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WATER

AIR

**Yoga and
the Five Great
Elements
– Is There
a Link?**

FIRE



EARTH

**Amazing Me:
Purifying the
Panchabhutas
(5 Elements)**

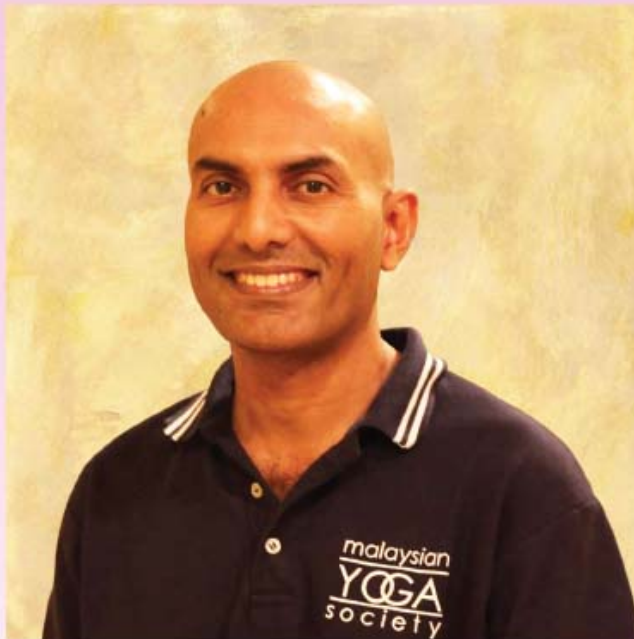


**Message from
Master Mani:
THE 5 GREAT
ELEMENTS**

SPACE

Message from Master Mani

THE 5 GREAT ELEMENTS



*Master
Manisekaran*

Earth, Water, Fire, Air and Space constitute the 5 great elements in ancient alchemy. Underscoring the concept and philosophy is a beautiful purpose to get the masses to preserve the environment.

Even meditation is connected to the mastery of these elements. But it's not the supernatural outcome that is important, it's the harmony and care towards the environment that is most important.

On one hand, we have yogis meditating on the elements, connecting with peace and balance while advancing spiritually, and on the other hand, we have scores of people exploiting and destroying nature for profit at all costs... and in the name of industrialisation, pushing earth to the maximum level of toleration, adversely prompting reactions in massive proportions.

So let's work together at healing rather than destroying, as we will bear the results of our actions or non-actions by not preventing the wrong actions of others. **YM**

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



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Yoga and the Five Great Elements – Is There a Link?

by Dr Chandra Nanthakumar

Yoga is an ancient practice that originated in India more than five thousand years ago. This practice primarily deals with the management of the mind. Yoga has evolved through time, hence the many different styles, nevertheless the underlying principles of the mind-body science is still the same.

One of the most common styles practiced by the general population is Patanjali's Ashtanga Yoga, which consists of the eight limbs of Yoga: Yamas (universal conduct), Niyamas (individual conduct), Asanas (postures), Pranayama (expansion of life force), Prathyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation) and Samadhi (liberation). In a classical Hatha Yoga class, almost all these components are practised. The Yamas and Niyamas are often briefly explained and special attention is given to Asanas, Pranayama, Prathyahara, Dharana and Dhyana.

However, in Swatmarama's teaching, the Yamas and Niyamas are non-existent. They are substituted with Shatkarmas (i.e. cleansing techniques) (Muktibodhananda, 2008). Students are taught these cleansing practices at some point, and subsequently, they are encouraged to practice them at home.

The practice of Yoga (including the shatkarmas), unknown to many practitioners, is deeply linked to the Pancha Mahabhutas, or simply known as the five great elements – earth (Prithvi), water (Jala), fire (Agni), air (Vayu) and space (Akash). Earth is associated with the root Chakra (Muladhara), while water, fire, air and space are linked to the sacrum (Swaddhistana), solar plexus (Manipura), heart (Anahata) and throat (Vishuddi) Chakras, respectively.

Scientifically, these five elements are the building blocks of matter, which exists in three different states – solid, liquid and gas (Chang & Overby, 2019). The earth is not merely soil but everything else that exists as solid, while water encompasses everything that is in liquid form. Air, on the other hand, includes everything in a gaseous state. If one goes deeper into science, one will realise that fire is mightier than might – it is a prerequisite for the transformation of a solid (for example, ice) to liquid (water) and eventually to air (steam), and withdrawal of fire re-forms the solid. Space is basically the mother of the four elements. It is the subtlest of all the elements and it is the foundation of spiritual experiences in life (Saraswati, 2007). Space is also the element that represents the mind.

Based on the laws of nature, these elements co-exist in the human body and possess a relationship with each other. For instance, if there is too much heat (fire element) in the body, inflammation sets in, but if there is excess water, it dampens the fire element and brings about indigestion. Dis-ease will eventually be the outcome if any of these elements are impure or out of balance with the other.

The practice of Yoga is one of the most effective approaches to not only purify, but also restore balance of these five elements. For example, in the practice of Shatkarmas, specifically Jala Neti (nasal cleansing) and Kunjal (cleansing of the upper digestive track), water is used to remove excessive mucus in the ENT (ear-nose-throat) and esophagus. Kunjal also helps to reduce the excessive digestive acid (fire element) in the stomach.

On the other hand, the fire element is a powerful detoxifier as it has the ability to eradicate impurities in the body and mind. Dynamic Asanas such as Matsyendrasana (seated spinal twist) and Paschimottanasana (seated forward bend) have the ability to increase the digestive fire, which is crucial for toxin removal from the other elements, such as earth, water and air (Muktibodhananda, 2008). According to Stiles (2010), practising Sun Salutation at a faster pace (i.e. half a cycle should take much less than 60 seconds) is equally effective in balancing the fire and water elements. It is noteworthy that the most powerful indicator of the functioning of the fire element is in the functioning of the digestive system, which includes proper digestion, absorption of food and also elimination of fecal matter (Mohan & Mohan, 2004).

On the contrary, stationary poses tend to be more cooling and stabilising in nature, thus reducing the metabolic fire. Hence, it is essential for the Yoga instructor to plan the class appropriately to ensure that the selection of Asanas is balanced between dynamic and stationary variations. This allows the fire element to be regulated, while the earth and air elements are harmonised.

Air is another element that can be utilised effectively to cleanse the body of toxins. The practice of pranayama purifies the body and mind by enhancing circulation of Prana (i.e. the life force) throughout the body. Kapalabhati, for example, cleanses the respiratory system and the nasal passage. Bastrika, on the other hand, increases the digestive fire and eliminates phlegm and diseases of ENT. The practice of Pranayama initiates psychological and physical changes that strengthen willpower and steadiness of mind (Sivananda, 2018). With consistent practice, this eventually leads to lightness (Laghima or weightlessness) and inner power.

The higher limbs, Dharana and Dhyana can help one to explore all the five elements simultaneously. Here's a simple suggested practice that you may try at your convenience.

1. Imagine sitting on the ground (for example a rocky surface) in a comfortable position. As you close your eyes, visualise the "earth" you are sitting on.
2. Now focus on the inhalation and exhalation. That is the "air" you are breathing.
3. Feel the sun rays shining on the rocks that you are seated on. That is the "fire" heating the rocks.
4. As it gets warmer, you may begin to perspire. That is the "water" in the perspiration.
5. Eventually, as you go deeper into a meditative state, you shall see the "space" that exists within and all around.

