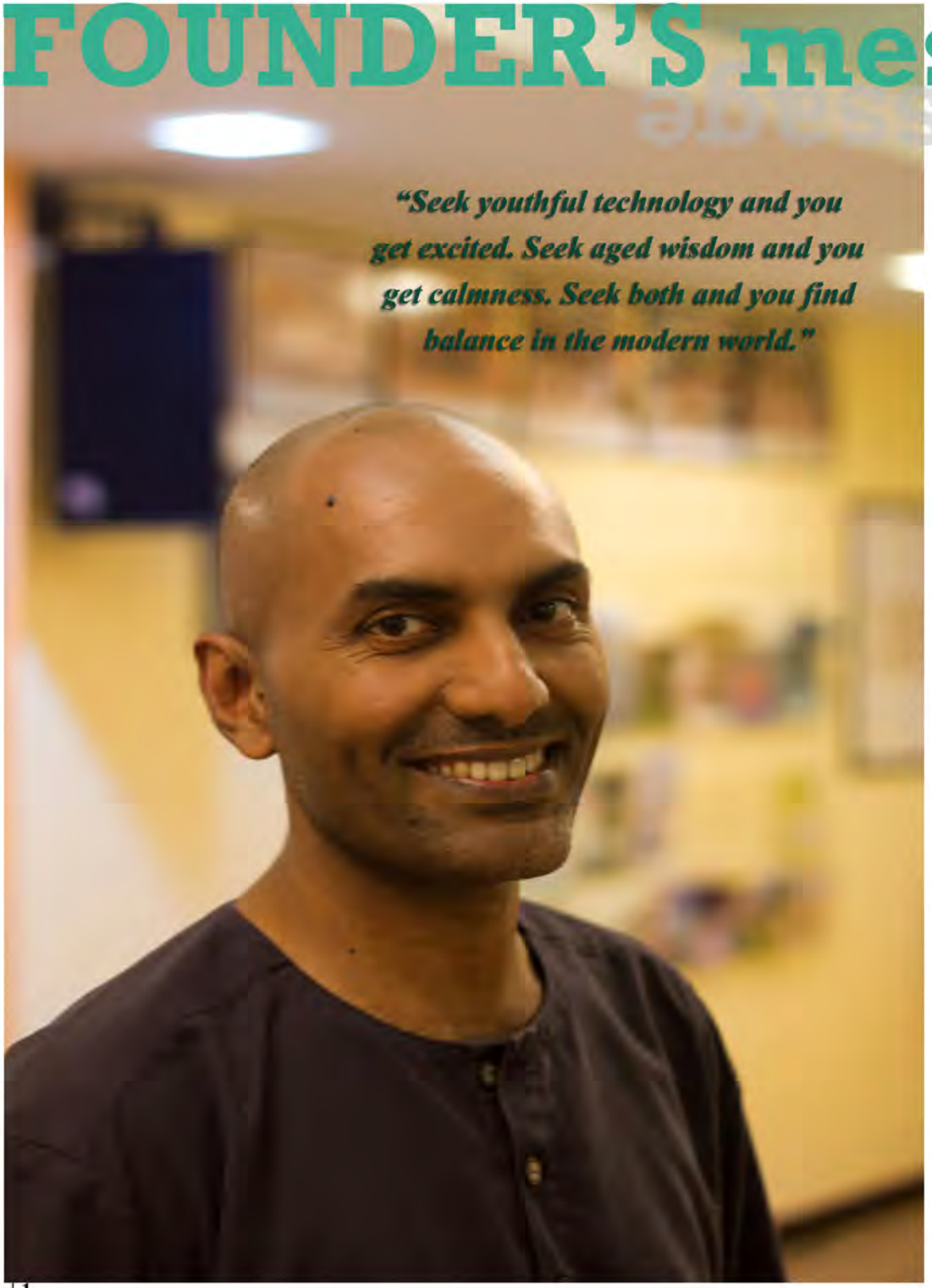
Malaysian Yoga Society (MYS)
(2120-04-5)

FOUNDER'S message



the Malaysian Yoga Society (MYS) was formally established as a mental and physical health-oriented humanitarian organisation in November 2004 with the intention of bringing yoga to all — primarily the impoverished, unfortunate and underprivileged members of the society.

