

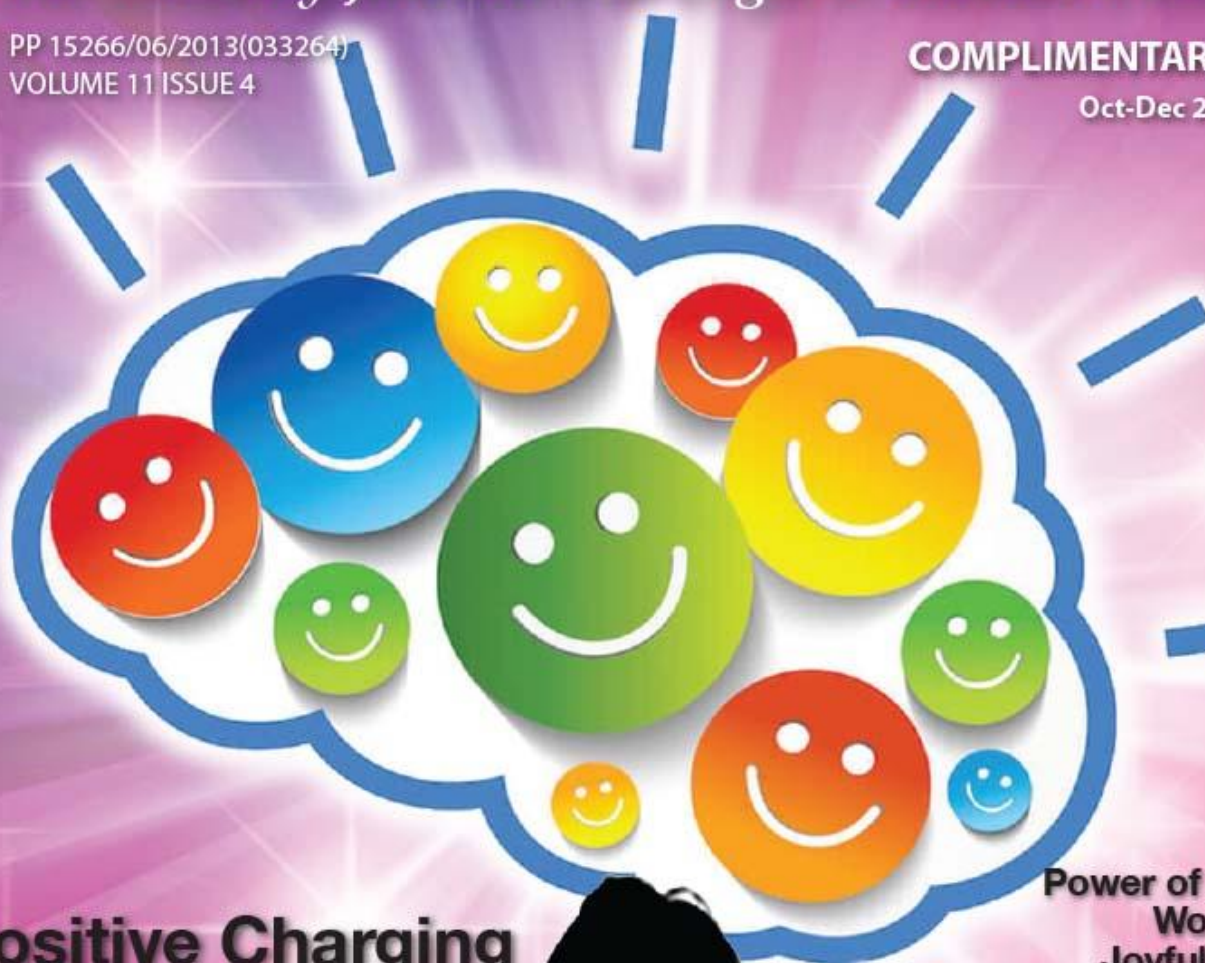
# YOGA MAIL

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**Positive Charging  
through Dharana  
and Dhyana**

**Power of Positive  
Words and  
Joyful Healing**

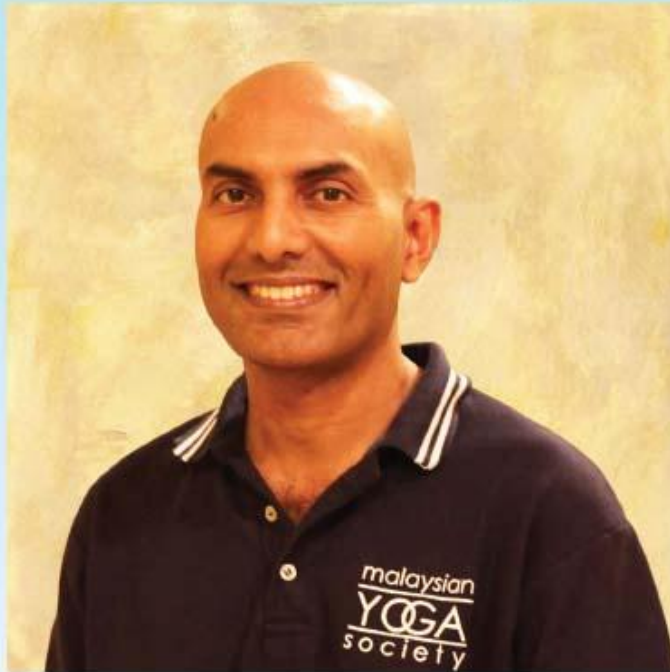
**A Safe Exploration  
Space for the  
Visually Impaired  
- The Yoga Mat**



**Message from  
Master Mani:  
*Positive Thinking  
and Yoga***

# Message from Master Mani

## Positive Thinking and Yoga



*Master  
Manisekaran*

Yoga is being positive... with thinking, feeling and actions reflecting an evolution towards the magnificence of living. However, yoga also teaches awareness of reality that there is bad food, bad company and bad behaviour — all negatives that need to be realised in order to go back to being positive.

To practitioners, there is a third state. There's negativity, positivity and centredness. If negative is sad, positive is happy, then being centred is blissful clarity. Yoga talks about being balanced and centred.

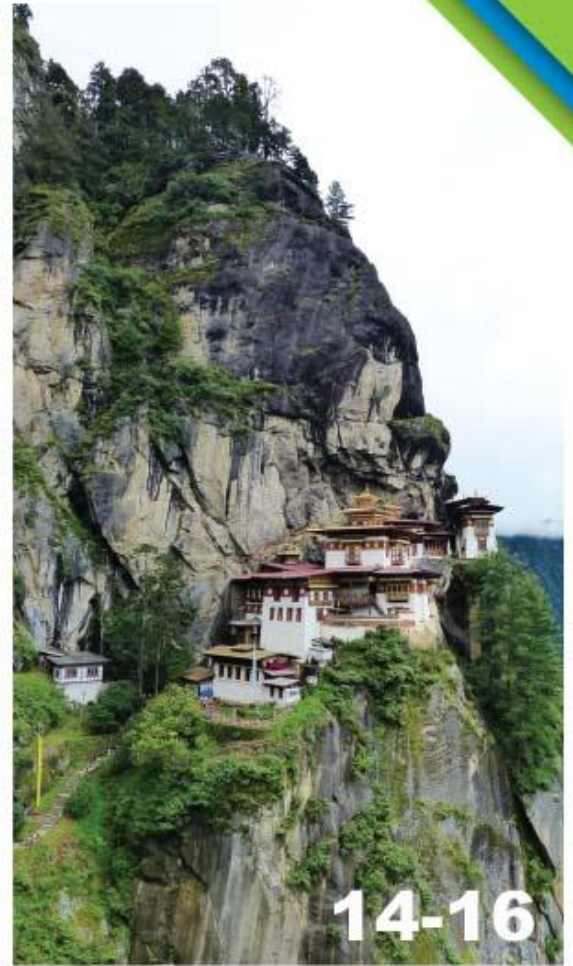
It is not practising fanatical spirituality or some form of egoist psychological process that leads to overall growth, but if one embarks on a journey of sincere, humble and truthful seeking, then one will see that in "positivity" is the potential to transcend that state itself — leading to enlightenment.

A state supported by positivity... but beyond it, eventually, a feeling that one is part of the universe and the universe is part of oneself...