That is how exquisitely the practice of meditation connects one to the five great elements. As Yoga practitioners, I reckon we should take a moment to earnestly observe these Pancha Mahabhutas if we have not done so. As we explore these elements (in and) around us, we will be better able to comprehend the link between them and the body, and soon be able to relate it to the entire universe. The way I see it, one of the best ways to "see" the connection is to start meditating on nature right NOW. **YM**

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Amazing Me: Purifying the Panchabhutas (5 Elements)

by Nicole Yong.Y.Y.

"Amazing Me"

Yoga, science and many modern technologies and products are bringing colossal benefits to mankind. However, deep in my heart I know that facial treatment and skin creams won't keep my cells from wearing out. Practising headstand for 3 minutes daily won't bring immortality. Eating green vegetables and fruits every day won't make me live forever.

Taking supplements daily won't make me immune to illnesses. Extreme exercises won't make me indestructible. I am human and I am part of living beings on earth. My body will go through ageing, decay and one day it will decompose.

Then, why do I do all these things? What is the meaning of life? Why do I torture myself with extreme exercises? Why don't I spend more time doing meditation? Why pay more to do facial treatments or buy skin creams and supplements? Why don't I save money to do charity and help more people?

Why don't I discipline myself and sit for meditation even though my neck continues to ache?

Finally, I got the answer. A moment of self-realisation occurred spontaneously.

Dear me, meditation is to help me face ageing and decay, and learn to surrender to the Universe. It evokes the autonomic nervous system and cultivates patience to study and observe myself. It allows my breathing to be gentle while I encounter discomforts and challenges in life. It will not make me live forever, however it does teach me a lot about understanding and discovering myself. Meditation helps me relate to changes in the



world and mortality with wholeness and grace. I am a unique creation. I am a beautiful and amazing soul that spreads love and peace. I love myself. The world needs more healers that spread love and peace.

Teaching with Love

Sometimes I struggle to represent myself accurately as a yoga instructor. I fully recognise that I am not different from my students. I share my methods and experiences. It facilitates personal growth.

Those that read the history of yoga will understand that the teachings of yoga are broad and focus on how we live and relate to ourselves and others. It's not just the physical form of exercise... But there are some yoga teachers who "sell" themselves in the social media by making beautiful images of their advanced physical yoga postures.

I always remember what Master Manisekaran has taught me. When we teach, we are not only teaching yoga asanas to the students, but also bringing our love and energy into the class; and sharing knowledge about the philosophy of yoga. I do share with my students how to love ourselves, on sharing happiness with others and loving our environment.

Panchabhutas — the Five Elements

When talking about the environment, it relates to nature. Let's understand what are the Panchabhutas. When we look around us, there are five elements in nature — earth (the soil), water (river and ocean), fire (sun), air (prana, gas) and space. All the Vedic schools of philosophy, such as Yoga and Ayurveda, view the whole Universe as an integrated entity made up of five fundamental elements that are called "Panchabhutas".

Taittiriya Upanisad, Brahmananda – valli, Anuvakah 1, states that:

*Tasmadva etasmadatmana akash sambhutih |
Akasadvayuh | Vayoragnih | Agnerapah |
Adbhyah prithvi | Prithivya osadhayah |
Osadhibhyosnam | Annat purusah ||*

It means: "From that divine space came into being, from space wind, from wind fire, from fire water, from water earth, from earth plants, from plants food, from food man came into being."

The five elements are viewed not just as external forces, but vital forces of life interrelated with human physical, mental, and emotional being. So the same five elements exist in our body. Different proportions of each element definitely cause disturbance in our body.

Yoga practice helps us to balance these elements in our body. The combining practices of asanas and pranayama and meditation work to balance these elements in our body. Whether we know it or not, all the elements are related to each other.

The knowledge of the five elements enables us to develop deeper insights into the subtle laws of nature that govern our mental-emotional health, and we can use yoga practices to attain a deeper intuition of how the universe operates.

Human Body and the Five Elements

When these elements are out of balance in our body, it will result in disease and suffering. Here we understand further about how the human body structure and emotion are linked with different elements:

Earth:

Solid structure such as bones, muscle, skin, tissue and hair. When the earth element is balanced, we feel strong, grounded and calm.

Water:

Liquid form such as saliva, urine, blood, sweat and semen. When the water element is balanced, we feel flexible, have the ability to adapt and the mood is steady,

Fire:

Hunger, thirst, digestive fire and body temperature. When the fire element is balanced, the metabolism in the body is balanced and we feel confident.

Air:

Respiration system that involves breathing, expansion, contraction and suppression. When the air element is balanced, we feel more compassion and love.

Space:

Mind, thought, emotion, memory and wisdom. It is the space between your cells, your breath, and mind. When the space element is balanced, we gain intuition and wisdom, and we feel blissful.

Purifying the Panchabhutas: the 5 Elements of Our Being

We can use the water, fire and air elements to purify all the elements of the body and balance our mind.

Using water element to purify and balance:
Using water in some of the cleansing practices of hatha yoga — the shatkarmas — such as

Jala Neti to remove excessive mucous in the nostril, Kunjal to balance the digestive fire and Laghoo to cleanse the large intestines.

Using fire element to purify and balance:

Dynamic asanas practice such as Surya Namaskar can be used to regulate the fire element in the body. This will indirectly burn toxins from the body and increase the digestive fire.

Using air element to purify and balance:

Air refers to Prana, or the life force. Prana is everywhere. It is that which gives life. The proper breathing during asana practice and incorporating Pranayama practices, such as Kapalbhati, Bhastrika, Sheetal, Nadi Shodhana and Bhramari into daily routine cleanses our respiratory tract, and increases lightness and energy level in the body.

Some students asked, if Prana is abundant, then why some people lack it? It may be due to some ailment or spending too much energy and not knowing how to recharge.

Incorporating the 5 Elements into Meditation Practice

A healthy yogi always knows his/her level of Prana and chooses a lifestyle that is balanced and wholesome. When we learn to make wise choices in our daily activities, it will make our lives more meaningful and alive.

Let us explore the five elements through a meditation practice. It will encourage you to expand your awareness and harmonise your relationship with nature. Knowledge of the five elements is essential for a more advanced yoga practice and Dhyana, or meditation.

Try this simple meditation practice in a quiet and clean place.

1. Sit comfortably and gently close your eyes. Feel relaxed. Slowly take a deep breath in and let go of all the cares of the day. Slowly exhale.

2. Slowly breath in and breath out.
Be aware of your earth element — the bones, muscles, tissues — is balanced.
You feel very grounded and steady.
3. Slowly breath in and breath out.
Be aware of your water element — the blood that contains the healing Prana.
You feel flexible.
4. Slowly breath in and breath out.
Be aware of the fire element — of the warmth in your body.
You feel confident and alive.
5. Slowly breath in and breath out.
Be aware of the air element — the Prana moving into your body.
You feel compassionate, loving and kind.
6. Slowly breath in and breath out.
Be aware of the space in your mind.
You feel the peace.
7. You are a part of the same five elements that exist in the Universe. May there be peace, harmony and happiness within you always. May there be peace in the world. True peace remains with us in this present moment and always.

Om Shanti Shanti Shanti.

Hope you enjoy this simple and beautiful meditation whenever you may need it.

Wishing Everyone Well:

May the students share physical yoga practices together and understand how actions and philosophy can translate into their daily lives. We all grow together. This world needs more love, patience, mindfulness, health and courage to spread peacefulness. We are all magnificent, beautiful and amazing. Om Om Om. **YM**

Event

My Amazing Karma Yoga Experience at MySkills Foundation

by K.Yogeswary Karuppiah

It was a great privilege for me to join the Yoga Sadhana Journey at MySkills Foundation in Kalumpang, Hulu Selangor, on 6th July, 2019. It helped me find my purpose and gave me an opportunity to help others.

