



PERSATUAN YOGA MALAYSIA

MALAYSIAN YOGA SOCIETY (MYS) (Reg. No.: 2120-04-5)

3, Jalan Ang Seng 3, Brickfields, 50470 Kuala Lumpur, Malaysia.
Tel: 603-2260 5322 Website: www.malaysianyogasociety.org

DESCRIPTION

The National Yoga Camp is a project organized and sponsored by the Malaysian Yoga Society (MYS).

NATIONAL YOGA CAMP 2019	
Programme for Students (Girls)	Programme for Students (Boys)
Age: 12 – 18 years Date: 30 November – 4 December 2019 (5 Days) Venue: SJK (T) Saraswathy, Jalan Hospital, Kampung Masjid Sungai Buloh, 47000 Sungai Buloh, Selangor.	Age: 12 – 18 years Date: 4 December – 8 December 2019 (5 Days) Venue: SJK (T) Saraswathy, Jalan Hospital, Kampung Masjid Sungai Buloh, 47000 Sungai Buloh, Selangor.
Yoga Camp is limited to 80 participants only, for each boys and girls camp.	
*NOTE FOR PARENTS Registration on first day of camp: 30 November 2019 (Girls Camp) – 1.30 pm to 3pm 4 December 2019 (Boys Camp) – 1.30 pm to 3pm	
Parents Meeting on first day of Camp 30 November 2019 (Girls Camp) – 3pm to 3:30pm 4 December 2019 (Boys Camp) – 3pm to 3:30pm	
Parents arrival for Closing Ceremony on last day of camp 4 December 2019 (Girls Camp) – 11am 8 December 2019 (Boys Camp) – 11am Closing programme will be between 11.30pm – 12.30pm.	

Malaysian Yoga Society (MYS) is a non-governmental organisation, registered under the Societies Act of Malaysia. MYS has always been a vision of its founder, Master Manisekaran, who is a leading yoga master with more than 20 years of experience in the ancient science of life. Being a health-oriented humanitarian organization, MYS intends of bringing yoga to all – primarily the impoverished, unfortunate and underprivileged members of the society. It is a non-sectarian in nature, purely in pursuit of creating awareness and understanding of Yoga, as a science of holistic self-development for individuals in society.

We believe in sharing this wonderful gift of yoga with people from all layers of the society, regardless of race, religion, gender or financial standing, primarily to school students - the next generation. 'National Yoga Camp' was born as part of the objective to bring greater awareness about Yoga and the benefits to school students, started in the year 2012 and now it is continuously conducted every year at various locations.

Yoga Camp is a meticulously compiled training. It is a 5 days programme, based on a complete Yoga syllabus, such as Yama (restraint) & Niyama (observance) for individual personality development, Yoga Asanas (postures), benefits of Yoga, Shatkarmas techniques (cleansing), Pranayama (breathing), Dharana (concentration) and Dhyana (meditation), for the participants to benefited with increasing awareness about the deep realities of Yoga and its power to transform one's life.



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Yoga Camp - Core Components

❖ **Personality Development (Yama and Niyama)**

Learning's from Yama (restraints) and Niyama (observances) values; build inner strength, how to love and respect oneself and others, how to be in harmony with friends, teachers & family, how to differentiate between good and bad, how to prevent from getting into bad company and avoid bad habits.

❖ **Postures (Yoga Asanas)**

Yoga postures for better physical and mental health; enhances body awareness, improves blood circulation and flexibility, weight management and better complexion, improvement of fitness, improves cognitive function, improves memory and focus, balances energies in the body to prevent lethargy, rejuvenates the entire body & mind and balances the central nervous system. Examples of postures and benefits:

- Joint exercises: To build flexibility, remove toxins and improve circulation
- Surya Namaskar: Awaken and activate all systems in the body
- Asanas to strengthen core muscles
- Asanas to build outer and inner strength
- Asanas to awaken positive energies in the body and mind
- Asanas that will help one relax and give deep rest to the body and mind
- Asanas to energize and rejuvenate the entire body and mind
- Asanas to help one find inner and outer balance
- Practices that will help improve intuition and build inner clarity

❖ **Cleansing Techniques (Shatkarmas)**

Purification of body; balancing and activation of the vital systems in the body like the digestive, respiratory, circulatory and nervous systems; cleansing of outer and inner organs like the food pipe, stomach, colon, eyes, lungs and ears; to reduce toxin, prevent and manage discomforts and diseases like asthma, cold, gastritis and fever.

❖ **Breathing Techniques (Pranayama)**

Promotes mental stability and steadiness; sends energy to internal organs to keep the organs healthy and to prevent diseases; increases energy, vitality and stamina.

❖ **Relaxation Techniques (Pratyahara)**

Techniques to manage/get rid of stress; cultivate peaceful, relaxed state of body and mind; techniques to handle all tasks with a calm state of mind

❖ **Concentration (Dharana)**

Concentration techniques for super memory and superior concentration powers; helps students improve in their studies, score well and create a thirst in them to be successful individuals and become top students.

❖ **Meditation (Dhyana)**

Helps calm the mind, increases concentration and helps one remain centered at all times, especially during studies and during exams.



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❖ Yoga Lifestyle Habits

- Cultivating commendable habits based on yoga teachings from the time one wakes up in the morning right up to the time one goes to sleep.
- The basic understanding of Yoga and the philosophy of Yoga will help the students to approach life with more awareness and expose them to a healthier way of living based on self-discipline, responsibility to themselves and others, and also deeper knowledge of themselves and the world around them. This will build their self-esteem and enhance healthy social interactions, which will then function as progressive, kind and compassionate members of the society.
- 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 'Yoga Camp' projects, which will improve our lives collectively - as one unit of a unified society.

For further information, please call the Malaysian Yoga Society (MYS) at 03-2260 5322 /1323.

Thank you.

Yours faithfully,

(MANISEKARAN)

President of Malaysian Yoga Society (MYS)

Yoga Camp Registration

1. Fill in the registration form.
2. Donation for camp [RM120/student] made to:
3. Maybank: Persatuan Yoga Malaysia / Malaysian Yoga Society
4. Account No: 5142 5341 1300
5. Enquiry on form submission, call 03 -2260 5322 / 1323