I end with this question for you to ponder: "Is the Universe in a state of positivity or what one can call as - a state of absolute centredness?" Love always and best wishes to all. **YM**

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Advisor:  
Manisekaran

Editor:  
Meiwan

Editorial (Writers and Contributors)  
Dr. Chandra Nanthakumar, Dr. Kuga,  
Jason Amiri, Jessica.S, Kanien Keha, Meiwan,  
Naya Ayaat, Nicole Yong, Rayneisha Elaura,  
Roshani Vijaya Kumar, Vijaya,  
Zul Anjalika Kamis Gunnulfsen

Advertising & Circulation:  
Kasturi

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Danny Kwok

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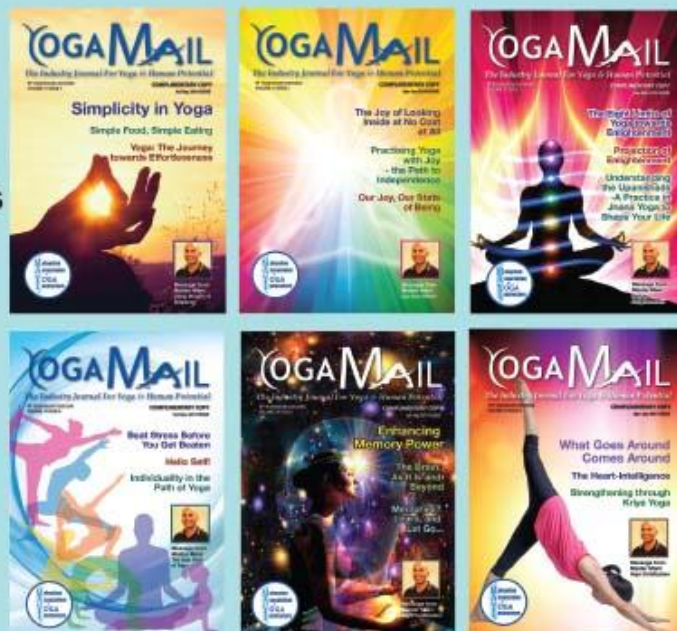
Guided by one of the world's leading yoga exponent  
**Manisekaran**



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# Positive Charging through Dharana and Dhyana

*by Dr Chandra Nanthakumar*

Research has shown that the human brain processes approximately 12,000 to 60,000 thoughts a day. What is shocking is that 80 per cent of these thoughts are negative (Faith, Hope & Psychology, 2012). Even more appalling is the fact that 95 per cent are repetitive thoughts of the previous day. The internal as much as the external dialogues in the mind bring about adverse effects on the blood pressure and heart rates. This goes to show how our body responds to our thoughts and feelings as a result of the mind-body-spirit connection.

If this “behaviour” goes unchecked, dis-eases will start to lurk in every nook and corner of the human anatomy and this will mark the beginning of an unwarranted lifestyle change. Recurring visits to the doctor may cause a hole in the pocket and one has to be prepared to kick start a whole array of medication, which in turn, may bring about adverse effects to the biological system. For instance, certain medications like statins and steroids are known to cause lethargy and weight gain, respectively.

From the yogic philosophy, human beings are unhappy or unhealthy due to non-alignment of the physical, mental and pranic (i.e. energy) bodies. Concerted effort is needed to align these three components. As complex as it may sound, it is doable through meditative movements like yoga. What one needs is time and the discipline to practice.

If one embraces the path of dharana (concentration) and dhyana (meditation), one would be able to not only keep dis-eases at bay but also experience greater heights of joy and bliss. Dharana and dhyana are two of the eight rungs of yoga as stated by Patanjali. The eight

rungs are yama (universal ethics), niyama (individual ethics), asana (postures), pranayama (expansion of life force), prathyahara (sense withdrawal), dharana (concentration), dhyana (meditation) and Samadhi (blissful state).

It is normal for individuals to practise asanas to improve the flow of prana (energy), followed by pranayama to balance the energy in the body and mind. Shavasana, the relaxation pose, lulls the body into a state of prathyahara. This prepares the body for the next two stages that is dharana and dhyana.

Dharana and dhyana may appear similar, but there is a subtle difference between the two. While dharana is about fixing the mind on a specific point, dhyana brings about keen awareness without focus. In dharana, the specific point may be an internal or an external object. Hence, it may range from, for instance, the anahata chakra (internal) to a stalk of rose (external). The importance of the practice does not lie in the object of concentration, but in the concentration itself. It is the concentration that helps quieten the mind. When the mind is deeply focused on a particular object, all other thoughts will cease to appear. The focus on that particular object becomes so serene and peaceful that the mind gradually becomes calmer, clearer and more centred. At this point, there would hardly be any room for negativity. The next paragraph provides a simple description of a dharana practice. It is simple enough for all and sundry to follow.

## A Simple Dharana Practice

In order to commence the practice, one sits in a comfortable position. It is perfectly fine to be seated on a chair if one has

difficulty sitting in a cross-legged pose on the floor. The eyes are closed and the awareness is brought to a particular point, for example, to the tip of the nose. For the next five minutes or so, the focus is on the incoming and outgoing breath. Other thoughts may appear, but the practitioner merely has to bring back the awareness to the tip of the nose and the area surrounding it. The duration of the practice may be increased with time. The practitioner will soon experience a sense of peace within. As the practice deepens, one becomes more aware of the mind.

Meditation, on the other hand, is the practice of observing without judgement or attachment. This word is derived from two Latin words, i.e. *meditari* (to dwell upon and exercise the mind) and *mederi* (to heal). It is essential to note that meditation is not about emptying the mind, and neither is it about letting the thoughts wander. Essentially, it is about paying attention to the present moment; it is about being aware of one's own thoughts, emotions and sensations (Gelles, n.d.). As stated by Patanjali in Yoga Sutra: "Tatra pratyaya ektanata dhyanam". It simply means that meditation is a steady flow of attention towards the same region or point.

It has been proven scientifically that during meditation, oxygen consumption drops drastically (EOC Institute, 2018). In 10 minutes, it plummets by approximately 20 per cent. When this happens, the body will be lulled into a restful state. The heart beat becomes slow and the brain starts emitting alpha and theta waves. At this point, the mind is free from unwanted thoughts; in other words, the mind is very positive. A simple meditation practice is included in the following paragraph.

### A Simple Dhyana Practice

This practice is called the walking meditation as

it requires the practitioner to walk. First and foremost, the practitioner needs to find a space and start walking at a medium pace while focusing on the feet. The space may be inside or outside the house. As one walks, the awareness is brought to the heels as the feet touch the ground. The awareness is then brought to the toes as they hit the ground. Be aware of the moment when the feet are completely on the ground. Continue to observe all these for about five to ten minutes. The duration may be increased as time goes by. During the practice, there is a likelihood that the mind may wander. All you have to do is gently bring your attention back to your feet. This practice helps you build or enhance your concentration skill. Whenever negative thoughts penetrate the mind, this practice has the ability to help the practitioner discern and bring the mind back to a present state of calmness and centredness (Adapted from McMullen, 2013).

In short, the practices of concentration and meditation are priceless medication for the body and mind. Both the practices merely require one ingredient — time. **YM**

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# Power of Positive Words and Joyful Healing

by Nicole Yong

*Happy Teacher,  
Happy Vibrations,  
Happy Students*



Sincerely, I am blessed and feel like I have won a grand bonanza when it comes to teaching yoga as a part-time job. For me, this is better than any ordinary job. Being able to spend energy on teaching yoga makes me feel complete. I love this job and the reasons are many. I want to share the joyful experiences I have in my classes. One important aspect of my teaching is to always maintain a positive mind and share the joy with my students.

## **The Goal of Yoga**

If we read Patanjali's Yoga Sutras, the goal of yoga is to achieve Moksha, or enlightenment. It's also about attaining final liberation from the world of suffering.

Yoga practices involve asanas, Pranayama and

Meditation, among others. It helps to build ourselves and guide the society towards good practices. The practice of Karma Yoga with a sincere heart is to resolve our samskaras, release internal tensions and experience inner happiness. A systematic yoga sadhana practice improves health in our body and enhances our positive mindset. The yoga instructor who follows the yoga sadhana practices is in harmony with himself and the world, living positively in peace and love.

## **Our Positive Words are Our Most Powerful Tools**

Through systematic yoga sadhana practices, our positive mind becomes stronger. We will have a good sense of humour and a strong sense of hope. We are full of

bliss and ready to face daily life challenges.

The power of our positive mind will lead to positive thoughts and positive words. They all add up and matter. Thus, words are more than just a way to communicate because words have energy, hold a vibration and have power.

You may or may not be aware of people's energy, but positive people with positive words are happy, compassionate and supportive. You feel happy and relaxed around them. Their vibe is very warm and strong.

Positive words are our most powerful tools to create a relaxed, safe, encouraging, harmonious and happy learning environment.

### **The Yoga Instructor's Positive Energy**

The yoga instructor's positive energy is important. The instructor needs to be calm, centred, loving, passionate and radiating joy when teaching. When any one of these essential components is missing, students might not enjoy the class no matter what level of technical expertise the instructor possesses.

Again, the practice of pranayama and meditation is very important. I understand that my enthusiasm wouldn't have lasted long in yoga practice and teaching if the inner joy of my personal practice was not felt and the interest in yoga was just at a physical level only.

### **Use Encouraging Language**

Make it clear that, classroom is a no-pressure and judgment-free practice environment.

This environment allows students to work at their own comfort and capacity.

### **The 1st rule is: No suffering.**

Yoga pose is described in Patanjali's Yoga Sutra

as "Sthiram Sukham Asanam" (Asanam = yoga poses; Sukham = happy, calm; Sthiram = steady), which can mean "yoga poses should be practiced in a way that is steady, but with a happy and calm mind". In other words, doing yoga poses in a gentle and graceful manner with awareness can create happiness, and simultaneously relax and rejuvenate you.

So there is no one "strongest pose" in yoga. Different yoga poses have different benefits. Let the students know that clearly.

### **The 2nd rule is: No judgement.**

When teaching open-level classes, we may have students who have been practising for more than five years, and students who are attending for the first time. As a caring yoga teacher, we need to tell students that their practice is their own, and everyone has his own practice journey.

If students look at other students and see someone stretching deeper or stronger, they may say to themselves: "My practice is not good enough. I'll never get there." And so on.

The comparisons they make will steal their joy away. Students will go through mental pain and break rule number one, which is: No suffering. So, the yoga instructor needs to tell students to practise with a happy mood, smiling face and no judgement of the practice.

### **You May Not Be a Great Instructor, But Be a Happy One**

Sometimes I share with my class that I am just a normal yoga instructor. "Please lower any expectations of me, and then anything you enjoy or learn will be a bonus" is my personal mantra. I feel I'm still learning to guide students in the practices — and this positive mindset helps to settle my self-conscious thoughts. Yes, zero ego.

