), Relaxation Techniques, Teaching Methodologies and Posture. The course also focusses on how to teach correctly to avoid injuries, how to modify the asanas (posture) according to the students' needs and the benefits of each posture. I find great satisfaction that I finally gained skills and knowledge in therapeutic methods. I have also recently completed the Ayurveda Massage Therapist Course, Yoga Therapist Certification Course, Partner Yoga Instructor Course, and Kundalini Kriya Yoga Course.

So now I'm doing what I'm passionate about and of course I am also financially independent. I'm so glad that I took the first step to be part of the Yoga family and every aspect of my life seems to fall in place right now. I started my Yoga career from being part-time and now I'm doing it full time. I am so grateful to have the support from the people who love me, and the ex-colleagues from my previous company who understood my situation and gave me courage to make this step in my life. Thank you all so much.

So transformation will only take place when you are willing to take the initiative to change, right? **YM**



Ayur Yoga: Natural Healing for Beauty, Bliss and Balance with MAYI AyurYoga

Ayurveda and Yoga

MAYI has been a one-stop centre not only for learning, teaching and practicing different branches of yoga, but also for other mind-body programmes, management workshops and other activities. Now, MAYI has expanded its light further by setting another milestone - uniting two prolific ancient practices, Yoga and Ayurveda under one roof. This new entity is called MAYI AyurYoga and operates at Paragon Utama, Selayang, Batu Caves.

An Introduction to Ayurveda

Like Yoga, with which it has grown, Ayurveda possesses a long history with many layers, much diversity and a continuous development that makes it relevant for all people and all times. Ayurveda is one of the most remarkable holistic medical systems in the world. It covers all aspects of health and well-being - physical, emotional, mental and spiritual. It includes all methods of healing from diet, herbs, exercise, bodyworks and lifestyle regiments to yogic practices and meditation. With its unique understanding of individual constitution, Ayurveda provides the insight for each person and each culture to create way of life in harmony - both with the world of nature and our higher Self. It offers optimal health and development for all creatures by its profound understanding of natural law.

Why Yoga and Ayurveda for AyurYoga?

Yoga and Ayurveda – while methodologically the two may appear to be at different spectrums, in essence, they are very much the two sides of the same coin, which developed together and influenced each other throughout history. Yoga and Ayurveda are closely related spiritual or sacred sciences rooted in the Vedic tradition of India. Ayurveda is the Vedic science of healing for both body and mind, while Yoga is the Vedic science of Self Realization that depends upon the well-functioning of body and mind. In other words, it is the practice of preserving the health of the body, which is the medium in order to go into the higher faculties of mind.

Yoga and Ayurveda are integral parts of the great system of Vedic knowledge which states that all the universe is One Self and that the key to cosmic knowledge lies within our own mind and heart. Yoga and Ayurveda are far more than physical exercise or bodily healing systems such as we tend to view them



today, however important these aspects may be. Both classical Yoga and Ayurveda look to the 'whole human', which is not only body, but also mind and soul and that could be rightfully called as "integral yoga".

This integral yoga is the foundation of MAYI AyurYoga, which envisions connecting mind, body and breath through natural healing practices. Healing ourselves with Yoga and Ayurveda is indeed a journey. It is not a quick fix or a magic pill. It heals us at the core of our nature, in essence, through the transformation of consciousness. Whilst that journey is upon each individual, at MAYI AyurYoga we wish to initiate and promote the virtues of holistic life by connecting back to the nature.

It is a discipline in harmony with all of nature. As we practice, we grow and evolve as great humans. Stress is reduced, harmful emotions dissipate, sorrow is no longer, and joy and peace return to our lives. Our internal energy builds and our eyes shine radiating the light that is life itself.

Why MAYI AyurYoga?

We are an Ayurveda centre in Malaysia which is run and operated by Malaysians who truly understand the lifestyles and well-being of Malaysians. As the science of Ayurveda and Yoga adopts continuous development, at MAYI AyurYoga, we bring to you the authentic qualities of Yoga and Ayurveda with a combination of modern technology to suit the needs of people from all walks of life. All the herbs and products used in our centre are prepared fresh with pure process utilisation. We use 100% natural plant-based ingredients in our products, without the use of chemical preservatives, artificial additives and artificial fragrance, to carry the real essence of nature directly to the clients, for them to experience the optimal benefit.

We offer a range of Ayurveda therapies from beauty care regimes to complete health rejuvenation. We also constantly review and offer new AyurYoga packages that would make it easy for one to choose in pursuit of his/her present needs. Our treatments are customised to each client in accordance to his/her body dosha(constitution) to achieve the best result. Our ayurvedic physicians determine ayurvedic concoctions and oils which are best for each therapy, giving personal attention to specific needs of each client. Presented in a calm and peaceful environment of our centre for wonderful bodily and mind retreats, these practices are always good complement for modern allopathic medicines.