When I was called for the programme, I assumed it was just a workshop, but my perspective changed as I arrived at MySkills and met many poor, underprivileged kids and ex-school dropouts. About 120 children aged 13-21 years old participated in this programme. Its main purpose was to create awareness about Yoga and its importance.

It gave me insights into many amazing things. The yoga lessons started at 9.00am with Master Manisekaran talking about Yoga and how it can bring huge, meaningful changes to the practitioners' lives.

The session commenced with the teaching of Hatha Yoga. Master explained how Yoga is a process of bringing the body, mind and emotions into a balance. Initially, the students were dispassionate but as Master continued explaining about the benefits of the asanas (postures), they started to slowly show interest.

Master's words of wisdom had a profound effect on me as well. He explained about Yamas (universal conduct) and Niyamas (individual conduct). Yamas (Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha) are disciplines



concerning the external world, while the Niyamas (Saucha, Santosha, Tapas, Svadhyaya and Ishvara Pranidhana) are disciplines one has to observe in order to enjoy inner harmony. When we incorporate these values into our everyday lives, positive changes will surely take place.

Master also shared about the difficulties he had faced when growing up, and how he had overcome those issues to find success in life.

At the end of the session, each and every student was asked about his or her ambition and future plans, and I was amazed by each student's response. Besides that, I was most touched by the thunderous claps by the students upon receiving the Yoga Sadhana Journey participation certificates from Master. I sensed the gratitude in every student's clap.

No words could possibly explain how happy I was when I realised my contribution in this Sadhana Journey, which helped the students gain deep knowledge. I know that it will help them greatly in their lives.

The most valuable thing I learnt was that success in life does not only constitute our own accomplishments but also what we do for others. I'd like to personally extend a huge heartfelt thanks to Pushpa teacher and MySkills management for arranging such a wonderful programme. **YM**



MAYI Retreat 2019 – Learning the Essentials



MAYI Yoga Academy's 3 days/ 2 nights Yoga Retreat with Master Manisekaran was held recently. This time, the chosen location was Teluk Batik, Lumut — a cozy place where there were plenty of greens at the back and a serene looking cove at the front.

Over the 3 days, we saw the participants actively engaging themselves in all the programmes lined up for them — starting the days early with Shatkarma sessions, strengthening the body with Hatha Yoga sessions and calming the mind with nightly Trataka and Meditation sessions. But certainly, these were not the only practices that were taught.

Master Mani filled the rest of the hours with his explanation about some of the most important yoga texts ranging from the Hatha Yoga Pradipika, Yoga Upanishads, Gheranda Samhita, Siva Samhita and Yogopanishad. The profound philosophies of each of the texts were explained in easy-to-understand modern terms, and the participants were even guided through the entire asana series featured in the Gheranda Samhita!



Here's what some participants had to say about the retreat:

My first yoga retreat did not disappoint. Hatha yoga with Master Mani was amazing! I learnt so much about the philosophy of yoga as well, which really resonated with my beliefs. I will always treasure the importance of treating myself with love. And to top off the weekend I was surrounded by a great group of beautiful people! #grateful

- Lisa Tanaka

This was a great retreat as I learnt many new yoga texts and an eye opener as I learnt many new yoga asanas. My Yoga family members have just become bigger!

- Sri Shan

We practiced a myriad of Asanas - skilfully guided by Master Mani. It was amazing the way he shared variations and modifications so easily and seamlessly and how he always encouraged us to do our best within our capacity, staying true to the philosophies of yoga. All of this — truly a yoga teacher's dream in my books — as I learnt how to teach while I added to my own bank of knowledge. We were guided through pranayama and meditative practices — from the most basic that we can do anywhere and at any time, such as focusing on our breath to more advanced practices. What I also found new and fascinating was learning about the ancient texts, which was shared in such a simple, intelligible fashion and the yoga dialogue session where many of the participants shared generously and passionately about issues close to their hearts, and the topics discussed were no doubt thought provoking. And it was all very fittingly summarised by Master Mani, with myths dispelled and light shed on many of the issues and beliefs.

- Dr Sumathi

Mind Body Technologies

Spiritual Marketing

by Roy

The understanding of marketing in today's business world is vast due to the evolution of our communication platforms, for instance the birth of social media. Conceptually, marketing is the activity undertaken by a company to promote the buying or selling of a product or service. Marketing includes advertising, selling and delivering products or services to consumers and other businesses.



At the same time, marketing needs to be fully in integrity and completely aligned with the purpose of a product or service, and also the needs of the consumer. If not, that's when people get a sense that something is "off" that the marketing feels manipulative.

However, when marketing is aligned, it brings us to "Spiritual Marketing". Spiritual Marketing is basically focusing products, services and marketing strategies on the human need for personal well-being, health and wealth in a balance with the world. In other words, it advocates the idea we have the power of choice. The term might be new, but the concept is one of the oldest. The first members of humanity that

convinced others that they are bringing well-being to the community and achieved the group's greatness was using Spiritual Marketing.

Having an established philosophy as the core foundation of a business is the beginning of a new world of possibilities. At present, most of our transformational qualities remain at a potential state. Being potentially dormant, our sacred link with nature and the infinite source of resources is limited. Nowadays, modern capitalism ideologies of increasing more profits for organisations and businesses have forsaken the basic care for nature, thus polluting the very environment we call home. These are the results of manipulative marketing, which mislead consumers into believing in unethical advertising campaigns. Is it ethically correct to take advantage of consumer needs in order to create new products, services and marketing strategies? The line between being ethical and being deceitful is really thin.

Truthfulness, non-harmfulness, responsibility, unity and generosity are the tenets of spiritual marketing. These philosophy is ideal to solve the problems of unequal distribution of wealth, poverty, lack of education and the misuse of natural resources. A business running with this process will have all works to support our economical and mind-body balance. Providing for our needs without greed and attachment, and all our needs being supplied without attachment is free enterprise.

The workshop will explore in-depth principles and practical application for members of all walks of society. A merely philosophical definition of spiritual marketing is not enough; it is a technical subject. It talks about the body and mind in anatomical and psychological terms. For any businessman, because he has to mobilise all his mental and emotional energies to manage the conflicts, competition and financial challenges that he faces daily, he can't be only dependant on logic and mathematics. Although they play an important part, they do not always work as well as intuition. Intuition, combined with logic, constitutes a state of dynamic tranquillity. When the mind is made wholly dynamic through the practices of well-being it gives you excellent results.

A concentrated, yet relaxed mind, can do the most intense work for long periods of

time without tiring. It is less disturbed by both outer and inner distractions and able to remain focused on the work in hand. This one-pointedness renders the mind more powerful, it can act and think with greater force.

As a human being living in this period of modern technology, we must pause for a while and become aware of our lives. We are at the crossroads. We must decide whether our life will continue in the same rhythm as in the past or whether we will take a better, higher way of life through transformation and activation of our innate potentials. **YM**

For those who would like to discover the world of Spiritual Marketing, please contact: exclusive@mindbodytechnologies.com

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AyurYoga: Five Great Ways to Manage Obesity

by Jessica.S

Ayurveda is a very unique therapy in science. It has everything that we need in the management of obesity. Here are the five key components from MAYI SlimTone Programme that can naturally and gently guide us toward a holistic and healthy weight loss.