When I demonstrate intermediate or advance yoga poses, I joke that no matter how impressive a yoga pose looks, it's just a tool for us to train ourselves physically and be mentally healthy, steady and calm. See...if you are able to perform a headstand perfectly, it won't save someone from losing a job or being scolded by clients. So, don't worry, be happy, smile always, don't take ourselves too seriously, if we can't perform headstand. Hehe, I am not an entertainer, but I realise that bringing happiness in the teaching creates a positive climate of learning.

You may notice when an instructor has technical expertise versus when one who doesn't, but often the quality of the class is not measured in such a way.

From my observation and experience, a great class is made of a happy instructor, happy vibrations and happy students. The evidence comes after the class is over: I can see from the students' reactions — their eyes are filled with joy and they are happy. Students sometimes share that they are happy, their week was different or they slept well.

I still remember, last year, after my yoga class, one of my senior students approached me with a broad smile and said: "Teacher, I really enjoyed the meditation practice. I felt calm and light. It seemed like there was no weight, like being in space."

Out of a sudden, another senior student replied happily:

"Ha-ha, you can fly without AirAsia. You can save a lot of money."

The rest of the students were as confused as me but just for a while. But when we understood the joke, there was a loud laughter throughout the class. Everyone laughed out loud. A healthy sense of humour was already blossoming and spreading among the students.

### **Positive Energy and Intuition**

No matter where I teach, whom I teach, the thought of how to help the students is always foremost in my mind. Sometimes the teaching plan needs to be changed to adapt to the students' conditions. It comes from intuition and I conduct the class according to the flow of the day.

This is why I love teaching yoga. Teaching yoga is an art and also a science. It continuously inspires me to make each and every class a happy one.

The Universe is full of vibrations, whether seen or unseen, it will definitely vibrate. Each of our thought creates a vibration, which appears like a wave in our mind and that vibration travels outwards into the universe. Positive vibration created from the mind will attract similar vibrations from the universe, and manifest as circumstances in life.

Therefore, as yoga instructors, we digest the yoga philosophies and wisdom that we learn in the yoga instructor courses and make it workable in our own life. An example, or experience, in life is much better than tonnes of theories and hundreds of workshops. Let students see the Yoga in us. Let us glow with the yogic light positively. Keep up that light.

Om Namah Shivaya. **YM**

# A Safe Exploration Space for the Visually Impaired – The Yoga Mat



*by Roshani Vijaya Kumar*

Yoga is the union of the body and mind, and as dancers, we practice simple yoga asanas as warm up exercises before actually dancing. Because dance is a form of yoga where the mind and body becomes one, I started seeing yoga in everything I did on a daily basis –even in something as simple as that rejuvenating sensation of hot water trickling down the back of my neck when I showered.

Suddenly it dawned on me that there may be a chance of me spreading this beautiful feeling of practicing Yoga to others who have yet to discover this form of joy.

Every instructor has to go through formal training before they start teaching. Only when I started teaching, did I realise that instructors themselves go through a learning process in every class they teach. Choosing the correct words to give instructions, demonstrating the

poses, feeling the pose internally and experiencing the benefits were really an eye opener for me. As time went by, I became more aware of the nuances involved.

Teaching my usual class was a learning experience and when I chose to reach out to those who were visually impaired, the experience became more of a journey towards realisation. Teaching these wonderful souls has taught me that as an instructor, it is my duty to ensure that the students get the best out of every session – not the instructor. When I started off teaching, I used to practice every flow with the students as I was under the impression that if they see me do it, they would follow and do the same. However, teaching yoga really has more aspects to it than just to “blindly” demonstrate. Every student has their own strengths and weaknesses, and it is the job of the instructor to observe and improvise the flow accordingly. The best instructors allow space for



the students to venture and explore - to find what “feels right” for them.

The yoga classes for the visually impaired has taught me something invaluable about focus. Those of us who are blessed with normal eyesight may use our eyes unwittingly to judge, compete or compare with others in the class. Instead of focusing on deepening our own practice, we unconsciously divert our attention observing the ability of the person next to us. What I have observed and learnt is that those who are visually impaired channel all their thoughts to their personal practice. This allows them to benefit at a whole different level – internally.

When the sense of sight is not used, our awareness opens up to all other senses including the ability to sense one of the most essential elements of Hatha Yoga – the core strength, the life force, also known as Prana. For instance, when attempting balancing asanas at beginner level such as Tadasana or Samasthiti (simple standing pose) or at advanced level such as Sirsasana (headstand), the sighted tend to use less of the core strength to balance as they are confident of the surroundings.

Many instructors tell their students to find a point or object and focus on it to prevent losing balance. However, this is challenging for the visually impaired. Hence, engagement of the core to maintain balance is required. Try balancing by just standing on your feet with one or both heels off the floor. Then close your eyes. What does that feel like?

I must confess that it was really challenging when we first started yoga at the Malaysian Association for the Blind. I had to provide detailed step-by-step instructions, guide and assist them through the movements. The wall was used a lot for support. To my surprise, they managed to grasp the words I have been using in my class , and now the whole warm up session i.e. the “Pawanmuktasana Series” to loosen up the joints, is simply done by listening to my verbal instructions without any physical contact.

My journey of practicing and teaching Yoga has never failed to amaze me as I have come to realise that whether sighted or visually impaired, there is no end to exploring our capabilities. **YM**

## Moola Bandha - the Perineal Lock by Jason Amiri

Moola bandha: moola means “root, firmly fixed, source or cause, basis, the foot, lowest part, or bottom, or foundation”, Bandha means lock, restrain, shut or close. Together, the words ‘Moola’ and ‘Bandha’ refer to the contraction of the perineum or its equivalent in the female’s body. This contraction is triggered at the trunk of the body, the perineum. Moola Bandha is known as the perineal lock, contraction of the muscles around the pelvic region in order to release and control energy generated by the mooladhara chakra.

Gheranda Samhita:

*“Press with the heel of the left foot the region between the anus and the scrotum, and contract the rectum, carefully press the intestines behind the navel on the spine, and put the right heel on the organ of generation, or pubes. This is called moola bandha, destroyer of decay.”*

Moola bandha is performed by relaxing the anus and contracting only the perineal body. It can also be performed by pressing the heel against the perineum.

It is possible that through the practice of moola bandha immense sexual energy will be generated. Then this energy must find a positive means of expression. The sadhaka begins to perform vajroli mudra so that it may be rechannelled upwards into the sushumna. Others find an expression for this energy through working, painting, writing, inventing and so on. Whatever the avenue of expression, this vital energy, or ojas, should not be lost or

wasted in idle sensual enjoyment. Ultimately, ojas is the majestic unfoldment of the most highly-refined consciousness. Whether it reaches its final culmination in the sahasrara or remains bound by the wall of mooladhara is a decision that exemplifies a turning point to spiritual life.

Moola bandha, and all bandhas in general, are a powerful means of relaxing the body and mind. They relax the mental tenseness that we see mirrored in various personalities as phobia, mania, hysteria, depression and anxiety.

Moola bandha is a psychic practice which manipulates the pranic body, specially apana, by contracting mooladhara chakra. It sends energy up to ajna and sahasrara chakras directly and stimulates all the other chakras as it travels through sushumna.

By combining physical contraction with mental awareness and visualisation, we can then heighten our sensitivity on the psychic plane.

Siddhasana, or siddha yoni asana, is the best pose for moola bandha.

We can also touch mooladhara with sound vibration, such as those generated in bhramari pranayama and mooladhara anusandhana. We suggest that you perform one or both of these after your asana practice, and then move directly into mooladhara dhyana. This sequence thus forms a completely integrated sadhana programme leading you through asana, pranayama and concentration to meditation.

Isolation of Mooladhara:

1. **Pelvic floor awareness:** sit in any comfortable meditation posture. Contract the whole pelvic floor, Ashwini, mool, and vajroli together, exhale release. This is one round, continue for 25 rounds.
2. **Sthul (physical) moola bandha**  
Sit in any meditative pose that apply some pressure to the mooladhara trigger point. Natural breathing, contract mooladhara, hold for as long as you can without strain and relax. Continue for 20 rounds.
3. **Ashwini mudra ( horse gesture)**  
Sit in any meditative pose. Inhale contract only the anus, the sensation is that of holding to prevent defecation. Hold the breath and contraction, then slowly release as you exhale. Practise twenty five rounds.
4. **Vajroli mudra ( thunderbolt attitude)**  
Sit in any meditative pose. Inhale, contract only the urinary muscle. Feel or imagine that you are trying to restrain urination. Hold the breath and contraction, then slowly release as you exhale. Practise twenty five rounds.
5. **Ashwini-moola-vajroli alteration**  
Sit in any meditative pose that apply some pressure to the mooladhara trigger point. Perform five rounds of Ashwini mudra with breath, then five rounds of Sthul (physical) moola bandha with the breath, then five rounds of vajroli mudra with the breath. This is one rotation - Ashwini, moola, vajroli. Practise three complete rotations.
6. Sit in any meditative pose that apply some pressure to the mooladhara trigger point. Inhale, bring the breath (prana) from mooladhara to ajna, chin to chest, jalandhara

bandha, hold the breath, contract mooladhara, raise the head, exhale, release mooladhara, bring awareness back to mooladhara.