Services we offer at MAYI AYURYOGA

Abhyangam: Full body massage utilising medicated herbal oil according to constitution of the body, which nourishes the skin and mobilises deeper tissues, and for revitalization of mind and body

Urdwarthanam: Ayurvedic cellulite busting therapy for weight loss rejuvenation, to improve the complexion and exfoliation of the skin

Full Body Masking: Light body massage with application of natural enriching mask which smoothens the skin, brightens and tones the complexion and removes/lightens any scars on the body

Shirodhara : Oil pouring on the forehead for reducing stress and relaxing nervous tensions

Shiro Abhyangam : Head, shoulder and neck massage to induce deep relaxation, calm nervous system and relieve any pain in that region

Nasyam, Netra Tarpan, Karna Pooran : Cleansing and nourishing treatment for the nose, eyes and ears. Available as an add-on to any therapy or package.



Hair Care : Treatment for hair loss and various scalp conditions, to strengthen hair root and rejuvenate hair follicles.

Soundharya Vardhini : Facial massage, scrub and masking therapy to give natural face lifting and tightening of facial muscles.

Greeva Vasti : Herbal oil treatment for the neck to relieve any chronic pain and stiffness in the neck region and to strengthen the neck muscles and bones.

Netra Vasti : Herbal oil treatment for the eyes, to cleanse, rejuvenate, protect from degeneration due to aging process and improve eye sight.

Chakravarti Vasti : Herbal oil treatment for solar plexus at the navel, to balance the digestive system.

Kati Vasti : Retention of warm medicated oil on the affected areas on the lower back (Lumbar region) of the spine to relief lower back problem and strengthen the spine

Janu Vasti : Simple yet effective treatment to relieve knee pain and discomforts.

Navara Kizhi : Special technique of massaging the whole body with boluses prepared out of rice and dipped in herbal decoction and warm milk. This nourishing and restorative treatment is effective in improving the lustre and texture of the skin.

Podi Kizhi : Herbal powder massage with bolus, to remove metabolic toxins and to remove excess tensions all over the body

Feel and enjoy the ayurvedic touch of natural healing for beauty, bliss and balance with MAYI Ayuryoga, while connecting your mind, body and breath, aligned with the nature. **YM**

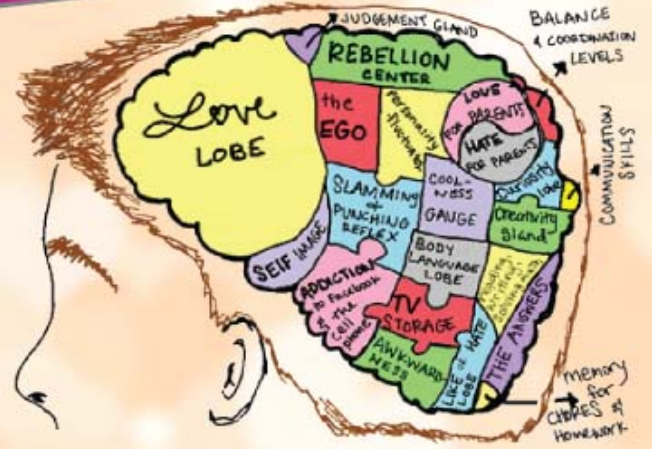
Fundamentally, learning requires acquisition of new information. Our brains, the most complex part of the human body, are prepared to learn from the moment we were born. The brain requires numerous stimulations for effective learning which leads to the strengthening of long term learning abilities. Our natural inquisition that derives from our curiosity of the unusual in our surroundings is one of the driving forces of our passion for learning. And the integration of our senses reinforces these learning processes.

LET'S SEE HOW THE BRAIN DEVELOPS AND WHAT HAPPENS WHEN THE BRAIN 'LEARNS'

All parts of our body consist of cells, including brain. Brain cells are called neurons. The brain starts forming about three weeks after conception and by the time of birth it would have developed at least 100 billion neurons. During the first years of life, the brains of infants and toddlers undergo a magnitude of changes that can affect their learning capacity in the future. How? When we perform activities such as talking, listening, and other practices, dendrites grow out of the neurons. Like braches of a tree that grow from the trunk, dendrites can continue to grow only from a dendrite that is already there (this means that it is from something that we know prior – no branches without the tree trunk!).