Yoga is a practical art, easy to learn and has embedded in it the elements of total wellness of a person. Those who practice it in the correct manner — diligently and with clarity — will see concrete results, and experience significant inner and outer transformation.

We believe in sharing this wonderful gift of yoga with people from all layers of the society and make it available to those who have no access to the mainstream yoga classes. Those who are socially or economically disadvantaged should not be refused the benefits of yoga and we hope to reach out unconditionally to the abused women, single mothers, children from homes or orphanages, the poor and the needy.

Yoga will increase their inner strength and uplift their lives in more ways than one. It will give them the internal physiological and emotional balance they need in order to progressively grow in many ways.

In this direction, we have trained over 400 instructors via our 'Learn to Teach, Teach to Learn' programme since 2010. Under a meticulously compiled training programme based on a complete yoga curriculum and comprehensive teaching methods, the participants are provided with the basic skills of teaching yoga for beginners. It's a 6-day programme that has been running very successfully for the past few years.

To further boost the participants' confidence to grow as credible yoga instructors, certificates are provided to each and everyone who qualifies. They are also given ample access to all our other programmes to give them opportunities to progress further in the field.

NGOs and volunteers who also take part in the programme, which is equivalent to the Level 1 International Yoga Instructor Course run by the Malaysian Association of the Yoga Instructors, are encouraged to spread the knowledge of yoga to others, especially the primary and secondary school students.

Through this programme and our other core activities like the annual Food Fair, the Malaysian International Yoga Competition, Yoga Camps for students, teaching yoga in schools and teaching yoga to the prisoners, we target to spread the richness of yoga to all and sundry regardless of race, religion, gender or financial standing.

Yoga is known as a science and all sciences bring experience through experiment, and in this case, through practice. There are two components in this science; one is internal evolution and the other is the evolution of the society. Through practice both will evolve.

Internally, we need strength and vitality to live this highly stressed and challenging life, externally we need to find the oneness in society. Yoga means union of body, breath and mind; the other aspect is union with all members of society to bring about unity and evolution. The process of bringing about this change follows the laws of nature as well as the laws of humanity.

At a much deeper level, yoga is a dynamic form of inner engineering and a powerful transformative force that will create great harmony amongst the members of the community. With this end in mind, we continuously embark on projects which will improve our lives collectively — as one unit of a unified society. We organise group activities such as large-scale group physical yoga exercises, community projects and gatherings that are harmonious in nature, to promote external harmony which can be shared by everyone.

With this, we hope all will continue to support these projects and be a part of our continued effort to contribute back to the society. Thank you.

- Manisekaran, Founder of Malaysian Yoga Society

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About

Founded by Master Manisekaran, Persatuan Yoga Malaysia, or Malaysian Yoga Society (MYS), was formally established as a mental and physical health-oriented humanitarian organisation in November 2004.

Non-sectarian in nature, Malaysian Yoga Society's activities are purely in pursuit of creating awareness and spreading the understanding of yoga as a science of holistic self-development for individuals in society.

The Malaysian Yoga Society aims to do this through teaching, practice and various other related charitable activities.

Vision

Malaysian Yoga Society follows strictly the path of karma yoga which promotes the experience of living in harmony through one's own daily activities and selfless service. MYS works towards uplifting the life of others, especially the socially disadvantaged and underprivileged, through the teaching of yoga.