By consistent practice of Moola Bandha, the dormant kundalini awakens and enters into the sushumna nadi and travels upwards passing all the chakras in the body, purifying them and vitalising the body. Jalandhara Bandha, Uddiyana Bandha and Moola Bandha, can be practised at the same time to increase the effect of the Bandha. Moola Bandha can also be practised gently while performing asanas or even during daily activities.

Considering all the benefits of Moola Bandha, I have started to practise Moola Bandha and include it in my daily yoga practices. I performed Moola Bandha while holding yoga poses such as forward bending, twisting, backward bending, headstand, shoulderstand, handstand, moon pose and other poses.

After a few months I achieved controlling the pelvic floor muscles and isolating the muscles related to Vajroli Mudra, Ashwini Mudra and Moola Bandha. On top of that after practising Moola Bandha for a few months, I felt my vitality increased and I was able to control my emotions more. To master the muscles of pelvic floor, I recommend to perform Vajroli Moudra, Ashwini Mudra and Moola Bandha in Moon Pose 3 times a day.

#### **Reference:**

*"Moola Bandha, The Master Key", Swami Buddhananda*

# Articles by Practitioners

## A Traveller's Journey: Bhutan, Kingdom of Thunder Dragon

by Kanien Keha

We were in awe right from the time the Druk Air pilot announced that the mighty Mt Everest and Himalayan snow-capped mountains were visible in the comfort of our seats as we flew from Calcutta to Paro. A great way to start our journey to Bhutan, a country called by so many different names — Druk Yal, the last Shangri-la — and famous for being the only carbon-negative country and the philosophy of Gross National Happiness.

Bhutan is a small country in the Himalayas, sandwiched between India and China. Besides its breathtaking panoramic valleys and natural beauty, there is a strong sense of culture and tradition that binds the Bhutanese and sets it apart; being the only Vajrayana Buddhist nation in the world, the teachings are deeply rooted in their day-to-day lives.

Upon arrival, we drove from Paro to Thimphu, and didn't really mind the 1.5hrs winding mountainous roads as the journey took us through stunning landscapes of Bhutan, covered in a blanket of green till the eyes could see, with paddy fields providing the burst of golden hues of yellow in summer. We were in awe of the crystal-clear emerald rivers running parallel to the roads, crisp clean air, beautiful Dzong architecture, and excited to see apple, peach and pear orchards. It was intriguing to see many clusters of white flags on the hills erected 45 days after the death of a loved one, believed to guide and protect the soul on its journey to the next life.

The capital city, Thimphu, greeted us with literally no traffic, a clean but dusty city with speckles of houses and low-rise buildings with intricate Bhutanese architecture and paintings of 4 Dignities 'Tak Seng Chun Druk' — following the government's painting guidelines. These 4 Dignities were believed to avoid negativities and

misfortunes from all corners and represented sacred qualities such as confidence (Tak – Tiger), clear awareness (Seng – Snow Leopard), fearlessness (Chun – Garuda) and gentle power, wealth and prosperity (Druk – Dragon).

After checking into the hotel, a few of us explored the streets of Thimphu in the evening, a tad disappointed that the souvenirs sold are not made-in-Bhutan and pleasantly surprised that cars stopped for pedestrians to cross the road as soon as they see anyone by the roadside, that too, without any visible traffic lights in the cities we had visited.

With 4 more days in Bhutan, we started our journey on a high the next day, visiting Royal Takin Preserve, a wildlife reserve area in lush green pine forest for Takin — Bhutan's national animal. A short drive led us to one of the most popular landmarks in Thimphu, Tashichho Dzong, a large Buddhist monastery and fortress that houses the Bhutanese government and offices for the King. The fragrance from the rose gardens surrounding this premise was a delight to the senses, in addition to the beautiful Bhutanese murals, architecture and a temple with large Buddha Shakyamuni. There were approximately 108 prayer wheels recessed into the walls at this Dzong and it was very calming to spin these decorated prayer wheels, sending prayers to the universe.



Royal Takin Preserve



Decorated prayer wheels, Tashichho Dzong

A stop-over at the Centenary Farmers Market allowed us a glimpse into what the locals consume. It was very clean and colourful and we were delighted to learn that the vegetables were organic as pesticides and chemical fertilisers were banned in Bhutan, another check towards being progressive. Our last stop for the day was the National Memorial Chorten, dedicated to world peace and was built in honor of the 3rd Bhutanese King.



Great Buddha Dordenma

We started Day-2 journey with the gigantic 51-meter bronze Great Buddha Dordenma glittering under the clear blue sky. It is one of the largest sitting Buddha Shakyamuni, which contains 125,000 miniature statues of Buddha encapsulated inside its body. In reality, this is more than the 100,000 population of Thimphu.



108 Druk Wangyal Khan Zhang Chortens

And en route to Punakha, we stopped at Dochula Pass, overlooking the Himalayas. This pass is famous for the 108 Druk Wangyal Khan Zhang

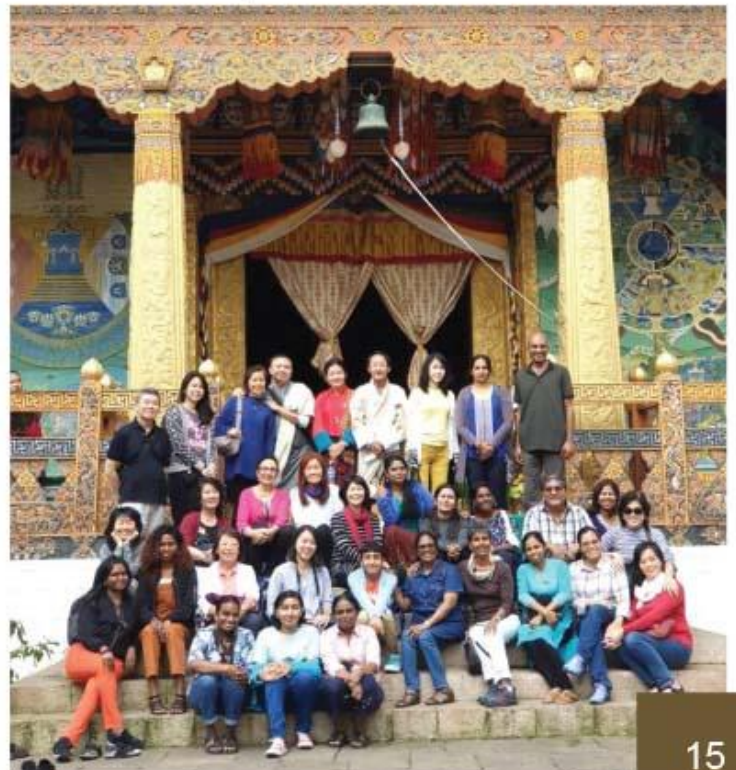
Chortens or Stupas, which tell a story of spirituality and bravery. It was built in memory of Bhutanese soldiers killed during the war. A sense of peace prevailed as the locals went about their religious prayers circumambulating the 108 Chortens chanting prayers and rotating their beads, whilst the Pass was covered in a blanket of mist.



Beautiful tall whitewashed Punakha Dzong

On Day 3, we visited Punakha Dzong, one of the most important Monastery fortresses that houses the national treasures and its where all the Bhutanese Kings are crowned. The towering whitewashed walls of the Dzong is a beautiful sight between 2 major rivers in Bhutan — the Pho Chhu and Mo Chhu rivers — and is only accessible via the Bazam Bridge.

Our lunch was a discovery of Bhutan's national dish, Ema Datshi, a spicy mix of Chili and Cheese, and a meal of delicious red rice, organic vegetables and creamy ice creams, with a mesmerising postcard-picture-perfect scenic view of Punakha valley from the restaurant.



Our last stop for the day was a leisurely uphill trail through a village with paintings of phallus on their walls and between paddy fields of gorgeous hues of golden yellow to Chimi Lhakhang — also known as The Fertility Temple. This Buddhist monastery was constructed by an eccentric monk who preached Buddhism in an unconventional manner. The monks in the temple blessed visitors with a bow and wooden phallus that belonged to the Divine Madman.

We were thrilled as we started our journey early in the morning to the much awaited Tiger's Nest Monastery, the highlight of our tour. Also known as Paro Takstang, it's one of Bhutan's most stunning and sacred Buddhist pilgrimage temples built 10,000ft up on the side of a cliff comprising 4 temples constructed around the cave where Guru Padmashambava first meditated in the 7th century for 3 years, 3 months, 3 days, 3 weeks and 3 hours. Legend has it that Guru Padmashambava was carried from Tibet on the back of a Tigress to this cave, thus giving it the name 'Tiger's Nest'.

Luckily, the weather was cool as we hiked through the Alpine forest guided by the sight of the Tiger's Nest Monastery perched high up in the mountain, which was covered by clouds playing peek-a-boo, teasing us to reach it for a better view. The terrain changed from flat grounds to a sandy trail with a burst of boulders

all the way uphill; the walking stick we rented really came handy.

With the fluttering colourful prayer flags along the trail, Tsa-tsa's tucked away inside cave-like enclosures and stacked stone pyramids along the way, the walk through the quiet forest added a mystical beauty to our journey. Reaching the iconic viewing point, the sight of the Tiger's Nest Monastery perched on the edge of a cliff overlooking Paro Valley was a sight to behold. We rested a bit before we embarked on our journey to conquer 800 stairs before reaching the temple.



Inside the temple, a sense of calmness prevailed with the smell of incense and the silence of devotion. We drank the saffron-infused holy water offered by the monk and meditated a bit before exploring the temple premise. We ended the day with a sumptuous Bhutanese traditional meal for dinner and cultural performances in a farmhouse with the warmth from a bonfire.