The MAYI SlimTone Programme is purely a natural method to lose weight, tone and shape the body. It combines the two amazing sister sciences, that is, Yoga and Ayurveda to help shed excess fat while maintaining a healthy body. The programme includes Udwarthanam (dry herbal powder massage), Swedana (herbal steam bath), Cleansing techniques (Full Shanka & Kunjal) and Asana Yoga.



1) Udwarthanam

Udwardhanam is a massage treatment done with herbal powders. The massage is carried out in seven different positions in a direction opposite to that of the hair follicles. The deep massage improves the blood circulation, opens the channels and effectively stimulates the breakdown of the stored subcutaneous fat. It also softens the skin and exfoliates the dead skin cells, hence providing a glow to the complexion. More importantly, it reduces cellulite making the treatment effective in cases of obesity. With the reduction of cellulite, weight reduction is enhanced while muscles are strengthened.



2) Swedana

Swedana is the process of inducing sweat with the help of steam generated from a herbal decoction. It is a procedure to stimulate the sweat glands to increase perspiration and circulation. It alleviates vitiated vata and kapha dosha. It helps to reduce pain, stiffness, heaviness and coldness in your body.



3) Full Shanka

Full Shanka / Shankaprakshalana is one of the shatkarmas that is natural and effective in cleansing the digestive system and rejuvenating the whole intestine. It helps with problems related to the digestive system (indigestion, constipation, gas, bloating, and acidity) and improves the functions of the intestine. This method is holistic, safe, natural and can be practised by an adult who is not afflicted by any major medical issues. A special diet is introduced after the cleansing to nourish the body. Full Shanka helps with not only shedding excess weight, but also removal of toxins. It restores natural internal balance and helps achieve a youthful complexion and healthier skin.



4) Kunjal

Kunjral is one of the most effective yogic cleansing techniques. It is instantaneous in its action. It gives immediate relief to those suffering from acidity, indigestion and headache. Kunjal helps those with a poor digestive system by stimulating the digestive fire. Regular practice of Kunjal will increase assimilation of food in the gut, and therefore will increase the internal body temperature. It is a good technique for those with perpetually cold extremities. It also tones the abdominal muscles.

5) Asana Yoga Class

Active, intense styles of yoga helps in burning calories, thus preventing weight gain.

- i) Asana Yoga Flow is highly recommended in the SlimTone Programme. It is a dynamic and more expressive form of practising yoga asanas by flowing from one posture to another in a choreographed sequence. The sequences are creative and can be dance like at times. The main objective of this flow is to build stamina, endurance, agility, and flexibility.
- ii) Body Tone is a session to build strength while toning the various parts of the body. A selection of yoga poses are hand-picked and performed in a way for toning targeted areas. This session is beneficial for those who are looking for a holistic way to trim away excess fat while rebuilding health.

These five methods can have a profound effect on your life. However, it is important that we take one step at a time. Slowly but surely, the wisdom of Ayurveda will lead us towards a stress-free, healthy weight loss. **YM**

MAYI
AYURYOGA

SLIMTONE PROGRAMME



The SlimTone Programme is a natural method to slim, tone and shape the body. It combines the two amazing sister sciences of Yoga and Ayurveda to help shed excess weight while maintaining a healthy body.

Programme Overview:

- Yoga Asana
- Udwarthanam (dry herbal powder massage)
- Swedana (relaxing steam bath)
- Shatkarma (detoxification techniques)

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Incorporating the Five Elements in Our Yoga Practices

by Zu Anjalika Kamis Gunnulfsen

SuperYogaKids corner

I recalled the time when I was introduced to the Five Elements in the yogic context; it is so basic and simple yet it plays a very important role in our day to day living. The logic behind the Five Elements is truly mind-blowing and that is why I incorporate them in every yoga session I do.

Ayurveda is always said to be based on the concept of Five Elements; these elements are namely water, fire, air, earth and space or ether. Let's look at the significance of each element, their interrelationship with each other and how they assist in balancing the body and mind:



Heavy, hard, immobile, and stable solids are some of the qualities of earth. They are related to our dense components like bones, muscles, joints, fat tissues, tendons and ligaments. Constant travelling or fast-paced lifestyle, especially now when studies and extra-curricular activities have become the centre of our lives. Hence, whenever you feel disconnected, disorganised, fatigued or burnt-out, go back and surrender to your earth element. Undoubtedly, this will also balance the vata dosha which governs flow and motion in the body. The easiest way to connect to the earth element is to visualise yourself like a mountain while standing tall. As you are

consciously breathing, go deep and release every ache or dis-ease you feel in the body.



Water is known to be fluid, cool, nourishing, refreshing, fulfilling, lubricating and purifying. Circulation, the way nutrients move from one part of the body to the other, and the regulation of hormones, blood and cells depend on water. Water also nourishes the bones, joints and muscles. Connect to the water element anytime you feel stuck or rigid in the body or mind. You could soak yourself in the tub, drink a tall glass of water, go for a swim or practise a slow, fluid yoga movement like Setu Bandhasana (Bridge Pose).



Fire is known to be hot, sharp, erratic, radiant and fiery; it is often associated with energy, illumination and transformation. In terms of fire in our body, think of it as the heat for digestion. If the water element helps bring nutrients through the body, its fire counterpart helps to assimilate those nutrients. Hence, both these elements are co-dependent on each other. Fire

is also the source of concentration or focus for all the desires we seek in life. It offers the power of transformation to digest life experiences. Connect to the fire element by visualising a flame at the navel centre. You may practise Trataka (gazing at a candle flame) to boost your concentration and focus. You may also practise yoga poses like Utkatasana (Chair Pose) which helps create heat in the body.



Air is invisible, so in that sense, it is different from the rest of the elements. The air element can be sensed through its effects on the world; think tornado, hurricane, a light breeze or even a cold wind on your face. As air is light and formless, it is always associated with freedom, positivity and openness. Too much of the air element causes the mind to become restless and overactive. Too little of it causes one to be dull and lethargic. For an overactive mind, it can be quite a challenge to concentrate on studying. Hence, the individual can try visualising themselves as a mountain to bring in some grounding. However, if one feels a tad dull, they could dance and flow with the beat of music. They could also practise the Downward Facing Dog and Plank while breathing deeply.



SPACE OR ETHER



The qualities of ether amongst others are vast, spacious, expansive, subtle and limitless. It is the element that encompasses all the other elements. In relation to the body, think of the space in between the organs such as the stomach, intestines and lungs. Create space in our minds around the limiting and negative thoughts so we can see various perspectives, have different vantage points and see our limitless potential. To connect to the ether elements, I like doing backbends or the Half Moon Pose. The practise of breathing is also appropriate in connecting to the ether element; it opens up the mind for easy grasp of the learning process.

Understanding the elements and their qualities helps a great deal in the balance of body and mind – a vastly important factor particularly for students be it at the primary, secondary or tertiary level. You will feel a sense of empowerment within yourself which goes a long way in creating the life that you seek. **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, Klang, and Seri Kembangan.

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**

Wellness Yoga

Cervical Spondylosis (Arthritis of the Neck)

by June Pang

Just like any other pain, neck pain can be caused by many things. The discs and joints in the neck (i.e. the cervical spine) start to degenerate as we age. Cervical spondylosis, commonly known as arthritis of the neck, is the medical term for this age-related, wear-and-tear change. This condition is extremely common especially amongst those who are over the age of 60. Pain and stiffness in the neck are experienced by the individual although many may not experience any noticeable symptoms at all.