Mission & Objective

Malaysian Yoga Society's mission, among others, primarily includes:

- Promoting wellness of society, particularly the underprivileged and the socially disadvantaged.
- Organising charitable activities related to teaching of yoga to the underprivileged and the socially disadvantaged.
- Building and maintaining Yoga Home – a facility for all kinds of yoga-related programmes and functions.
- Research and development of yoga as a living science relevant to evolving changes in society and the underprivileged.
- Organising fund-raising activities to realise the various MYS charitable projects.
- Networking with highly committed yoga practitioners nationally and internationally to contribute towards the quality of life of the underprivileged.
- Conduct free yoga camps, especially for the socially disadvantaged.

2013 & 2014 MISSION & PROJECTS

yoga is emerging as an effective transformative force that is uplifting not only the lives of individuals and families but also the community as a whole. It has been widely used as an effective channel to train and coach children, and school students all over the world. Yoga instils positive values that make steady and steadfast individuals who would be great contributing members of the society.

Other than promoting the development of awareness, self-control, flexibility, and coordination, Yoga is popularly known to facilitate the union of the mind, body, and breath. Practiced with total awareness of these three aspects, it is one of the most powerful tools for positive behavioural and personality development of the practitioner. Adults and children who practice yoga regularly look fitter and healthier, show resilience to stress, and demonstrate great endurance when faced with challenges. The practices of Yoga have also shown to help individuals with hyperactive and/or attention-deficit disorders.

To make the vision of MYS a reality, MYS has lined up the following projects for 2013 and 2014:

a. Yoga at School
b. 7-day Yoga Camp
c. Malaysian International Yoga Competition
d. Train the Trainer
   (Learn to Teach, Teach to Learn)
e. Yoga Home
f. Yoga Sharing

"Within 6 to 7 months, the students, especially the problematic ones and slow learners showed remarkable changes."

YOGA at School

in view of promoting wellness and improving the quality of the children's lives, MYS has prioritised to expand its yoga teachings in schools. The introduction of yoga to children have been a fruitful endeavour as positive changes have been noted in the children's character, physical growth and mental stamina, and improvement of relationship with the society after attending yoga sessions. To sum it up, yoga enhanced the child as a harmonious physical, mental and emotional being.

MYS is currently conducting yoga classes in the following schools:

- SJK (T) Bandar Kinrara, Puchong
- SJK (T) Batu Ampat, Klang
- SJK (T) Batu Arang, Batu Arang
- SJK (T) Batu Caves, Selangor
- SJK (T) Castlefield, Puchong
- SJK (T) Jalan Cheras, KL
- SJK (T) Kajang, Kajang
- SJK (T) Sarawathy, Jalan Klang Lama
- SJK (T) Saraswathy, Sungai Buloh
- SJK (T) West Country Timur, Kajang
- SMK Tinggi Kajang, Kajang
- SMK Yaacob Latiff, Jalan Peel

A teacher's words:

In our school, we have a score of children who were from abusive or broken families and some had single parents, while others had parents who were in jail and many came from a financially poor background. Their behaviour and attitude towards studies lagged behind other children. As a measure to help them, we enrolled them into weekly yoga sessions offered by MYS.

Within 6 to 7 months, the students, especially the problematic ones and slow learners showed remarkable changes. The affected students appeared calmer, happier and showed tremendous improvement in their studies. They were able to calm down and showed reduced aggression in classrooms.

The slow learners were slowly improving in their studies and were able to communicate with their teachers better.

Overall class situation had become more conducive and the teachers were able to teach without stress as the discipline among the children had improved. Yoga has brought emotional and mental stability to the school children besides keeping them healthy physically.

- Mrs Jaya, Penolong Kanan Hal Ehwal Murid, SJK (Tamil) Saraswathy, Sg Buloh

7-Day YOGA Camp

7-Day YOGA Camp

the main vision of this camp is to inspire children and teenagers to develop positive attitude and a healthy lifestyle, while promoting their well-being. At the camp, the participants will learn techniques to enhance their memory and concentration, participate in activities that build self-confidence and creativity, learn inspiring values and moral codes, and other character building activities. Selected activities and programmes are based on yama and niyama, the two moral backbones of yoga. Yama and niyama are the values one needs in order to live in harmony with oneself and others.

