

Press Release

***Freedom in choice of routine. Confidence through practice.
Awareness of body and mind.***

**The Annual Malaysian International Yoga Competition 2012
on 31st August 2012, from 9.00am – 6.00pm at
Kandiah Hall, SJK (T) Vivekananda, Brickfields, Kuala Lumpur**

Kuala Lumpur, 10August 2012 – In conjunction with this year's Merdeka celebration, the Malaysian Yoga Society (MYS) with the support of Malaysian Association of Yoga Instructors (MAYI) is organizing the annual Malaysian International Yoga Competition (MIYC) for the fourth consecutive time.

This competition will witness the gathering of yoga enthusiasts of all ages from Malaysia and overseas, on 31August 2012 between 9.00am – 6.00pm at Kandiah Hall, SJK (T) Vivekananda, Brickfields, Kuala Lumpur.

In the year 2009 and 2010, the yoga competitions organised by MYS were held at a national level. MIYC 2011 witnessed the successful participation of International yoga practitioners from Thailand, Indonesia, India and Iran, together with participants from Malaysia.



MIYC 2011 attracted more than 400 yoga practitioners, competing in various categories. International participants who had been competing professionally in other parts of the world, commented that MIYC 2011 was very well organized and they had enjoyed the competition and activities tremendously. The competition was so well organized that they pledged to participate in MIYC 2012.

“Just as in the participating spirit of the Olympic games, the objective of MIYC 2012 is to bring together yoga practitioners of all ages and from around the world, to strive towards –personal improvements in yoga practitioners,



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generate awareness that anyone from any age group can perform or practice yoga and to raise funds for social welfare.” said Master Manisekaran, founder of Malaysian Yoga Society and Malaysian Association of Yoga Instructors.

Due to the integrated approach of yoga practices involving both the body and mind; yoga has become a widely accepted and popular form of exercise worldwide. More and more researches are being conducted to prove the therapeutic effects of yoga, its role as a complementary healing system and its enhanced effects on personal self-development. Many lesser known techniques of yoga, such as breathing techniques (pranayama) and postures (asana) which has been in existence for thousands of years are found to be the basis of the practical aspects of contemporary methods to self-development and mind training.

“MIYC 2012 aims to create awareness that regardless of age, size, background and physical limitations, yoga is accessible to all. And it provides an avenue for everyone to become healthy both physically and mentally without needing any special sporting or athletic skills.” said Master Manisekaran, who has 35 years of experience in Yoga and continues his 15-years of full time Yoga instructing commitment.

Malaysian International Yoga Competition 2012 is open to entries from a total of 8 different categories comprising off:

- 4 x Children Category from 4 to 18 years of age.
- 4 X Adult Category from the age of 19 years and above.

The past events recorded the oldest participant at 80 years old. This year it is anticipated that 600 enthusiastic participants, ranging from various age groups, from Malaysia and overseas - Thailand, India, Sri Lanka, Singapore, Nepal and Iran, including the under-privileged children from various states in Malaysia, will be taking part in the competition.

Each participant is allocated 4 minutes to perform 5 off their favourite yoga postures amongst a panel of qualified judges. The participants will be scored based on – execution of the 5 selected yoga postures, steadiness & alignment of the postures, flexibility & strength, the degree of difficulty of the posture and facial demeanour.

Malaysian International Yoga Competition is sponsored by Yoga Franchise and generous public contributions. The winner's prizes for all categories is sponsored by Yoga Franchise (YF) in the form of Yoga Franchise Course Cash Vouchers worth about RM19,000.00, with the overall champion winning an amount of RM5,000.



Malaysian International Yoga Competition 2012 participant registration is open till 25 August 2012. The Registration Forms can be obtained online, please visit www.malaysianyogasociety.org.my or call Ms. Vivien from Malaysian Yoga Society (MYS) on 03-22605322 or mobile 012-6555192.

Participants are also welcome to contribute donations to charity and help under-privileged children take part in the competition. For a sponsorship of RM30 each (which covers the child's food & beverage, transportation and T-shirt) an under-privileged child is able to participate in the Malaysian International Yoga Competition 2012. All proceeds collected through this competition will be channelled to various charitable activities in Malaysia.