New dendrites take time to grow – more accurately, it takes a lot of practice for them to grow. A contact point is formed when two dendrites grow close together and messages can be effectively transmitted across the small gaps (at the contact point) of two dendrites called the synapse. As we continue to learn, a more complex network is created. It is noted that synapses can change in number by the minute and there are strong and weak synapses. Through learning, the weak synapses will become stronger.

When we practise something the dendrites grow thicker with a fatty coating. Like a well-paved highway, thicker dendrites result in faster signals connections. The coating also helps to reduce interference. With enough practice the dendrites build a double connection resulting in faster, stronger and long lasting connections. Certainly, before the practise even begins, the new skill has to be first taught in



order to build the foundation dendrites for a new topic or skill. Without these, they do not have the basis from which to grow, where they later connect and construct the dendrites for extended levels of skill and knowledge. Practise and repetition is essential. If we learn something new and do it only once or twice, the dendrite connection is very fragile and can 'disappear' within hours.

NOW, ABOUT LEARNING...

Often, the meaning of learning is misunderstood. Learning does not mean cramming facts and formulas and to extract them during examinations as proof of comprehension. Certainly, examinations are good methods of evaluating our understanding on the subject matter but the foundation to learning is most important.

Our brains are programmed to focus on new and unusual inputs – we, especially children, learn best when we are presented with ‘challenges’. A healthy brain yearns to learn and children learn best when they are exposed to diversified ideas, experiences and materials, and the learning process is heightened when several senses are engaged. In short, the whole learning process will be greatly enhanced when the whole body is integrated and engaged in the process – the limbs, the brains, the senses, the emotion, etc.

...AND ACE-ING IT!

In the Super Yoga Kids' ACE programme, we strive to Ace it. Not acing the grades, but acing the learning process, making it enjoyable and long lasting. ACE stands to Accelerate learning abilities, Cultivate brain powers, and Enhance memory and concentration capacity.

The ACE programme prepares the whole body, mind and emotion for a wholesome and long lasting learning experience by utilising and incorporating the various functions of the body to enhance learning. It's a fusion of the ancient techniques of Yoga with modern additions. Primarily, the programme features:

- Natural movements and postures to strengthen and prepare a balanced body for effective learning
- Breathing exercises that help to oxygenate the body and brain for optimum physical, mental and emotional performance
- Relaxation techniques to calm the senses and mental system, creating pleasant inner joy and peace to delight in the learning process
- Concentration techniques to stimulate various brain functions in aid of enhancing memory and concentration capacities; and

- Variety of fun activities to engage and sharpen the senses

The ACE programme is a specialised extension programme born of the seven-year running Super Yoga Kids classes and is scheduled to commence in January 2015. Classes will be available for children aged 4 – 12 and are scheduled at Brickfields, Bangsar, Damansara Utama and Selayang Utama.

SYK classes include Yoga Kids Class, Teens Yoga Class, Family Yoga Class and Pregnancy Yoga Class. For more information about Super Yoga Kids, log on to www.superyogakids.com or find us at Facebook: SYK Superyogakids. Contact: Brickfields (03.2260 5322), Bangsar (03.2282 4980), Damansara Utama (03.7726 6682) and Selayang Utama (03.6127 5693).