Bhutan made an impact right from the day we landed. The scenic beauty exuded calmness, awakened all the senses, created an appreciation for nature and invoked humbleness from our travels to the Tiger's Nest Monastery and many Dzongs. It was truly a gastronomical delight. As we flew out of Paro back home, with wonderful memories to cherish, the Land of Thunder Dragon beckoned us to return real soon as there was more to explore. **YM**



Tiger's Nest Monastery

# Event:

## Yoga Education Can Supplement School Education

by Nicole Yong

Yoga education can nurture the students in many ways and help to balance their physical and mental faculties. It will help them develop all the activities of the students, be it academic, sport or social. Yoga practices are truly transformational. Yoga provides improved concentration in studies, better stamina for sports, higher awareness and a balanced attitude.

On September 02 2018, at SJK (C) Chung Hua Klang, Kota Kemuning, the Malaysian Yoga Society (MYS) team, led by 24 yoga instructors and volunteers, began My Yoga Sadhana half-day Camp for 40 Standard Six students. A few teachers and parents joined too. The kids got familiar with fellow schoolmates and yoga instructors really fast and became highly interactive.

My Yoga Sadhana Camp was structured to cover the following topics:

1. Hatha Yoga: The general yoga therapy to fuel the body and mind.
2. Talk: Healthy Eating: Let the Food be the Medicine & Increase Vitality
3. Pranayama (the yogic breathing practices), Concentration and Mindfulness practices: to revitalise and calm the body and mind, stabilise moods, develop concentration and increase self awareness.
4. Talks and Kids' story-telling performance: Group performance related to Yama and Niyama topics — the moral ethics towards society and self-discipline.
5. Yoga games: to release all the nervous energy, to let the kids learn about sharing, unity and teamwork.

In order to teach good values, the yoga instructors guided the kids to do Karma Yoga activities, such as cleaning up the hall, settling the mats, etc.



Overall, the kids enjoyed the activities and had a cheerful learning experience. The headmistress, teachers and PIBG members expressed their appreciation and said they were looking forward to such events again. Thank you to all the students, teachers, headmistress, parents, yoga instructors, volunteers, MYS founder Master Manisekaran, Teacher Pushpa and fellow committee members for making this event a success.

These days, children live in a rushed environment, with stress and exams weighing on them. They have excessive energy that is mostly suppressed and spend the major part of their time taking in all information they get in school. Yoga practices can make a huge difference in their lives. It helps them release stress, become more interactive and take on a more positive attitude towards studies.

Schools that are interested to conduct a half-day or one-day Yoga Camp programme are welcome to call or write in to invite the Malaysian Yoga Society team. For the arrangements, please contact:

Malaysian Yoga Society  
No. 3, Jalan Ang Seng 3,  
50450 Brickfield, Kuala Lumpur  
Tel: 03-2260 5322

## Positive State of Mind with a Balanced Body

by Jessica.S

When positivity flows into thoughts and attitude, then one is optimistic. Positivity refers to a mental state that is refreshing, enthusiastic and full of life. Positive thoughts keep you active, energetic and alive in all situations. We all have problems and issues to deal with, but are they going to be solved when one gives in to negative thoughts? Nope! So have positive thoughts!

Positive thoughts can be developed in a number of ways. One of it is meditation to build self-confidence. What we think we often believe. The alpha and omega of positive thoughts is believe in yourself and everything you do. In fact, there is such strong connection to what we think and how we feel that individuals have been known to cure themselves from terminal illnesses just by believing in themselves, a higher power or a combination of the two. At every turn, having positive thoughts, you should feel confident and think that all will go well with you at the helm.

According to Ayurveda, the body itself is a mental organism, a vehicle of perception designed to support the functions of the senses and to facilitate experience by the mind. Any breakdown in bodily function has its root in the perceptual process and results from wrong use of the senses. Too much, too little or wrong use of the senses results in wrong actions that cause us eventual pain. This unrest may manifest as feelings of anger, overwhelm and stress, loneliness, not being loved or appreciated. On the other hand if we use the

senses in the correct manner, then we experience feelings of joy, peace, relaxation, gratitude, love and appreciation. Positive thinking leads to a positive state of mind, which manifests in a positive and balanced body. In this state of being, the body is free of sickness and disease and the mind is clear and balanced, and does not deplete the body of its natural energy.

Here are some Ayurveda Treatment tips to assist you with becoming a more positive thinker:

You are human and are here to learn and enjoy life so focus on the positive.



### 1) Abhyanga Snanam

The abhyanga is a process of complete oleation. Oil is systematically worked over the body and into the skin so that it is absorbed through the pores of the skin. The oil works its way in to the cells of the body by loosening toxins and purifying. The oils are prepared individually with herbs to enhance their therapeutic effects. When warm herbalised oil is rubbed gently all over the skin, your body and mind feel pampered and relaxed.



## 2) Shirodhara

In this treatment, soothing warm oil is poured in a gentle stream to the forehead. This is profoundly relaxing as it works to calm and pacify the central nervous system, and still the mind and senses. This allows stress to be relaxed, enhance natural healing, and bring clarity of mind and comprehension.



## 3) Swedana

This is a herbalised steam therapy. The heat of the steam helps to relieve tension and allows toxins that have been loosened beneath the skin to be “sweated out”.



## 4) Detox

Detoxify from time to time, follow an ama-reducing diet. Internal cleansing helps flush the ama out and helpful in restoring our well-being.



## 5) Eat to Relieve

Make use of relieving herbs like Ashwaganda, Brahmi, Turmeric that relax the turbulent mind. These herbs not only eliminate depressive thoughts but also help to channel your energy in the right direction.

## 6) Eat Mindfully

Create a fresh lunch. Foods that are processed, canned, frozen or packaged are harder to digest, and thus create ama, or toxins. Make fluids, fresh fruits and green veggies an important portion of every meal. Eat in a settled, quite atmosphere and focus on your food when you eat.



## 7) Sleep Soundly

Sleep is one of the body's best ways to heal and this principle stands true in Ayurveda. Allow your body to truly repair and regenerate by adapting your sleep routine to ensure that your rest is deep and restorative.

Lastly, every time you catch yourself having a negative thought, laugh and change it into a positive one. Over time, this will become an automatic habit! **YM**

# Positive Vibes Only

## SuperYogaKids corner

by Zu Anjalika Kamis Gunnulfsen



As life is too short to be bogged down with negativities and things that do not serve purpose, I thrive on positive vibes. Feeling good and being positive do not come easy. While it is natural to be suspicious, jealous, angry and resentful, it is also within our capacity to be fully conscious of our feelings, thwart the negative and implement the positive. Living life happily and positively is my birthright; and I will not in any way jeopardize that.

I have always been asked how I keep happy all the time. Well, there is no shortcut to happiness but we can strive and make small changes in our daily lives to ensure we live a meaningful life. Happiness does not mean having that new shiny branded school bag or incredibly popular shoes or travelling to far away exotic destinations; it is more than that. It is really an inside job; no matter how much one has. If one is unhappy at the core, he/she will still not find any satisfactions in life.

In pursuit of positive living, let us look at ways to live life euphorically, celebrating each and every moment of our time on planet Earth. Most of the time, it does not even take a penny to realize that dream. Janet Jackson used to say in one of her songs, 'the best things in life are free' and she cannot be more right.

Gratitude is the key to everything. There is an expression; happiness does not make one grateful, but gratitude makes one happy. This should be the key to living. Gratitude opens doors, endows one with endless energy and hope and keeps one grounded. In short, being

grateful gives a purpose to living. One way to keep gratitude in check is to start a journal. Every night before turning in, write down ten things that made you happy that day. It can be as small as doing the laundry or picking and throwing out a branch that might cause a mishap to cyclists. Being grateful of big and little things in life helps flow positivity into our daily lives. Gratitude begets gratitude, so let's start being grateful now.

We often overlook the single one most amazing gift of life; the BREATH. Breathing is a fundamental factor for living; breathing can also be a wonderful tool for a positive happy living. In yoga science, pranayama means the regulation of breath through certain techniques and exercises. Positive breathing is a favourite amongst yogis. Most pranayama techniques consist of three parts and Positive Breathing is no different. There is inhalation (puraka), retention (kumbhaka) and exhalation (rechaka). Firstly, place your left hand on your lap. On the right hand, fold index and middle fingers in towards the palm and leave the thumb, ring finger, and pinky finger extended. Only the right nostril is used in positive breathing. Now, bring your right hand to the left nostril; press your pinky and ring fingers against it, leaving only the thumb free. With your left nostril blocked, inhale through the right nostril for 8 counts. After the count, use your thumb to block the right nostril while the left one is still blocked and hold your breath for 6 counts. Then release your thumb (the left nostril is still blocked with the ring and pinky fingers), exhale through the right nostril for 8 more counts. This is one round of Positive Breathing. In yoga, the right nostril is associated with masculine, active energy of the

body. We stimulate these energies by breathing only through the right nostril which increases positive feelings, improves digestion and generates heat. I once read this - 20 minutes of Positive Breathing, and you are ready to face a firing squad. Says a lot, doesn't it?

Sadly, material possession is seen as a necessity today; they are thought to be the bridge to happiness. This is not at all true. Staying detached from worldly possessions require some work; however, the shift felt within is remarkable. Make efforts to buy less or only when necessary. When we are not in competition with anyone, we see life in a much better light. Positive living will emerge, leaving behind those remnants of the past where worldly possessions once took control.