Causes of Cervical spondylosis

1. Bone spurs

These overgrowths are the result of the body trying to grow extra bones to make the spine stronger. However, the extra bone can press on delicate areas of the spine, such as the spinal cord and nerves, resulting in pain.

2. Dehydrated spinal discs

The spinal bones have discs in between them. They are thick, pad-like cushions that absorb shock of various activities like lifting or twisting. The gel-like material inside these discs can dry out over time. This causes a friction in the bones (spinal vertebrae) which can be painful. This condition can occur to anyone even in their 30s.

3. Herniated discs

Spinal discs can develop cracks, which causes leakage of the internal cushioning material. This material can press on the spinal cord and nerves, resulting in symptoms such as arm numbness as well as pain that radiates down the arm.

4. Injury

Injury to the neck during a fall or an accident can also cause cervical spondylosis.

5. Ligament stiffness

The tough cords that connect the spinal bones to each other can stiffen over time, which affects the neck movement and makes the neck feel tight.

6. Overuse

Some occupations or hobbies involve repetitive movements or heavy lifting (such as in construction work). This can put extra pressure on the spine, resulting in early wear and tear.

Symptoms of Cervical Spondylosis

Most people with cervical spondylosis don't experience significant symptoms. If symptoms do occur, they can range from mild to severe and may develop gradually or occur suddenly.

One common symptom is pain around the shoulder blade. Some complain of pain along the arm and in the fingers. The pain may increase when one stands, sits, sneezes, coughs or tilts the neck backward.

Another common symptom is muscle weakness. If muscles are weak, one will find it hard to lift the arms or grasp objects firmly.

Other common signs include:

- a stiff neck that worsens over time;
- headaches that mostly occur at the back of the head;
- tingling or numbness that mainly affects the shoulders and arms (although it can also occur in the legs);
- loss of balance and a loss of bladder or bowel control (not very common).

In most cases, cervical spondylosis responds well to conservative treatment that includes medication and physical therapy. A few simple yoga asanas and pranayama are recommended below. When repeated and done regularly, it can help relieve the symptoms of neck pain very quickly.

5 Yoga Asana for Managing Cervical Spondylosis



Asana: Isometric Neck Stretch (in all directions)

Benefits: This asana is good to maintain the strength as well as strengthening the neck muscles.



Asana: Gomukhasana (Cow's Face Pose)

Benefits: This asana is very good for inducing relaxation. It helps to alleviate tiredness, tension and anxiety while relieving neck and shoulder stiffness, backache, sciatica, and rheumatism. It also helps to improve posture by opening the chest area.



Asana: Urdhva Mukha Pasasana (Thread the Needle Pose)

Benefits: This asana opens the shoulders, chest, arms, upper back, and neck. It releases the tension that is commonly held in the upper back and between the shoulder blades. This pose also provides a mild twist to the spine, which further reduces tension.



Asana: Ardha Matsyendrasana (Half Spinal Twist)

Benefits: This asana increases the elasticity of the spine, tones the spinal nerves and improves the functioning of the spinal cord. It also stretches the muscles on one side of the body whilst compressing the muscles on the other side, helping to relieve back pain and stiffness from between the vertebrae.



Asana: Pranamasana (Bowling Pose)

Benefits: This asana decompresses the lower cervical and upper thoracic vertebrae and nerve roots, and releases the tension of the neck muscles.

Pranayama



Pranayama: Nadi Shodhana (Alternate Nostril Breathing)

Benefits: This pranayama calms and rejuvenates the nervous system. It also infuses the body with oxygen, clears toxins from the body, and reduces stress and anxiety which commonly causes tension on the shoulder and neck.

Articles by Practitioners

Doodle Journal for Mindfulness

by Gaithri Selvarajah

Yoga is the union of the body, mind and breath to reach the ultimate goal of Moksha or Self-Realisation. Moksha is when one has attained liberation in realising the true essence of the self, the true state of being – the understanding of what it means to be a spiritual being.

“Knowing others is wisdom, knowing yourself is Enlightenment” – Lao Tzu.

This quote sums it up beautifully. Knowing oneself is enlightenment because it ceases all the unnecessary thought patterns and self-imposed burdens one tends to place on themselves knowingly and unknowingly. As an individual goes through life journeying through the ups and downs, they tend to take things too seriously and dwell in misery longer than ever. They are unable to see the bigger picture most of the time. What if the individual can come to a state of being-ness without being judgmental? Wouldn't that be an easier, less stressful way to live life?

The reason why people find themselves unhappy, stressed out and miserable is because they do not take the time to reflect on themselves. They rarely ponder on the answers to questions like: “Who Am I?” or “What is my purpose in this life?”

On the contrary, there are many who go through a different journey altogether, and they do not face any conflict. This is because they are instilled with a sense of purpose. For the rest, perhaps yoga comes in as a saviour!

I strongly believe yoga comes as a calling when you most need it in life. It helps you develop physically, mentally, emotionally and spiritually.

I have always felt a strong maternal instinct since a very young age, and when my son was born in 2012 I opted to stay at home to look after him. I was not keen on sending him to a babysitter. This gift of yoga came to me in 2015 when I was facing a difficult period in life. I was looking for options to divert myself. Since I love being around children, I googled for children - related activities. That was when I ‘stumbled’ upon an interesting link to MAYI’s Super Yoga Kids, and I was even more elated to know that they offer an instructor course too! Out of excitement, I rang in for further details and was told that the course was starting in a couple of weeks but they did not recommend the course for me as I did not have any prior knowledge of yoga. The better option was to wait and attend the beginner certification first. Alternatively, I could go ahead and attend but I may not be able to grasp things as fast as others. So I was told.

With zero knowledge of yoga, I went ahead and signed up for the Super Yoga Kids Instructor certification course. As the course progressed I did find myself regretting on some days when I did not understand certain terminology, neither did I know anything about asanas, but somehow I managed to pull through. Everything slowly made sense when I continued my journey by attending the beginner IYIC certification and subsequently the Intermediate IYIC course, Pregnancy Instructor course and the Ayurveda Massage Therapist course.

I started my teaching journey in 2016 at the newly opened MAYI centre in Puchong as a Super Yoga Kids Instructor, and the one year there enabled me to build confidence as an instructor. Master Mani, founder of MAYI, always reminds us that “a teacher equally learns from their students”, and I found this so true as each child in my class brought a different learning experience for me.

As I started gaining confidence, I braved myself to start my own classes beginning with children and then later on with adults. This teaching journey from a stay-at-home mum to a yoga instructor developed my confidence, courage and self-discovery.

With the different streams of yoga, I found a strong calling towards Karma yoga and Jnana yoga. I never knew that being of service was referred to as karma yoga then but I experienced a total bliss of karma yoga when I volunteered at the National Yoga Camp in 2017. I was going through another challenge in life at that time and yes, yoga saved me yet again! I had only planned to go for one day to help out at the camp but ended up being there for the whole two weeks. I was amazed at the level of energy I had considering the fact that I barely slept in those two weeks, and how the Universe made it possible for me to be there. Above all, it was the inner bliss and satisfaction that mattered most. Never had I felt this way before. I realised that if there were something I could do without having to worry about money/time and everything else; this would be my path.

My quest continued in the path of Jnana yoga and having been an avid reader since childhood, I found myself querying into the concepts and teachings, getting deeper into the 10 conducts of the Yamas and Niyamas. As the saying goes, 'when the student is ready, the teacher will appear'. I am so grateful to have crossed paths with different teachers and stumbled upon books that have helped me progress.