Educating the Whole Child

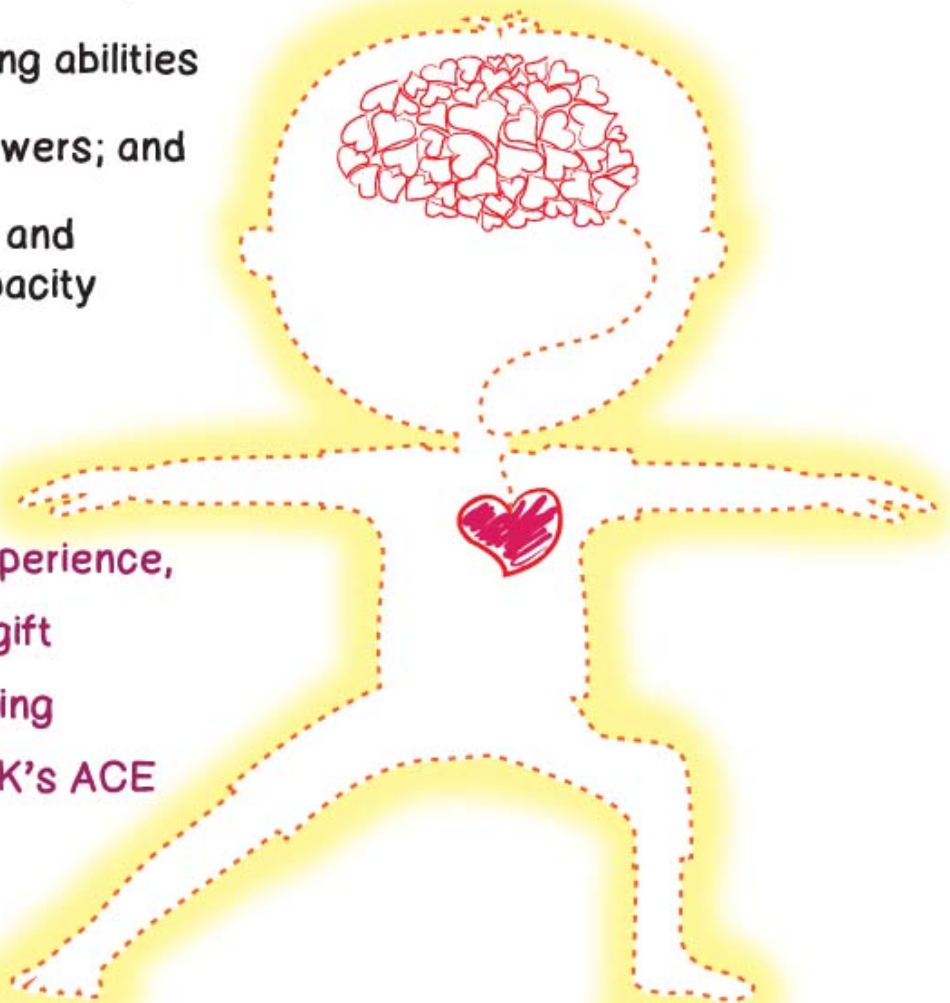
Join the dotted lines for a picture of

Accelerated learning abilities

Cultivated brain powers; and

Enhanced memory and concentration capacity

To complete the experience,
give your child the gift
of wholesome learning
by enrolling into SYK's ACE
programme today!



www.superyogakids.com / superyogakids@gmail.com / 03.2260 5322



Chef Yogi's Food Notes!

Pumpkin Fried Rice



Ingredients:

- 2 cups cooked rice (chilled/cooled)
- 1 cup grated pumpkin
- 1 cup grated carrots
- 1 onion, diced (optional)
- 5 cloves garlic, minced (optional)
- Thumb sized ginger, grated
- 2 potatoes, diced
- 3 pieces tofu. Diced
- ¼ tsp turmeric
- Knob of butter (optional)
- Coriander leaves for garnish
- Rice brain oil

Intructions:

1. Precook rice and cool
2. Sprinkle turmeric and salt on tofu and fry separately in wok until golden. Remove from wok and set aside
3. Sprinkle turmeric and salt on potatoes and fry separately in wok until golden. Remove from wok and set aside
4. Saute diced onion, garlic and ginger until fragrant. Add salt and pepper to taste.
5. Add rice and fry until each grain is evenly coated.
6. Add grated pumpkin and carrot and fry until vegetables are cooked
7. Add the tofu and potatoes and stir until evenly distributed. Check seasoning.
8. Turn off fire and add the secret ingredient (knob of butter :) and serve warm with coriander leaves as garnish.

SCHEDULE OF COURSES: OCT 2014 - MAR 2015

OCTOBER 2014

11/10/2014	BSR	Ayurveda Massage Therapist Course
12/10/2014	BSR	International Yoga Instructor Course - Advance
18/10/2014	BSR	Pranayama (Breathing Technique) Instructor Course
27/10/2014	BSR	International Yoga Instructor Foundation Course

NOVEMBER 2014

1/11/2014	BSR	Pregnancy Yoga Instructor Course
9/11/2014	BSR	Anatomy & Physiology Workshop
9/11/2014	BSR	Super Yoga Kids Instructor Course
22/11/2014	BSR	International Yoga Instructor Course - Intermediate
30/11/2014	BSR	International Yoga Instructor Foundation Course

DECEMBER 2014

1/12/2014	Sg.Buloh	Malaysian Yoga Society - National Yoga Camp
7/12/2014	DU	Partner with Precision - Movements with Awareness Workshop
10/12/2014	DU	International Yoga Instructor Course - Intermediate
15-21/12/2014	Retreat	International Yoga Instructor Course - Foundation & Intermediate - Retreat

JANUARY 2015

9/1/2015	DU	Kundalini Kriya Yoga Course
10/1/2015	BSR	Prana Vidya Course
11/1/2015	BSR	International Yoga Instructor Course - Advance
18/1/2015	BSR	International Yoga Instructor Foundation Course