Everyone is welcomed to the Malaysian International Yoga Competition 2012 with their families and friends, to watch the competition, support the contestants and visit the fair showcasing health and fitness products.

The Malaysian International Yoga Competition 2012 will be held on 31 August 2012, from 9.00am – 6.00pm at Kandiah Hall, SJK (T) Vivekananda, Brickfields, Kuala Lumpur. Entrance is free of charge for the general public. Door gifts will be distributed on a first-come-first-served basis.



Malaysian International Yoga Competition 2011 (c) Malaysian Yoga Society.



About Malaysian Yoga Society (MYS)

The Malaysian Yoga Society (MYS) was established as a mental and physical health oriented humanitarian organization in November 2004. Non-sectarian in nature, the Malaysian Yoga Society is purely in pursuit of creating awareness and understanding of yoga as a science of holistic self-development for individuals in society through teaching practice and various related charitable activities for the underprivileged and socially disadvantaged. The Malaysian Yoga Society aims to do this through teaching and practice, and various other related charitable activities.

About Malaysian Association of Yoga Instructors (MAYI)

The Malaysian Association of Yoga Instructors (MAYI) has always been a vision of its founder, Manisekaran, who is a leading yoga master with more than 35 years of experience in the ancient science of life.

The main aim of this neutral association is to unite all Malaysian yoga instructors to a common understanding of yoga by acting as a central body of standardisation for yoga teaching techniques as well as updating and upgrading instructor members through a variety of yoga workshops and courses. Courses include internationally accepted certification for new and existing instructors, as well as opportunities for practical training. Through this comprehensive education of yoga instructors, all students and practitioners of yoga will in turn be exposed to the many facets of yoga to enrich the overall learning process. By becoming a member of MAYI, the sky's the limit with a world of opportunities in the yoga teaching scene both locally and internationally!



About Master Manisekaran

Master Manisekaran, the founder of Malaysian Yoga Society (MYS) and Malaysian Association of Yoga Instructors (MAYI), is one of the world's leading exponents of yoga.

With 35 years of experience in Yoga, Master Manisekaran continues his 15-year track record of full time instructing commitment. He propagates some of the most effective human potential technology trainings, possesses in-depth knowledge of yogic psychology, yoga therapy, the healing sciences, yogic philosophy and the meditative sciences. Today, he is on the crest of a rapidly growing yoga movement in Malaysia and globally.



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Issued by : Kaladevi Ramasamy

**On behalf of: Malaysian Yoga Society (MYS) and
Malaysian Association of Yoga Instructors (MAYI)**

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Attachment 1

MYTHS ABOUT YOGA

1. **I have to be flexible to practice yoga.** Yoga builds flexibility and strength. After only a few yoga classes you will notice your body respond to postures and your agility improves. With practice you'll gain flexibility, The more you practice, the more your body will find comfort in the poses.
2. **You have to be thin and fit.** Yoga is not a discriminatory practice. As with flexibility, you practice what you are physically able to do and in time you will see results.
3. **Yoga is only for women.** Yoga offers something for everyone. While women are the majority of yoga practitioners around the world, yoga is definitely also for men. If you observe, most of the famous practitioners or instructors are men.
4. **Yoga is religious.** Yoga is not about faith. It's about helping people live a better life by finding a balance between body and mind.
5. **Yoga is an exercise.** Yoga is not merely physical. Through the study of yoga, you learn how to master the mind as well as the body. It is a system that teaches how to overcome the ego, be healthy and live stress free. The ultimate goal is to live in a state of supreme oneness where all sense of separation vanishes.
6. **Yoga should only be done in the morning.** You would be able to reap the best results of yoga if you do it in the morning. But if your schedule is what's stopping you from practicing it in the morning, don't worry. You can practice yoga at any time of the day as per your convenience, but ensure you practice at least 2 hours after meals.
7. **People over 50 can't learn Yoga.** Yoga is for people of all ages, there are no age limits to practice yoga. Some people start in their 70s and some as young as 4 years of age. It's never too late — or early — to start practicing Yoga.