



PERSATUAN YOGA MALAYSIA

MALYSIAN 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

We believe in sharing the 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 school students, teenagers, abused women, single mothers, children from homes or orphanages, the poor and needy.

We, at The **Malaysian Yoga Society (MYS)**, say 'Let's YOGA' to make a difference. We are organising National Yoga Camps for teenagers this year to effect significant changes through the deep and wonderful science of yoga.

The yoga camping project was first held in the year 2012 under the guidance and purview of Master Manisekaran, the founder and president of MYS. He has been lovingly sharing the benefits of yoga with countless children, teenagers and adults over the past 20 years.

Asked why the camping project is for the specific target group of 12 years to 17 years old, here's what he said:

"Being neither adults nor children, kids are the most vulnerable at this age. They need meaningful guidance to help them find their way through the tangled web of life."

Camp activities include Yama and Niyama (character building), Shatkarmas (cleansing techniques), Asanas (postures), Pranayama (breathing techniques), relaxation techniques, Dharana (concentration), Dhyana (meditation) and many others.

The objective of these camps is to bring greater awareness about deep realities of yoga and the benefits of yoga to school students, to teach simple and effective asanas (postures), shatkarmas (cleansing techniques) and breathing techniques for steady mind, increased energy and inner peace, inspire them to understand themselves and their surroundings for a meaningful existence, and to lead a calm, caring and successful life. The camp's yoga-related personality development programmes will have far reaching benefits on the student's inner and outer development, and give a great boost to their self esteem and self confidence. This is karma yoga at its happiest best.

We have been having such camps for the past 5 years with stupendous success, and now we are geared up again for more at the end of this year.

Let's go beyond colour and creed. These students need our support and guidance. This is an opportunity to exercise gratitude for the abundance of blessings we have in our lives by reaching out to help someone else who doesn't have it, and when such help will change their lives from deep inside. Let's create an opportunity for them to manage their lives in a positive manner.

Yoga Programme	Age	Date	Venue	Participants Limit
Boys Yoga Camp	12 – 17 years old	10 th – 16 th Dec 2017	Sekolah Menengah Teknik Kuala Lumpur, Jalan Yaacob Latif, Bandar Tun Razak, 56000 Kuala Lumpur	120 students
Boys Yoga Camp [LTTL]	12 – 18 years old	10 th – 16 th Dec 2017		30 students
Girls Yoga Camp	12 – 17 years old	17 th – 23 rd Dec 2017	Sekolah Menengah Teknik Kuala Lumpur, Jalan Yaacob Latif, Bandar Tun Razak, 56000 Kuala Lumpur	120 students
Girls Yoga Camp [LTTL]	12 – 18 years old	17 th – 23 rd Dec 2017		30 students

*LTTL [Learn To Teach, Teach To Learn], is for previous year camp students, specially tailored yoga instructors programme. Students will be groomed to teach yoga to others with in depth knowledge and techniques.

"Through the practice of Yoga, knowledge is gained, upon gaining knowledge, liberation is attained. What more would any parent want other than this for their child?"

Even the heavens will open to shower blessings to the parents of such children!"

– Master Manisekaran



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Be a part of the change that you want to see in our community. Please fill in the box below, to sponsor these students who mostly come from underprivileged families.

Your contributions are for the most important purposes only, which covers accommodation, food, yoga activity related kits - jala neti pot, yoga mat, course materials such as modules, materials for shatkarma (yogic detox) activities, and so on.

These are the expenses, for a total of **300 participants** for **2 camps (including LTTL)**, for the total of **14 days**.

I wish to sponsor:

No	Description	Quantity	Unit Price	Total
1	Sponsor a participant for Yoga Camp		RM120	
2	Sponsor a participant for Yoga Camp (LTTL)		RM150	
3	Sponsor for meal (refer to next page; state the days / specific meals)			
4	Accessories / Kits for the camp (Jala Neti Pot, Yoga Mat, Modules, etc)			
	For 150 participants		RM 7,800	
	For 300 participants		RM 15,600	
5	Accommodation and maintenance		RM 3,000	
6	Others (Please indicate)			

Total Amount (cash / cheque / bank transfer): _____

Maybank account details: Malaysian Yoga Society; Account No: 5142-5341-1300

For enquiries: Ravin.S (012 6900063)

Your generous contribution will go a long way to touch the lives of these kids and we thank you from the bottom of our hearts

DETAIL OF SPONSOR

Name	
My KAD No	
Contact No	
Email ID	
House Address	

FOR OFFICE USE ONLY

Amount Received By (Name of MYS Representative)	
Date Received	



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This is ONLY for food expenses, for a total of **300 participants** for **2 camps (including LTTL)**, for the total of **14 days**.

I wish to sponsor:

Yoga Camp	Boys Yoga Camp (10 th – 16 th Dec 2017)							Girls Yoga Camp (17 th – 23 rd Dec 2017)						
Days & Person	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meals	150 Person	150 Person	150 Person	150 Person	150 Person	150 Person	200 Person	150 Person	150 Person	150 Person	150 Person	150 Person	150 Person	200 Person
Breakfast	N/A	RM450	RM450	RM450	RM450	RM450	RM450	N/A	RM450	RM450	RM450	RM450	RM450	RM450
Lunch	N/A	RM825	RM825	RM825	RM825	RM825	RM1300	N/A	RM825	RM825	RM825	RM825	RM825	RM1300
Dinner	RM750	RM750	RM750	RM750	RM750	RM750	N/A	RM750	RM750	RM750	RM750	RM750	RM750	N/A
Light refreshment (In between each meals)	RM450	RM675	RM675	RM675	RM675	RM675	RM225	RM450	RM675	RM675	RM675	RM675	RM675	RM225
Total/Day	RM1200	RM2700	RM2700	RM2700	RM2700	RM2700	RM1975	RM1200	RM2700	RM2700	RM2700	RM2700	RM2700	RM1975
Overall Total	RM33350													

For NYC 2017 Enquiries: Ravin.S [012 6900063]