FEBRUARY 2015

8/2/2015	DU	Jala Neti Workshop
20/2/2015	BSR	Pregnancy Yoga Instructor Course
22/2/2015	BFS	Super Yoga Kids Instructor Course
23/2/2015	DU	Anti-Aging: the Bodyworks of Inner Rejuvenation Workshop

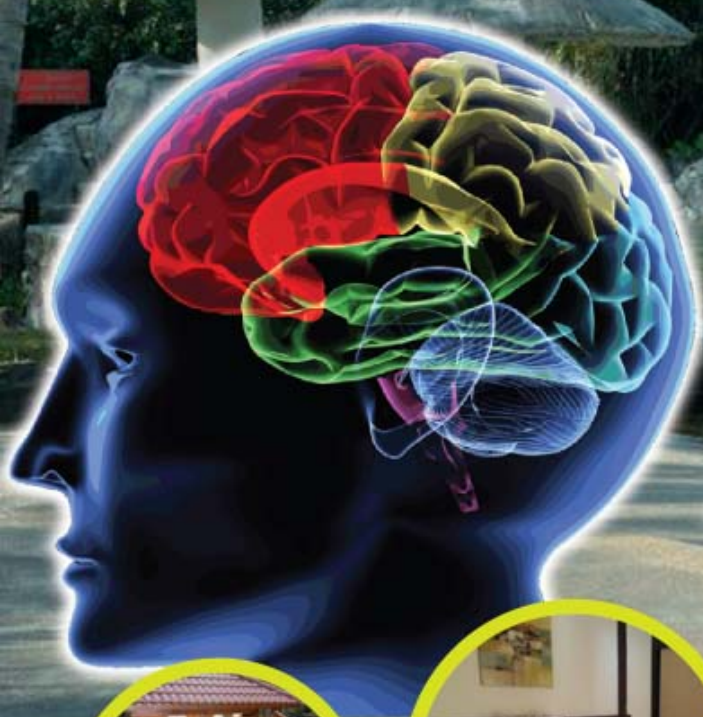
MARCH 2015

8/3/2015	BSR	International Yoga Instructor Course - Intermediate
14/3/2015	BSR	Kundalini Kriya Yoga Course
15/3/2015	DU	Short Course on Effective Sleep
16/3/2015	DU	International Yoga Instructor Foundation Course (Chinese)
25-29/3/2015	Sungkai Hot Spring	Kundalini Kriya Yoga Course Retreat

Kundalini Kriya Yoga Retreat

Enjoy, Rejuvenate & Enlighten!

Date: 25th - 29th March 2015
Venue: Sungkai Felda Hot Spring



Kundalini Kriya Yoga is one of the most ancient and effective Yogic practices to attain the highest levels of brain functioning.

Learn the 20 Kundalini Kriya Yoga techniques, important Pranayama (breathing techniques) and Yoga Meditation techniques while enjoying the retreat facilities of the beautiful Sungkai hot springs along with sumptuous and healthy vegetarian meals!

RESIDENTIAL INTERNATIONAL YOGA INSTRUCTOR COURSE

7-DAYS INTENSIVE RESIDENTIAL COURSE

YOGA IN ALL ASPECTS ENVISIONED BY PATANJALI

15TH - 21ST
DECEMBER 2014

INTERNATIONAL
YOGA
INSTRUCTOR
COURSE

APPROVED 300 HRS BY
MINISTRY OF EDUCATION
MALAYSIA



- ✿ RELAX IN A DYNAMIC YET HARMONIOUS ENVIRONMENT
- ✿ LEARN THE ESSENTIALS OF YOGA TAUGHT BY A YOGA EXPONENT
- ✿ BE CERTIFIED BY M'SIAN ASSOC. OF YOGA INSTRUCTORS
- ✿ TEACH INTERNATIONALLY WITH UTMOST SKILLS & CONFIDENCE

A COMMUNITY AWARENESS MESSAGE

Please ensure you receive certification from Ministry of Education approved sources to maintain the standardization and quality in all teachings including Yoga.
Conducted by: PUSAT LATIHAN YOGA JASMANI

MAYI
YOGA ACADEMY
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Brickfields	3, Jalan Ang Seng 3, Brickfields, KL.	+603 2260 5322
Bangsar	81A (1st Flr), Jalan Bangsar, KL.	+603 2282 4980
Damansara Uptown	89A&B (1st & 2nd Flr), Jalan SS21/37, D'sara Utama, PJ.	+603 7726 6682
Selayang Utama	8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, Bt Caves.	+603 6127 5693
website: www.mayiyogaacademy.com		email: yoga@mayiyogaacademy.com