In 2012, MYS had successfully organised the 7-day Yoga Camp for 160 students ranging from age 11-17. It was a wonderful 7-day ultimate yoga experience with teenagers who were mostly there without an inkling of what yoga was all about or what to expect from the camp. It emerged as a thrilling experience taking them head on into the journey, give them a first-hand experience of the art, shake up their old belief system and watch them struggle and find their peace with the wonders of yoga - working directly in their body, mind and spirit - as it sank little by little into their awareness.

A student's words:

My heartiest gratitude to Master Manisekaran and his superb team, for organising such an excellent camp in December 2012.

When I observed Master Mani's calmness in handling issues ever so patiently, I took a stand to learn to be a patient person. Master gave us a lot of exposures and positive techniques to manage our daily lives such as life goals, problems related to studies and even the issue of teenage love. We were taught memory boosting techniques. I also learned how to preserve and value precious natural resources such as water, to accept friends of other cultures as my brothers and sisters, about punctuality and respect, to be a more sociable person and how to convert criticism into a positive and productive challenge.

"One of the most importance life lessons I acquired from this camp is to accept myself as I am and at the same time continue to strive for improvements as I journey on."

I am looking forward to participate in this camp again as a leader to help others. Yoga is an investment you make for your life. It is a life long journey and benefits come into place gradually.

Join the camp and see the miracle happen within You.

Thank you.

Turiya Deva, Student

MIYC
Malaysian International YOGA COMPETITION

"The children find a new and promising opportunity where they can work progressively in improving themselves."

A paticipant's words:

I started learning yoga at the age of 11 and have become a loyal participant of the Malaysian International Yoga Competition since 2010 when I was just 15 years old. The event opened my eyes to a whole new world!

I felt really nervous during this first time but I was really happy and awe-struck to witness 'little' participants as young as 4, fearlessly going onto the stage to perform their very best. The local and international adult participants were also very admirable and motivating. I shall never forget the displayed of confidence of an 80 year old gentleman who gracefully took the stage! They have certainly set an example for me to follow and I'm highly motivated to participate in this noble event annually.

the main aim of the Malaysian International Yoga Competition (MIYC) is to create the awareness that yoga is accessible to all regardless of age, size, gender, background, physical conditions or limitations. Yoga promotes physical, mental and emotional well-being without the need for special sports or athletic skills.

The MIYC also serves as a platform for children to present their best and enjoy a healthy practice of sportsmanship. Being given opportunities to perform their favourite yoga poses in front of the public and judges, many have displayed admirable confidence in their attempts. Many of the children are from the underprivileged groups which MYS has been providing free yoga lessons to in schools and homes. The opportunity to partake and witness this international level yoga competition elevates their confidence level – the children find a new and promising opportunity where they can work progressively in improving themselves. The MIYC has also helped raise funds for the various MYS free teaching projects and social welfare programmes.

MYS has successfully organised Yoga competitions in the previous years from 2005 to 2012. The participants comprise 11 age categories (from 4 to 17 years old for children and 18 years and above for adults). The recorded oldest participant is 80 years old and the youngest, 4 years old. Majority of participants are school going children.

The MIYC has shown me the wonders of Yoga – that anybody and everybody from all ages and all walks of life can practice Yoga!

- Rubini Siva Shanmugam, Student and Yoga Practitioner

"The inspiration and motivation bestowed upon us served as a tremendous boost to our self-confidence - a vital quality in every Yoga Instructor."

TRAIN the TRAINER

this training programme is designed specifically to provide systematic and comprehensive basic yoga training to individuals who are inspired and committed to serve the community. Priority is given to the poor, underprivileged students and abused women, with the intention to provide them with skills and knowledge to teach yoga, which in turn, enable them to be self-sustainable in running their own classes and other social activities.