Practice the art of giving no matter how small. You can give your time, help the underprivileged with tuition that they cannot afford. You can also give away used clothes to the shelter or give a lift to someone waiting for public transport. You may also want to donate blood – the list is endless and most times it does not even involve money. Those who give from the heart have immense happiness. They believe they have enough to share. Givers usually walk around with sparkle in their eyes because they know the art of giving certainly defeats that of receiving at any given time.

We are what we eat; I am sure we all have heard of that before. What we eat have a direct effect on the way we think and the way we move about our day. Healthy diet is essential to our wellbeing. Cut down on sodas, candies and processed food. Consume fresh foods, greens and don't forget to drink more water. Water ensure distribution of oxygen throughout the body for optimum breathing which in turn, gives energy boost. When you eat and drink healthily – your mind and body will thank you for that.

Transform your thoughts with meditation. Contrary to belief, meditation does not need to be long. A brief ten minutes daily will do heaps of good. Find a quiet spot, you may sit on the floor or chair, but sit up straight. Set your alarm next to you for ten minutes. Then close your eyes and take control of your breathing. Breathe in deep and breathe out the air as much as you comfortably can while keeping your mind clear and free from thoughts. Just concentrate on the breaths. Repeat until alarm goes off. Meditation clears the clutter in the mind, promotes mental wellbeing, makes one sharper and of course, promotes positive mindset.

Last but not least, the art of yoga stimulates positive thoughts. Yoga is a spiritual and ascetic discipline which uses breath control, simple meditation and implementation of specific physical postures. The first principle of yoga is the asanas. In layman's term, asanas are postures. These postures stimulate your mind, and strengthen and stretch the muscles in the body. These actions unblocks the chakras in our bodies and help diminish negative thoughts while igniting positive ones. My favourite postures are the cow pose (bitilasana), warrior II pose (Virabhadrasana) and of course, Utkata Konasana (goddess pose)! **YM**

SYK classes include:

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

For more information about MAYI Super Yoga Kids, log on to: **www.superyogakids.com** and connect with us at

Facebook: **SYK Superyogakids**

Email: **superyogakids@gmail.com**





## The Second Chance – a Tribute to Life

*by Rayneisha Elaura*

I am Rayneisha Elaura and I'm from Ipoh, Malaysia. I would like to share an unforgettable experience in my life. On the 11th of January, 2018, I was involved in a tragic mishap. The car flipped and I went into a coma instantaneously. My classmates (who were also in the car) told me later that I was rushed to the hospital in an ambulance. Heavily sedated in the ICU, I suffered severe internal injury. I was not only on a breathing ventilator but also on blood transfusion. Worst of all, the brain surgery left me with spot amnesia. To add insult to injury, my parents were forewarned that I might be in a vegetative state for life. But it was God's grace that changed everything that I subsequently experienced. Resting at home did not do much good until Auntie Jaya came into the picture. She felt that I needed to be healed, and so the journey to ayurvedic treatment began.

The first Ayurvedic treatment I was subjected to was Abhyanga Snanam- a treatment to remove and reduce all bruised marks on my body. Amazingly, it did much more than that. Not only

did the wounds heal, but the whole aching body was soothed through the gentle massage. After each treatment, I felt better than before. Auntie Jaya's positive vibes definitely helped in the healing process. Her therapy sessions were constantly filled with fun and laughter.

The second treatment I underwent was Shirodhara - my most favourite treatment of all. The sensation of the warm oil dripping onto my forehead brought utmost peace and serenity unto me. I would almost always hit the sack as soon as the treatment began. No word can describe how deeply relaxed I felt during the treatment. For sure, it felt ecstatic and peaceful and my mind was free from unnecessary thoughts throughout the treatment.

The final treatment I underwent was Kati Vasti. As mentioned earlier on, Abhyanga Snanam helped energize my body while Shirodhara brought peace and tranquillity to my mind, but Kati Vasti miraculously did justice to both my body and my mind. I could hardly walk, sit or stand after the accident as my lower back was severely injured. Kati Vasti solved it all! The

## Kati Vasti



doughnut-shaped dough containing warm oil was placed at my lower back. The finger massage that Auntie Jaya gave me really did wonders. After a couple of sessions of Kati Vasti, I was able to stand and sit quite comfortably. To be honest, it was really a miracle. Never did I think I would be able to walk as a normal person again.

The ayurvedic treatment I experienced is beyond awe. I was more than 90 percent healed; I do not think any modern medication

would have been able to do the job in such a short time. Auntie Jaya is a great healer, a wonderful therapist. Never have I met anyone like her before. My ayurvedic healing journey is one to remember for years to come.

Finally the day came for me to see the neurologist for a check-up. With butterflies in my stomach, I dragged myself to the hospital. "What is he going to tell me?" I wondered. After doing some tests, he confirmed that I was in top form. No word can describe how I felt when I heard those words as I thanked the Almighty.

Ps: This tragedy struck me when I was 20. I realised that this is a chapter of my life's story book for my grandchildren to read one day. It is a story to share and one to remember. He, Our Father, never makes mistakes. Everything happens for a reason. **YM**

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# Inner Insight:

## My First Experience With Natural Products

by Naya Ayaat

During my college days, I began my own research on chemical products. Only to find out how harmful and toxic the ingredients are to overall health. I switched to alternative organic products. However, no matter how organic the products claimed to be, they were not 100% natural. Now, I have discovered a company called MAYI Infinity that has started a campaign called "The Infinity Pledge", to save one million families from harmful chemical usage, and promotes sharing a natural lifestyle with loved ones.

The company offers a complete range of natural, pure and authentic products for the face, body and hair. Hence, I took a challenging decision to stop every chemical product, including expensive skincare brands I had previously used, and go all natural. Needless to say, the results are remarkable.

My experience with MAYI Infinity started to be inspiring for me to help my loved ones and others. For a long time, I had acne scars that never went away. After using MAYI Infinity Natural Face Cleanser and Scrub, my acne scars started to become lighter and have almost cleared now. I use the Face Brightening Oil in the morning and night, and it helps to moisturise the skin, helping to keep it smooth, soft and hydrated throughout the day. Twice a week, regardless of my busy schedule, I use the herbal face mask that gives me a clearer skin and healthy glow.

Many of us suffer from skin dryness due to the humidity of our weather and the country's tropical climate. For that reason, I would apply lotion daily, and a few hours later my skin would still be dry. After trying the MAYI Revitalizing Body Oil, not only does it act as a natural sunscreen protecting the skin from damages due to UV rays, it also has a



calming, softening, toning and anti-inflammatory effect on the skin. And what can be better than taking a good herbal body bath after a long day, to cleanse, purify and detoxify the body. All these are part of the company's body care series.

Nevertheless, MAYI's Rejuvenating Hair Oil supplies natural nutrients to the scalp and promotes good hair growth. It fights hair loss, stress, aging and imbalance in hormones. It is loaded with anti-oxidants, iron and amino acids. The combined effect of all these ingredients reduces and minimises hair breakage, etc. Hair Shampoo contains a unique formulation of minerals, iron, vitamins A, B, C & E, and a powerful combination of herbs. It is especially great for preventing hair loss and avoids premature greying for both men and women.

By using the 7 products produced by MAYI Infinity, there will be no more chemicals introduced to our bodies. No more poisoning our bodies and exposing it to dangerous substances. The company is committed to bring 100% chemical-free products into our lives and reintroduce the actual natural products that vibrate and resonate deeply with our entire natural self.

What's driving the billion-dollar chemical-based products in the beauty, personal care and skin care industries? The simple answer is the lack of awareness. Most people are completely satisfied using certain brands that they stick to for years and

decades. Others are influenced by how the products of big or popular brands are marketed to them without having total awareness of the harmful chemicals that are found in 98% of most products today.

Unfortunately, products that claim themselves to be 'Organic', which highlight some star ingredients such as Coconut Oil, Tea Tree Extract, Aloe Vera and etc, actually contain more than 20 other chemicals such as Fragrance (Parfum), Menthol (Fragrance/Cooling Agent), Disodium EDTA (Chelating Agent) Yellow 5/ Blue 1 (Colour) Benzyl Alcohol/Phenoxyethanol (Preservative) and much more.

Most importantly, how many companies out there can 100% assure the consumers that their products are entirely chemical-free? Not many, however, it's definitely worth the search. MAYI Infinity is one of the very few companies that promote all-natural, pure and authentic ingredients that contain 0% chemical. Behind the label of their products, you can read the following: I AM FREE of Sodium Lauryl Sulphate (SLS), Sodium Laureth Sulphate (SLES), Animal Derivatives and Parts, Synthetic Fragrances, Propylene Glycol, Artificial Colours, Triethanolamine, Mineral Oils, Paraben, EDTA.

Most brands today only remove a handful of chemical ingredients from their products due to the rising concern of chemical toxins that women and men are exposed to daily. According to research, the average woman uses 12 personal care products a day, containing 168 different chemicals. Most men use fewer products, but they're still exposed to about 85 chemicals daily. Eventually, these toxins affect the individual's health and well-being. Toxins that are harmful and poisonous to you and they should be avoided at any cost. Be aware of the following names: Parabens, Phthalates, Petroleum, Petrolatum, Mineral oil, Glycols, Urea, DEA, MEA and TEA, BHA, BHT, Sodium Laurel and Laureth Sulfates, Carbomers, Aluminium, Talc, Paraffin, FD & C Synthetic, Colouring, Synthetic Fragrances and other heavy metals. These strange and hard-to-pronounce names can never replace natural ingredients in a million years.