I realised the importance of Svadhyaya (self-study) and how it can help one in their own journey of self-discovery. Change is the only constant thing in life and if we can all make an effort to study the inner self; it would definitely lead to a happier outer self and enable us to flow with the changes life brings each moment. Hence, when I was given an opportunity to pen my thoughts into a book, I decided to include

these important elements of the Yamas and Niyamas as they are the first two most important aspects of Patanjali's 8 Limbs of Yoga.

My book, *Doodle Journal: Journey to Self-Discovery*, is a book that heals and reconnects readers with themselves, reviving the significance of the Self and the Inner Child (the true essence of who we are within). This book is an intuitive journal that balances the wisdom and knowledge of the Great Masters with exercises and personal reflections to inspire the reader to embark on his or her own journey of self-discovery.

Through practical exercises, games and, of course, doodles, this book shares the tools and knowledge I've gleaned from my years of Svadhyaya. If we can all accept the simple truth that we cannot change anyone but we can change ourselves, we will surely contribute towards making this world a better-off place - a Heaven on Earth if you like 😊

I invite you to embark on this journey of self-discovery towards self-realisation or Moksha in whichever path you feel drawn to. We have all been uniquely created for the simple reason that we each carry a unique gift within for us to unveil and share with the world. How could we share if we do not find it first within us?

Wishing each and every one abundance of happiness, good health, wealth, love, prosperity and most importantly – inner peace.

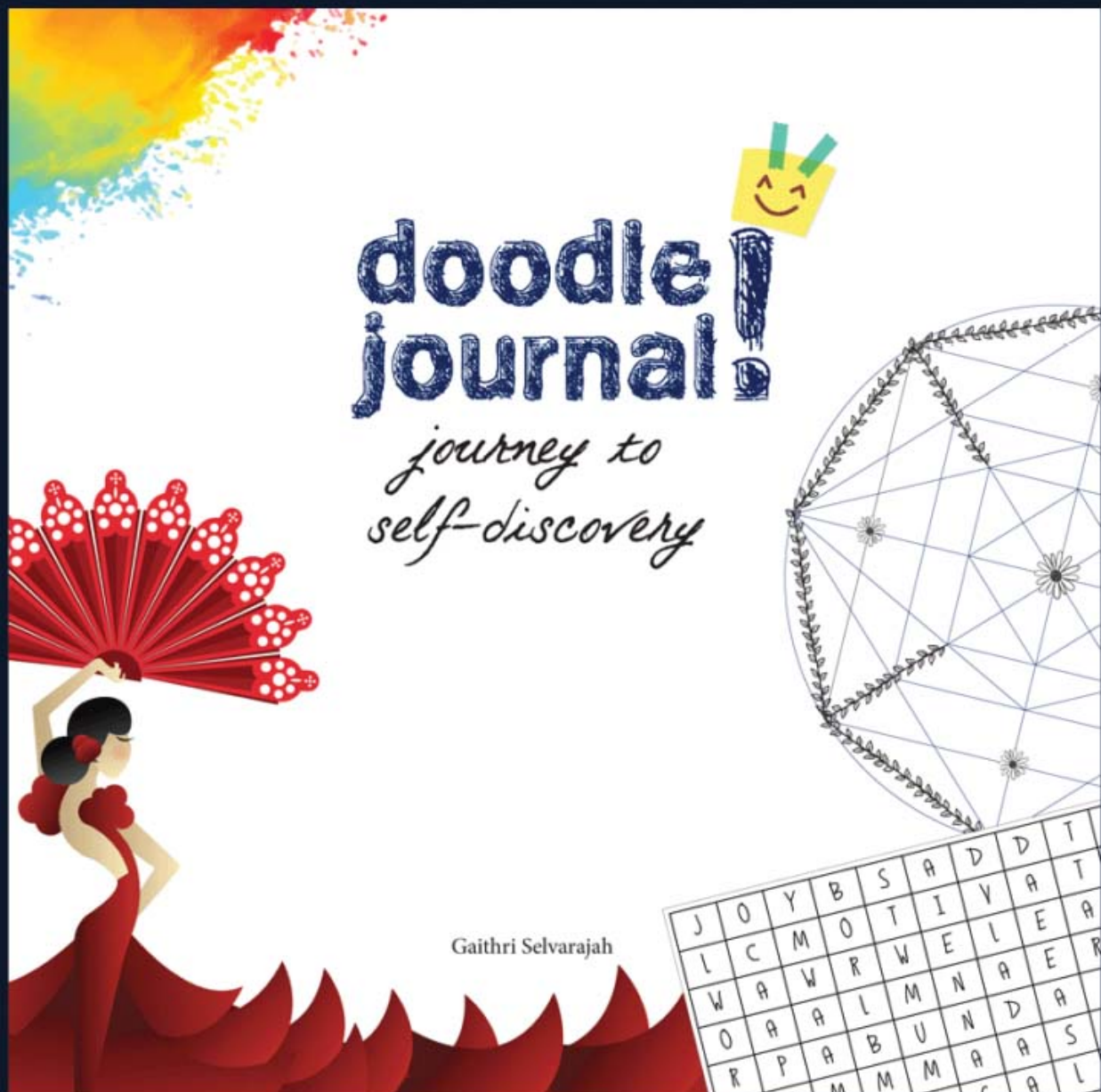
Doodle Journal: Journey to Self-discovery by Gaithri Selvarajah is available online at www.akasaa.com and amazon.com, and also at Kinokuniya Book Stores. **YM**

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NOT A MERE BOOK BUT A TOOL
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Articles by Practitioners

by Adelena Gustafsson

Hypermobility and Yoga

"But I'm not flexible enough for yoga," and "I can't twist my body like a pretzel." These are the common statements I get when I speak to people about yoga. Why do we have all these misconceptions about yoga? Yoga is not just for flexible people; it is also to help people become more flexible. Yoga is for everyone. However, I was once told that I shouldn't do yoga because I am hypermobile or in other words very flexible. I have had this condition for long but was never told how to control it until I started to experience pain in my joints.

I can actually do yoga, but I just have to be careful not to over extend. With the right guidance, I am able to practice yoga with ease. Since I started learning how to do yoga the correct way, I became more aware of how my body works. My muscles became stronger and I started to feel parts of the body I didn't even know I had.

A few weeks after having my son, I started to develop pain in every joint in my body. I would wake up in the middle of the night and not be able to bend or straighten my fingers. I freaked out as I thought I was developing arthritis. My mother has had

rheumatoid arthritis for almost 30 years and I have seen her go through pain. A few in my family live with some type of arthritis. I had to see a doctor and get myself tested though this time the results came out negative. What a relief!



"Why was I suffering from joint pains then?" I wondered. While seeking treatment, I found that I had scored a 9/9 in the 'Beighton scores'. Though both my thumbs couldn't quite touch my forearms, they did come close. I was put in a training class to build up muscles and learn to use my body correctly. It took me a long time to actually build the appropriate muscles and strength I needed.

Since then I have really started to look into my condition and become more aware of how I should position my body. I am also more aware of how others position themselves in my yoga class. I am more careful in explaining how one should position their bodies and joints as I feel it is my duty to guide them in protecting their bodies.

Lately I've noticed that every time I hurt a joint, it takes a long time to heal. While practising the inversion Vrishchikasana (the Scorpion pose), I lost balance and fell on my left knee. It was definitely painful. I immediately started doing the kneecap contractions, one of the joint exercises we usually do in the Pawanmuktasana series. I practiced this several times in a day and by the third day, the swelling had gone down and the bruise I saw forming had actually disappeared. My knee was back to normal. It was as if the fall never happened. I'm amazed with the outcome.