Through this programme, volunteer trainers work closely with the participants. They are taught the foundation level of International Yoga Instructors Course (IYIC) in a 5-day residential setting. At the end of the programme, participants will be equipped with theoretical and practical knowledge to effectively conduct beginner yoga sessions.

learn to teach teach to learn

They are coached to master the yoga techniques, benefits, modifications, breathing techniques, cleansing techniques, deep relaxation, yama and niyama (yoga moral conducts), and positive seeding of the mind. This comprehensive training will enable them to provide yoga sessions in schools, underprivileged homes, foundations, etc.

Approximately 200 yoga trainers have benefited from this annual programme since its debut in 2010, and majority have offered their services to community upon completion of the programme.

A graduate's words

On the 19th November 2011, my sis-in-law & I were blessed to participate in the "Learn to Teach, Teach to Learn Yoga Programme" by MYS, under the tutelage of Dear Master Mani and his dedicated team.

Held at Chap Kuan School, Batu Arang, this 5-day intensive training programme, presenting the internationally recognised International Yoga Instructor Course, was filled with in-depth coaching along with essential practices of the authentic science of Yoga – from simple yet highly beneficial joints exercises to rejuvenating yoga postures and breathing techniques, each day was simply packed with inspiring knowledge!

Throughout the course we were closely guided by a team of knowledgeable trainers. The inspiration and motivation bestowed upon us served as a tremendous boost to our self-confidence – a vital quality in every Yoga Instructor.

Upon our graduation most of my fellow classmates were soon engaged in voluntary and caregiving activities armed with yoga teaching knowledge. I approached the Headmaster of SJK (T) Saraswathy, Jalan Klang Lama to conduct weekly Free Yoga sessions for the school children and have been teaching there since.

- K. Saravana Sealan, Yoga Instructor

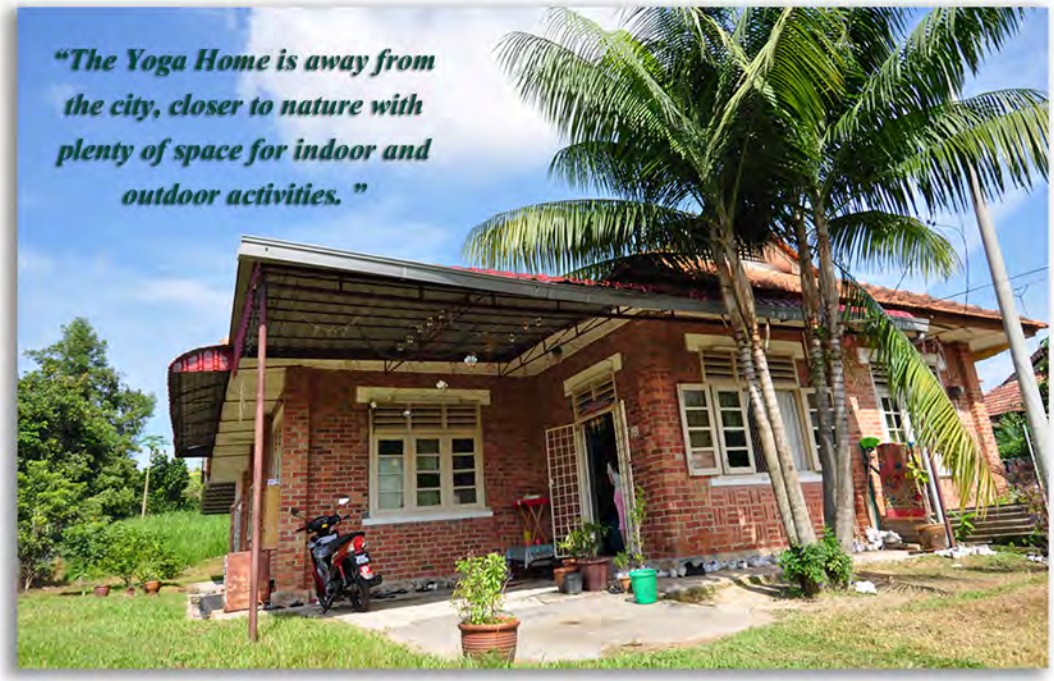
YOGA Home

the Yoga Home, in top-notch condition, is situated in a serene surrounding in Batu Arang, is an ideal location for yoga training and retreat. Open to members of Malaysian Yoga Society and its affiliates, the Yoga Home can be used for all kinds of yoga-related programmes and functions — for a certain fee that would cover the utility costs and lodging.