The above are just some in the list of harmful chemicals that can be detrimental to one's overall health and well-being. Where are these chemicals found? Mainly in cosmetics, skincare and body care that we have to look out for and others are found in baby products, hair products, prescription drugs and over-the-counter drugs.

### **Skin Absorption Vs Ingestion** **Ingestion 20%**

What we eat are actually less harmful to us than what we apply on our skin, because organs such as kidneys and liver can filter toxins before they enter the bloodstream.

### **Skin Absorption 60%**

The skin is the largest organ in the body. What goes on the skin can, molecularly, from one degree to another, enters the body. This is worse because it can lead to dreadful diseases like cancer, etc.

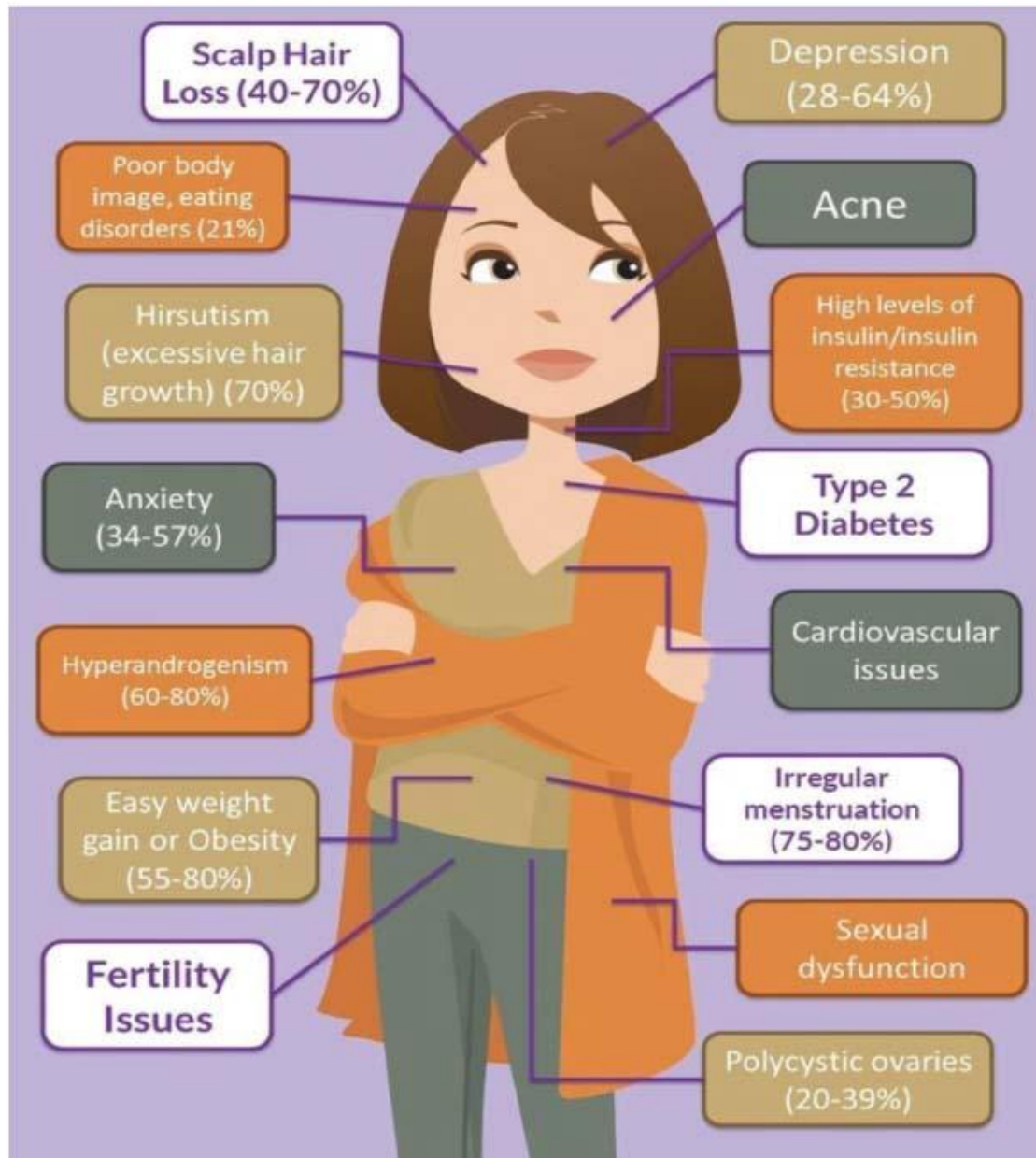
Therefore, natural products mainly work with your skin instead of against it, because natural ingredients help to boost the immune system, cause less irritation on the skin, balance the hormones, reduce sensitivity and reactions, and act as a protection against infections. With these come cancer-fighting properties. And the benefits are endless. Besides helping your skin to feel and look healthier, going chemical-free prevents illnesses and improves health. Ever notice how natural products smell more like their natural ingredients and not like chemicals? They also feel great on the skin.

Now that we have an awareness of the harmful effects of chemicals on our bodies, we should start looking for better alternative (all-natural) products. We should also get into the habit of reading labels at the back of every product we intend to use to avoid buying or supporting brands that promote chemical usage in their products. The step we take today is for the betterment of our health and it can protect us tremendously from any detrimental diseases in the future. Taking this first step can allow more people to lead better lives and make better choices. **YM**

# #No More PCOS

## What is PCOS?

PCOS, the abbreviation for polycystic Ovarian Syndrome, is a health problem that affects women during their childbearing years (ages 15 to 44). PCOS affects the ovaries, the reproductive organs that produce oestrogen and progesterone. As a result, ovulation is often deranged and results in an inability to conceive a child.



Symptoms of Polycystic Ovarian Syndrome

## What happens in PCOS?

Three main features have been identified in women who suffer from PCOS.

- Multiple cysts in the ovaries
- Excessive male hormones in circulation
- Skipped or irregular menstruation

## What are the common causes of PCOS?

- Excessive intake of food high in calories or fast food
- Sedentary lifestyle with minimal physical activity
- Increased inflammation in the body
- Rapid weight gain
- Genetic predisposition

## What are the measures I can take to improve PCOS?

- Exercise – aerobic exercise helps to regulate the weight
- Yoga – Keeps PCOS symptoms under control
- Pranayam – Helps to regulate the production of hormones
- Ayurveda massage – helps improve lymphatic drainage and reduce inflammation
- Diet – Increase fruit, salad and vegetable intake while minimising the intake of refined sugar

## How can yoga help with PCOS?

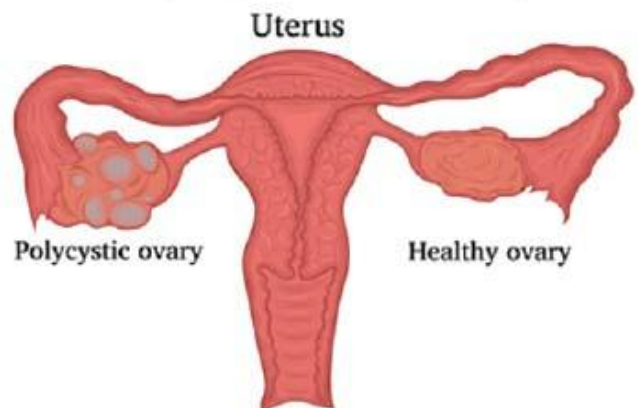
Regular practice of yoga asana, pranayama and meditation helps to tackle and in fact reverse the effects of PCOS.

- Yoga asanas targeted at the reproductive region help stimulate blood circulation in the pelvic region. It relieves congestion in the uterus while enhancing relaxation and allowing uterine wall breakdown efficiently. This helps to deal with irregular menstruation.
- Enhancement of circulation in the whole body through surya namaskar and other inverted poses promotes restoration of the hypothalamic-pituitary-ovarian axis by resetting the hormonal balance.
- Yoga asanas generally tone the body muscles up to optimum levels encouraging a gradual weight loss. It also decreases insulin resistance portrayed by PCOS sufferers.
- Pranayama helps to restore the female-male hormonal ratio in a steady manner encouraging normal ovulation, better skin texture and improved hair growth.
- Meditation tackles issues related to self-esteem. It helps women with PCOS overcome anxiety, depression and low self-esteem.

## Client testimonial

*I signed up for MAYI WELLNESS weight Loss programme recently. I had a knee injury two years ago. As a result, I gained weight, and it affected my menstrual flow. To my despair, I was diagnosed with PCOS and symptoms have become worse ever since. My physician suggested I do yoga and that's why I am here at MAYI. To my amazement, just after some simple, breath regulated yoga poses in my first session, I had my menses flow! What usually seemed scanty and irregular is now normal. This is indeed very rewarding and I am looking forward to continue my programme - Loginy*

## Polycystic ovary



## Join us in our Wellness Yoga Workshop #NoMorePCOS now!!

Date: 17th November 2018

Venue: MAYI YOGA Taipan, Subang

Content: Practical session on how to sequence yoga poses to help manage PCOS

# Featured Asana:

## Beginner Trikonasana (*Triangle Pose*)



### Step by Step:

1. Stand erect with the feet more than shoulder width apart. Turn the right foot to the right side.
2. As you inhale, stretch the arms sideways and raise them to shoulder level so that they are in one straight line.
3. Exhale as you bend to the right, taking care not to bring the body forward. Simultaneously bend the right knee slightly.
4. Place the right hand on the right foot, keeping the two arms in line with each other. Turn the left palm forward.
5. Look up at the left hand in the final position.
6. Inhale as you return to the upright position with the arms in a straight line.
7. Repeat on the other side, bending the left knee slightly.