The Pawanmuktasana series or the Joint Exercise is a set of 17 asanas that we do at the beginning of every class at MAYI Yoga Academy before performing the Surya Namaskar or Sun Salutation.

These asanas help to warm up and strengthen the joints and muscles. If you attend classes at MAYI, you probably know this. We usually start with the toe bending and end with the eye rotation exercise. By just spending 10-15 minutes on the joint exercise, I can already feel the difference. You may wish to try it on your own – on one day, do a set of the Pawanmuktasana series before the Sun Salutation; on another day, skip the pawanmuktasana series and go straight to the Sun Salutation. Observe the difference.

The Pawanmuktasana series has helped me control my hypermobility and strengthen my joints and muscles. I heal faster now. I am more aware of the parts of the joints that are affected when I perform an asana or even walk down the staircase. Hence, I do believe that yoga is for everyone and as much as it has helped me build strength to control my flexibility, it will definitely help give one more flexibility through practice. If you think you have an issue with hypermobility, you can always do the Beighton Score test or find a physician to examine your condition and take it from there. **YM**

Our Chardham Chapter

by Puspa KS

Char dham in English literally means 'the four abodes/seats'. *Chota Char Dham* (small four abodes), on the other hand, is one of the most important Hindu pilgrimages in India comprising four most holy sites in Uttarakhand, namely - Badrinath, Kedarnath, Gangotri and Yamunotri. I am not sure when and how these places got linked as Char Dham, but I am guessing it is due to their magnificence, profound history and mysticism. It is believed that the pilgrim gets cleansed in Yamuna followed by Ganga. Thereafter, the pilgrim proceeds to Kedarnath to seek the blessings of Lord Shiva and eventually Badrinath to be blessed by Lord Vishnu.

I have been waiting for the calling to Kedarnath, and the moment I learnt that MAYI was organising the *Chardham* tour, I was thrilled. However, as the days got closer, I developed mixed feelings pondering over the difficulties I may have to endure throughout the journey.

Nevertheless, I decided to give it a go. "With years of Yoga practice, I should be able to handle it," I said to myself confidently.

We departed for New Delhi on the 24th of May with 21 other MAYI members and friends. The next day, we started our *Chardham* journey to Haridwar. In the evening, we witnessed the Ganga aarthi at *Har Ki Pauri* (meaning footprints of God), which was built in the 1st century by *Raja Vikram*. This place is not only renowned amongst tourists, but also the locals for its Ganga aarti at dusk. On that day, *Har Ki Pauri* was overly crowded with pilgrims of all ages. It was really amazing to watch the devotees, unaffected by the crowd or noise, deep in prayer; their bakhti was so strong that their main dharana was to be blessed by the Divine Energy. As the bells at the Ghat temples chimed, devoted priests at different stations



along the Ganga started performing the aarthi simultaneously, while chanting the holy mantras. Divine energy filled the air as we fell on our knees in supplication to the almighty.

The next morning, we journeyed to the Mansa Devi Temple. Being caught in the long queue leading to the main shrine, we had the opportunity to not only admire the vintage surroundings but also increase our cultural curiosity.

Our first encounter began that evening when we given a bucket of hot water each to “shower” at the “camp-style” hotel. It came in as culture shock for a few who have been so used to standing under the metallic shower head for a nice warm bath. Little did I realise how we take things for granted back home.

The adventure began the next morning as we got ready to hike up as early as 6:00 a.m. to Yamunotri, a temple which was rebuilt by Maharani Gularia in the late 19th century. It was a challenging 6.5 km trek from Janki Chatti, but those were not geared for the long stride had the option to go on a pony ride, sit in a palanquin or be carried in a kandi (sling-carrier) for a nominal fee. However, some of us wanted to hike the entire distance, so we sauntered nice and slow making stops along the way. Our dharana was to reach the top to witness Yamuna. As we treaded the rough challenging crowded route, our focus was purely on our breath; that was certainly key in achieving our goal. The lush meadows, awesome shrubs and the gushing cascades were really a sight to behold.

Upon reaching the temple, the thermal springs in the vicinity caught our attention. The most important of these is Surya Kund. The simmering hot water from these thermal springs



makes one wonder how this is possible as the whole area is surrounded by snow-capped peaks. It was truly a blessing to witness Yamuna at the site of her origin, so pristine and untainted.

The next day, we proceeded to Gangotri. As we journeyed through the dusty narrow roads, we gazed at the marvelous scenic view of the snow-capped mountains; it was simply gratifying. Never have we seen anything like this before. We were truly fortunate to have the blessings of *Ma Ganga*. The icy cold clear waters gushing through river Ganga was beyond my imagination. I stood in awe under the scorching sun with both my feet submerged in the icy cold waters! It is definitely an experience I will never forget.

Soon we reached our camp site at Guptakashi; it was time to relish the sunset. The scenic view at Guptakashi camp site was really another



sight to behold. Overlooking the snow-capped mountains, the whole camp site was surrounded by resplendent beautiful flora; it was truly nature at its best. We had to retire early that evening as we had to be ready by 2.30 am the next morning for our expedition to Kedarnath, which is one of the twelve Jyotirlingas. While a few decided to trek the whole distance of 18 km, the rest settled for a pony ride. *Pranayama* (breathing), *Smrthi* (mindfulness) *Dharana* (concentration), *Sthairyam* (steadfast) and *Abhinivishṭatā* (determination) were the words that came to mind as I went through this challenge to get to Kedarnath.

The mountainous terrain ahead was unassumingly breathtaking, and it definitely promised a blissful darshan at Kedarnath, one of Lord Shiva's abode. As we trudged on our ponies, the majestic Himalayas, the lush greenery and the cascading waterfalls came into crystal clear view; it was truly mesmerising. The next morning, while some of us sauntered to the temple to catch a glimpse of Lord Shiva's darshan, I circumambulated the temple, watching the orange-robe clad sadhus in action. Deep in my heart, I thanked my yoga practices for making my dreams come true.

Soon it was time to bid farewell to Kedarnath as we commenced the descend. Our next destination was Joshimath, a lovely relaxation stopover for pilgrims travelling to Badrinath. We made sure we visited the Adi Shankaracharya temple. Legend has it that saint Adi Chankaracharya meditated in a cave over here. Even though shopping sites are abundant in Badrinath, we definitely did not miss the colourful Badrinath temple, the place of worship dedicated to Lord Vishnu. Some of us queued as early as 2 a.m. to get into the temple. The next place of visit was Mana village, a quaint hamlet inhabited by an Indo-Mongolian tribe. Apparently, this is the last village in India, and it is along the borders of Tibet.

After a night's stay at Rudraprayag, we set off to Rishikesh, a holy town filled with ashrams and Yoga centers. In fact, it is now worldwide famous as a Yoga Capital. We crossed the Ram Jhula suspension bridge, one of the most popular attractions in Rishikesh, which was built in 1980. Some of us fell to our knees in supplication at Ma Ganga; we lit the *diyas* and let it float in the river after the *aarthi*. It was such a beautiful serene experience for me.

Finally, on the 7th of June, 2019, we boarded our flight to Kuala Lumpur. With utmost gratitude, we are truly blessed that our trip went well in accordance with the divine will. This is perhaps the most iconic of all my journeys thus far. **YM**



Featured Asana

Chakki Chalasana (*Churning the Mill*)

Step by Step:



1. Starting position: Sit with the legs stretched out in front of the body with the feet separated. Interlock the fingers of both hands and hold the arms out straight in front of the chest. Keep the arms straight and horizontal throughout the practice; do not bend the elbows.