The home itself can accommodate up to 30 people at any one time, and it has a vast surrounding area that can be used for the setting up of tents for programmes that need lodging for up to 100 people. It is adequately facilitated with proper lodging, cooking and bathing facilities.

In year 2011, when MYS held the "Learn to Teach, Teach to Learn" programme at SJK (C) Chap Kuan in Batu Arang, some of the students, especially those who had come from far, had the opportunity to make use of the home for lodging purposes. Past programmes by MYS here include Yoga Retreats and yoga camps for teenage students. It provides a fantastic place for team-building, family gathering and soul searching for MYS members, besides being an ideal location for other yoga programmes for local and overseas participants in the future.

For all these purposes and also for children's training and building programmes, especially those from a poor background, the Yoga Home serves as a valuable asset to MYS, its members and students.



Holiday Camp at Yoga Home:

During the school holidays in Dec 2008, we decided to organise a Holiday Camp for a group of students whom we have been coaching – the B2 Youth group of Desa Mentari. The Yoga Home in Batu Arang was the perfect location for this group of high density, flat dwelling young participants – as it was away from the city, closer to nature with plenty of space for indoor and outdoor activities. While enjoying the programme lined up for them, these young city folk also got to experience the easy going pace of a small town with cows being herded along the small countryside roads. Thank you, Malaysian Yoga Society, for granting us permission to run the camp at the serene Yoga Home!

- Surya Tay, Yoga Instructor

Orphanage Visit:

On 21st July 2012, MYS Yoga Sharing Group visited Rumah Kanak-Kanak W.P. in Kepong, and we were greeted by curious faces of both the young and old. Mr. Vinoth, the caretaker, expressed appreciation for the offer of free yoga knowledge to their under privileged residents.

Children and the elderly residents of this home were taught in separate sessions, yoga techniques which are suitable for their different level of energy and capacity. By the end of the visit the smiles and sparkle in their eyes were sure signs that they loved the sessions.

- Nirmell Satthiyasilan, member of Yoga Sharing Group and yoga practitioner

YOGA Sharing Group

"By the end of the visit the smiles and sparkkle in their eyes were sure signs that they love the yoga sessions. "

the Yoga Sharing group was formed in early 2012 with the intent of creating greater public awareness about yoga and its extensive mental and physical health benefits including the developing the capacity to deal with stress and depression, especially among children, single parents and the underprivileged. The programme strives to strengthen and educate its members on how to approach and share the knowledge of yoga with those in need and the techniques appropriate for various health conditions, issues or ailments that people are facing.

The main aim of the Yoga Sharing group is to unequivocally introduce the purpose, techniques and benefits of yoga to people at large so that they are encouraged to take up yoga as a form of safe and recommended exercise that would greatly benefit their wellbeing in the long term.

MYS 2013 & 2014 Funds Projection

MYS Funds Projection for 2013 and 2014

MYS is committed to its continuous contribution towards the wellbeing of the community and society through various free practical yoga activities. Projects are facilitated by passionate volunteers and fund sponsorships by members of the society are greatly welcomed to make MYS vision a reality.

The following is the outline of MYS Projects for year 2013 and 2014 and its respective funds projection:

1 Yoga at School

Project plan : To acquire 5 certified yoga instructors to teach in schools and document the students' progress periodically. Each instructor will conduct classes in assigned schools six days per week.