### Benefits:

- Strengthens by stretching the muscles on the sides of the trunk, the waist and the back of the legs.
- Regulates the functions of the nervous system and relieves nervous depression.
- Improves digestions, strengthens the pelvis area, and tones the reproductive organs.

# Chef Yogi's Food Notes!

## Gado Gado – The Indonesian Salad

by Nicole Yong

Real food, blanched and steamed vegetables , serve with warm chili peanut dressing.

Yield : 2 servings



### Ingredients:

- 1 bowl Orange Sweet Potato & Potato - cut into cubes and steamed
- 1 bowl Pea Sprouts – quick blanch in boiling water (30 second)
- ½ bowl Carrot – quick blanched in boiling water (30 second)
- 6 Pieces Bean curd – blanched. in boiling water (2 minutes)
- ½ bowl Tempeh – cut into slices and quick pan fried
- 1 Boiled egg
- 1 bowl Orange Sweet Potato & Potato - cut into cubes and steamed
- 1 bowl Pea Sprouts – quick blanch in boiling water (30 second)
- ½ bowl Carrot – quick blanched in boiling water (30 second)
- 6 Pieces Bean curd – blanched. in boiling water (2 minutes)
- ½ bowl Tempeh – cut into slices and quick pan fried
- 1 Boiled egg

### Warm Chili Peanut Dressing

#### Ingredients:

- 5-6 pieces Drying chili Peppers – soak in water to make it soft
- 1 bowl Roasted Peanut
- 2 tablespoon Brown Sugar
- 1 teaspoon Ginger mince
- 1 tablespoon Virgin Coconut Oil
- Sea salt to taste
- 1 tablespoon Lime Juice
- 1 cup (250ml) Water (adjustable)

#### Directions:

1. Place soaked drying chili and roasted peanut in a food processor. Grind until well mixed.
2. Heat up a pan, put in the virgin coconut oil, ginger mince, mixture of roasted peanut and drying chili and cook around 5 minutes in low heat. Then put in the brown sugar, sea salt, lime juice and water, cook for another 3-5 minutes.
3. To serve: place a portion of each cooked Gado Gado ingredients onto a plate, serve with the warm chili peanut dressing, and mix well with the Gado Gado ingredients. Serve while it is warm.

# SCHEDULE OF COURSES: OCT 2018 - JAN 2019

OCT

|               |     |                                                          |
|---------------|-----|----------------------------------------------------------|
| 13/10/2018    | KLG | Ayurveda Massage Therapist Course (Male Intake)          |
| 14/10/2018    | PCH | International Yoga Instructor Course - Foundation        |
| 14/10/2018    | BFS | International Yoga Instructor Course - Intermediate      |
| 14/10/2018    | BSR | Anger Management Workshop                                |
| 21/10/2018    | DU  | Introduction to Chakras - the Wheels of Life Workshop    |
| 21/10/2018    | SLG | Wellness Yoga Workshop for Bronchial Asthma              |
| 21/10/2018    | PCH | Manipuraka Awakening & Universal Healing Energy Workshop |
| 22-26/10/2018 | BSR | International Yoga Instructor Course - Foundation        |
| 27/10/2018    | BSR | Pregnancy Yoga Instructor Course                         |
| 28/10/2018    | BSR | Super Yoga Kids Instructor Course                        |
| 28/10/2018    | KLG | Baby Yoga & Massage Workshop                             |

NOV

|               |           |                                                               |
|---------------|-----------|---------------------------------------------------------------|
| 04/11/2018    | USJ       | YogaAsana - the Backbend Series Workshop                      |
| 11/11/2018    | PCH       | Wellness Yoga Workshop for General Cardiac Wellness           |
| 11/11/2018    | USJ       | International Yoga Instructor Course - Foundation             |
| 11/11/2018    | KLG       | International Yoga Instructor Course - Intermediate           |
| 11/11/2018    | BSR/BFS   | Ayurveda Massage Therapist Course                             |
| 11/11/2018    | DU        | Shatkarma - the 6 Cleansing and Detox Techniques Workshop     |
| 11/11/2018    | USJ       | Wellness Yoga Workshop for Diabetes                           |
| 12-16/11/2018 | BSR       | Dance Yoga Instructor Course                                  |
| 17/11/2018    | BSR       | YogaAsana - the Handstand & Core Activation Series Workshop   |
| 17/11/2018    | USJ       | Wellness Yoga Workshop for Polycystic Ovarian Syndrome (PCOS) |
| 18/11/2018    | BSR       | Anatomy & Physiology - the Body from Within Workshop          |
| 18/11/2018    | SLG       | International Yoga Instructor Course - Foundation             |
| 25/11/2018    |           | MAYI Graduation 2018                                          |
| 26-30/11/2018 | KLG       | Yoga Therapist Certification Course                           |
| 28-30/11/2018 | BFS & PCH | SYK School Holiday Programme                                  |

DEC

|               |           |                                                      |
|---------------|-----------|------------------------------------------------------|
| 01/12/2018    | KLG       | Wellness Yoga Workshop for Lower Back Pain           |
| 02/12/2018    | KLG       | Anatomy & Physiology - the Body from Within Workshop |
| 03-05/12/2018 | USJ & SLG | SYK School Holiday Programme                         |
| 09/12/2018    | BSR       | International Yoga Instructor Course - Foundation    |
| 13-15/12/2018 | DU        | SYK School Holiday Programme                         |
| 17-21/12/2018 | USJ       | International Yoga Instructor Course - Foundation    |
| 17-21/12/2018 | KLG       | International Yoga Instructor Course - Advanced      |
| 17-22/12/2018 | BSR       | Yoga Therapist Certification Course                  |

JAN 2019

|               |          |                                                     |
|---------------|----------|-----------------------------------------------------|
| 06/01/2019    | BSR      | International Yoga Instructor Course - Intermediate |
| 06/01/2019    | USJ      | Yoga Therapist Certification Course                 |
| 12/01/2019    | KLG      | International Yoga Instructor Course - Foundation   |
| 12/01/2019    | USJ      | Super Yoga Kids Instructor Course                   |
| 13/01/2019    | BSR & DU | International Yoga Instructor Course - Foundation   |
| 13/01/2019    | DU       | International Yoga Instructor Course - Intermediate |
| 13/01/2019    | KLG      | Ayurveda Massage Therapist Course                   |
| 13/01/2019    | DU       | Yoga Practitioner Short Course                      |
| 14-18/01/2019 | USJ      | International Yoga Instructor Course - Foundation   |
| 20/01/2019    | PCH      | Ayurveda Massage Therapist Course                   |

## The YogaAsana BackBend Series Workshop

- ◆ Step-by-step of going into the poses and moving out of the poses.
- ◆ Understanding the stages of simple backbends – opening the upper, middle and lower back, and mobilising the shoulders.
- ◆ How to 'build' your backbends progressively.
- ◆ How to protect vulnerable body parts by stabilising the lower body and using bandhas, props and proper alignment.
- ◆ Understanding adjustments and assistance.

4th November 2018,  
Subang



## The YogaAsana Handstand & Core Activation Series Workshop

- ◆ Learn to progress into the Handstand Pose with the understanding of the body movement.
- ◆ How to reset your inner rhythm, reverse ageing and prepare your mind for meditation by activating your parasympathetic nervous system.
- ◆ Learn techniques which build your core strength by working the muscles in your abdomen and back.
- ◆ Utilising inversions to reduce strain on your heart, expand your lungs to clear breathing and increase the flow of blood to your brain to calm and rejuvenate your mind.
- ◆ How to 'enjoy' the Handstand as it cleanses, soothes, nourishes, stretches, strengthens and energises your body and mind while reversing the effects of gravity.
- ◆ Conquer your fear and build your confidence through the Handstand.

17th November 2018,  
Bangsar

**Gain a better  
understanding of the  
practices of  
YogaAsana and watch  
yourself progress in  
your practices!**

# MAYI SuperYogaKids



## SYK's 3-DAY SCHOOL HOLIDAY PROGRAMME IS JUST AROUND THE CORNER!



Strengthening  
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with  
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Sessions

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& Mental Alertness  
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Training Activities

Nurturing the  
Creative Genius  
with  
Art & Craft, and  
Science Discovery  
Sessions



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Healthy Food  
with  
Little Chef Yogi's  
Cooking Sessions

Nature Love  
& Appreciation  
with  
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with  
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TODAY!**

28th - 30th Nov 2018 at Brickfields & Puchong  
3rd - 5th Dec 2018 at Subang & Selayang  
13th - 15th Dec 2018 at Damansara

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3, Jalan Ang Seng 3, Brickfields, KL.  
81A (1st Flr), Jalan Bangsar, KL.  
89A&B (1st & 2nd Flr), Jalan SS21/37, D'sara Utama, PJ.  
8-1 & 9-1, Jalan Paragon Utama, Selayang Utama, Bt. Caves.  
11B, Jalan Kenari 22, Bandar Puchong Jaya, Puchong, Selangor.  
11(2nd Flr), Jalan USJ10/1A, Subang Jaya, Selangor.  
18A, Jalan Sanggul 1, Bandar Puteri, Klang, Selangor.

+603 2260 5322  
+603 2282 4980  
+603 7726 6682  
+603 6127 5693  
+603 8080 4742  
+603 8021 7980  
+603 5161 9110

website: [www.mayiyogaacademy.com](http://www.mayiyogaacademy.com)

email: [yoga@mayiyogaacademy.com](mailto:yoga@mayiyogaacademy.com)