2. Exhale as you bend forward as far as possible without straining. Imaging the action of churning a mill with an old-fashioned stone grinder.



3. Swivel to the right so that the hands pass above the right toes as far to the right as possible without straining.



4. Inhale as you lean back as far as possible on the backward swing.



5. Try to move the body from the waist. On the forward swing, bring the arms and hands to the left side, over the left toes and then back to the centre position.
6. One rotation is one round.
7. Practise 5 to 10 rounds clockwise and then the same number of rounds anti-clockwise.

Benefits

- Excellent for toning the nerves and organs of the pelvis and abdomens
- Useful for regulating the menstrual cycle.

Chef Yogi's Food Notes!

Ayurvedic Black Sesame Hummus

by Nicole Yong



Ingredients (for 2 person):

- 3/4 cup uncooked chickpeas
- 1/4 cup black sesame seeds
- 2 tablespoons extra virgin olive oil
- 1 teaspoon cumin
- Sea salt to taste
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoon fresh cooked corn
- 1/2 teaspoon dry chillies flakes (optional)
- 1 tablespoon finely chopped Parsley
- 1 lemon, juiced

Directions:

1. Wash the chickpea and soak them in water overnight (around 8 hours). Then drain, rinse, and put the chickpeas into a pot and cover with water (water is about double the amount of chickpea). Cook in medium fire. When the water boils, cook in low fire for around 1 hour until the chickpeas are soft. Drain and cool.
2. Heat a frying pan in low fire. Put cumin and black sesame into the pan, dry roast for around 3-4 minutes.
3. Place cooked chickpeas, black sesame, cumin, extra virgin olive oil, sea salt, black pepper and 2 tablespoon of water into a mini food processor. Blend until smooth.
4. Transfer to a plate and sprinkle with fresh cooked corn, dry chillies flakes, parsley, some lemon juice and 1 teaspoon of olive oil. Serve alone, or with pita and bread, or replace mayonnaise when we make sandwich, or as salad dressing that pair with cooked vegetable.

SCHEDULE OF COURSES: OCT - DEC 2019

OCT

18/10/2019	DU	International Yoga Instructor Course - Foundation
19/10/2019	DU	International Yoga Instructor Course - Foundation
19/10/2019	BFS	Ayurveda Massage Therapist Course
19/10/2019	SK	Anti-Ageing Workshop
20/10/2019	BSR	International Yoga Instructor Course - Foundation
20/10/2019	BSR	Anger Management Workshop
21/10/2019	DU	International Yoga Instructor Course - Foundation
24/10/2019	PCH	International Yoga Instructor Course - Foundation

NOV

02/11/2019	DU	Prana Vidya Course
02/11/2019	PCH	Weekly Workshop - Discover Yourself with Challenging Poses
03/11/2019	SLG	International Yoga Instructor Course - Foundation
03/11/2019	DU	International Yoga Instructor Course - Intermediate
03/11/2019	BSR	Ayurveda Massage Therapist Course
03/11/2019	BSR	Full Intestinal Cleansing Practical Session
03/11/2019	PCH	Special Class: The Ancient Science of Yoga! (Get all your queries on Yoga Answered)
07/11/2019	BSR	Kundalini Kriya Yoga
09/11/2019		MAYI Yoga Academy Graduation 2019
09/11/2019	USJ	International Yoga Instructor Course - Foundation
09/11/2019	PCH	Weekly Workshop - Discover Yourself with Challenging Poses
09/11/2019	SK	Introduction of Yoga - Workshop for Beginners
10/11/2019	USJ	International Yoga Instructor Course - Intermediate
10/11/2019	PCH	Let's Makan Together - Yogic Diet!
11/11/2019	DU	International Yoga Instructor Course - Advanced
11/11/2019	BSR	Super Yoga Kids Instructor Course
16/11/2019	PCH	Weekly Workshop - Discover Yourself with Challenging Poses
16/11/2019	SK	Truly Gentle Yoga for Relaxation
17/11/2019	DU	Introduction to Chakras - the Wheels of Life Workshop
17/11/2019	PCH	Yoga Nidra Workshop
18/11/2019	BSR	International Yoga Instructor Course - Foundation
19/11/2019	PCH	Special Class: Men Only Coach! In conjunction with International Men's Day 2019
20/11/2019	SK	Pregnancy Yoga Instructor Course
23/11/2019	BSR	Pranayama (Breathing Technique) Instructor/Practitioner Course
23/11/2019	KLG	Kids Yoga Graduation Day
23/11/2019	DU	YogaAsana - the Handstand & Core Activation Series Workshop
23/11/2019	PCH	Weekly Workshop - Discover Yourself with Challenging Poses
24/11/2019	BSR	International Yoga Instructor Course - Foundation
24/11/2019	KLG	International Yoga Instructor Course - Intermediate
24/11/2019	PCH	Slimming & Body Toning Workshop
24/11/2019	SK	Anger Management
25/11/2019	USJ	International Yoga Instructor Course - Foundation
30/11/2019	PCH	Weekly Workshop - Discover Yourself with Challenging Poses

DEC

02/12/2019	KLG	International Yoga Instructor Course - Foundation
02/12/2019	DU	International Yoga Instructor Course - Foundation
07/12/2019	PCH	Weekly Workshop - Discover Yourself with Challenging Poses
08/12/2019	USJ	International Yoga Instructor Course - Foundation
08/12/2019	PCH	The Noble Act of Teaching Yoga - Workshop
09/12/2019	BSR	International Yoga Instructor Course - Foundation
09/12/2019	DU	International Yoga Instructor Course - Intermediate
09/12/2019	BFS	Ayurveda Massage Therapist Course
11/12/2019	BSR	Mini Detox Workshop
14/12/2019	PCH	Weekly Workshop - Discover Yourself with Challenging Poses
15/12/2019	PCH	Lunch Bag with Yogis!
16/12/2019	PCH	International Yoga Instructor Course - Foundation
17/12/2019	BSR	Yoga Therapist Certification Course
18/12/2019	SK	Super Yoga Kids Holiday Programme
21/12/2019	PCH	Weekly Workshop - Discover Yourself with Challenging Poses
22/12/2019	BSR	International Yoga Instructor Course - Intermediate
22/12/2019	PCH	The Yogis Garden of Thoughts! Positive Thinking & Mastering Your Thinking Pattern Workshop!
22/12/2019	SK	Detox Workshop
28/12/2019	PCH	Weekly Workshop - Discover Yourself with Challenging Poses
29/12/2019	SK	Introduction to Yoga - Workshop for Beginners (Mandarin)

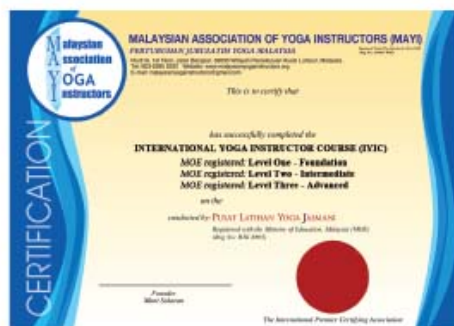
BFS: Brickfields; BSR: Bangsar; DU: Damansara Utama; SLG: Selayang; PCH: Puchong; USJ: Subang; KLG: Klang; SK: Seri Kembangan
 *Dates are subject to change without prior notice. Kindly refer to www.mayiyogaacademy.com for updates.

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- ♦ Inner Clarity and Mind Management



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