Target: 20 schools

Funds Projection for 2013 and 2014:

Description	Amount per year (RM)
Yoga instructor allowance – RM2,500 per person x 10 months	25,000
Total amount per year for 5 instructors	***125,000***
Total amount for 2013 & 2014 for 5 instructors	***250,000***

2 7-day Yoga Camp

Project plan : Four 7-day Yoga Camps in 2013 and 2014 (twice a year)

Target: 200 participants in each programme

Funds Projection for 2013 and 2014:

Description	Amount per Camp (RM)	Amount per year (2 camps) (RM)
Hall rental	5,000	10,000
Food for 7 days – breakfast, lunch, tea & dinner at RM15 per child per day	21,000	42,000
Teaching materials and miscellaneous	10,000	20,000
PA system rental	500	1,000
Utilities	500	1,000
Total amount per year		***74,000***
Total amount for 2013 & 2014		***148,000***

3 Train the Trainer (Learn to Teach, Teach to Learn)

Project plan : One 5-day training programme per year

Target: 100 participants in each programme

Funds Projection for 2013 and 2014:

Description	Amount (RM)
Hall rental	5,000
Food for 5 days – breakfast, lunch & dinner at RM20 per person per day	10,000
Teaching materials and miscellaneous – RM50 per person	5,000
Total amount per year	***20,000***
Total amount for 2013 & 2014	***40,000***

4 Malaysian International Yoga Competition 2013 & 2014

Project plan:
Targeted audience : 5,000 people per event
Sponsorship for children : 1,000 children

Funds Projection for 2013 and 2014:

Description	Amount (RM)
Hall rental	5,000
Food for children	4,000
Set up – stage, canopies, PA system, and miscellaneous	3,000
Medals, Trophy, and Prizes	4,000
Total amount per year	***16,000***
Total amount for 2013 & 2014	***32,000***

5 Yoga Home

Project plan : To maintain and extend the premise to facilitate programmes conducted on site.

Funds Projection for 2013 and 2014:

Description	Amount per month (RM)	Amount per year (RM)
Utilities	3,000	36,000
Caretaker allowance	1,800	21,600
Total amount per year		***57,600***
Total amount for 2013 & 2014		***115,200***

A glimpse at... **MYS**

PAST PROJECTS

- Annual Fund-Raising Dinner 2005.
- Charity Food Fair in 2006, 2008 & 2011 – to raise funds for a Yoga Home (now a reality in Batu Arang) for underprivileged children.
- Yoga Sharing in Prisons – Kajang prison, Sungai Buloh prison for yoga sessions.
- Teaching Yoga in non-profit organisations – National Cancer Society, Cancerlink Foundation, YWCA KL, Pure Life Society.
- Charitable yoga classes held in orphanages and underprivileged children's homes :
  1. Anbuillam Boys' Home, Taman Permata
  2. Desa Mentari low-cost flats dwelling children, Jalan Klang Lama
  3. Karunai Illam Girls' Home, Kepong
  4. Sri Sai Ashram
  5. Bamboo Garden, Jalan Ipoh
  6. Rumah Hope, Taman Paramount, PJ (Home for neglected and abused children)
  7. Rumah Charis, Taman Lucky, KL
  8. Mentari Court
- Charitable yoga sessions/workshops held at schools :
  1. SJK (T) Effingham, Bandar Utama
  2. SJK (T) Pulau Carey, Selangor
  3. SJK (T) Sg. Renggam, Shah Alam
  4. SMK Puteri Titiwangsa, KL
  5. SMK Taman Kosas, Ampang
- Panel judge for Desa Mentari Mini Yoga Competition (50 children – ages 7 to 12 years old and 8 mothers) on 22nd November 2009 & sponsorship of trophies.
- Desa Mentari low-cost flats – yoga classes for mothers.
- Urdhva Retas workshop for underprivileged teenagers from Pure Life Society, Desa Mentari & Ambuillam Boys – 2009.
- Daily 1-hour yoga class for 40 12-year-old children at a 21-day camp entitled 'Learning English' at SJK (T) Jalan Fletcher off Jalan Tun Razak.
- Regular free yoga talks to the general public.

MYS

thank you

Malaysian Yoga Society

thanks **YOU** *in advance for your kind support...*