



Members' Newsletter

- PERSATUAN IYENGAR YOGA MALAYSIA -

Iyengar Yoga Association of Malaysia

THIRD ISSUE • MARCH 2020

We are delighted to present our 3rd edition of PIYMs newsletter to the Malaysian Iyengar Community to learn and progress together and harness the togetherness with joy.

We welcome any inputs from members who would like to share their artworks, reflections, photographs, etc. all relating to Iyengar yoga.

In this edition, please enjoy the article from Elisa Govea on the topic of “Svadyaya”, information on up-to-date workshops, conventions and retreats in Malaysia and the region.

Love,
P.I.Y.M. Team

Svadyaya

By Elisa Govea, Certified Iyengar Yoga Teacher

Sva means Self and Adhyaya means study or education. Therefore, Svadyaya is explained as not only the study or the education of the Self, but also as the study of the sacred knowledge (scriptures).

Yoga understands the Self as the individual soul connected to the Universal Soul.

“... the drawing out of the best that is within a person. Svadhyaya, therefore, is the education of the Self.”

Read More

“Modern science is aware of mechanisms of building muscles and cardiovascular systems but what about the immune system?”

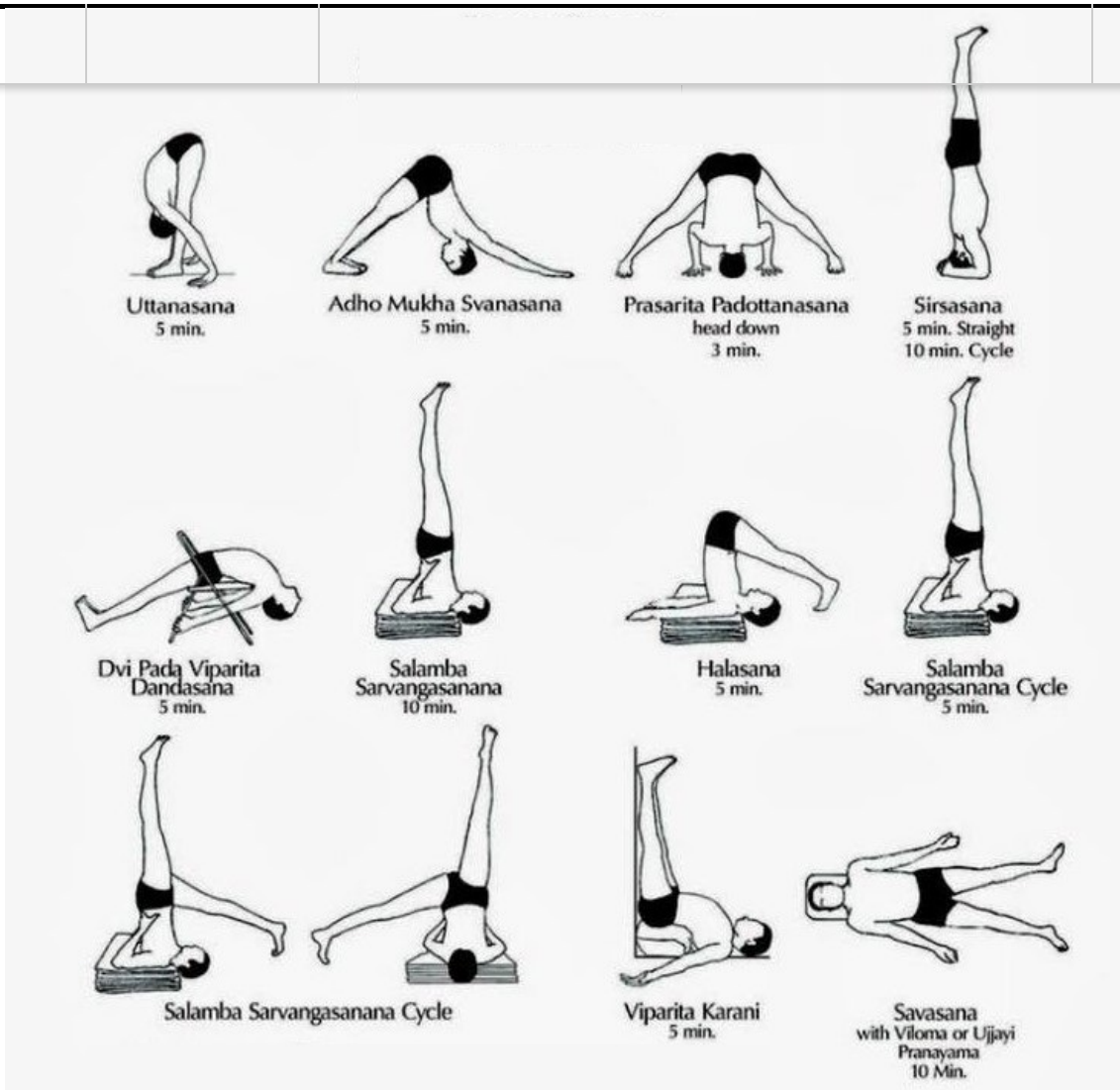
Modern science is aware of mechanisms of building muscles and cardiovascular system through exercise but what about the immune system? There are some thoughts that vitamins, a healthy diet and a hygienic lifestyle help but do not seem anything specific at the moment that can help build the immune system.

Guruji provided us with a specific sequence of asanas that helps build the immune system. This was posted on the RIMYI notice board during the swine flu pandemic. This can help us not only avert the flu virus but also many more bacteria and viruses especially when they are lurking in the air and water!

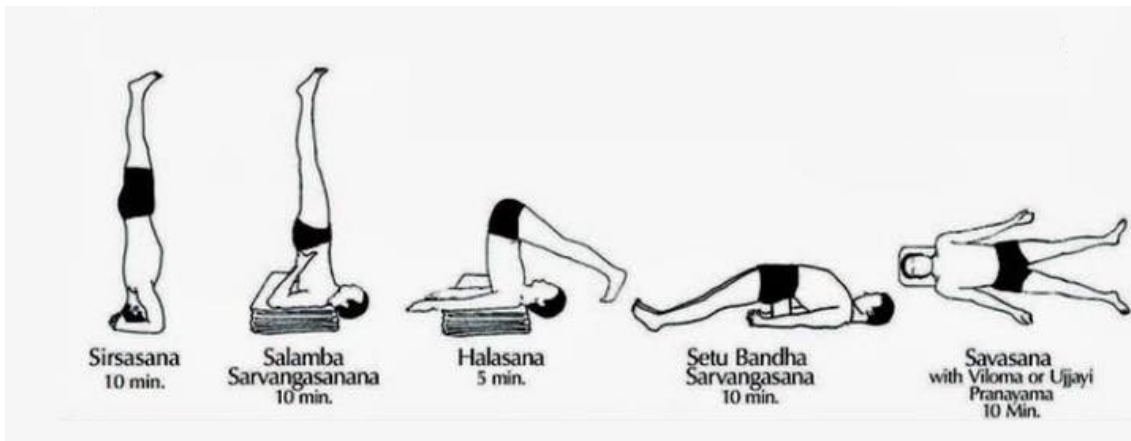
Immune System

This sequence was given out to students at the Iyengar Institute in Pune when it was closed due to an outbreak of a virulent flu.

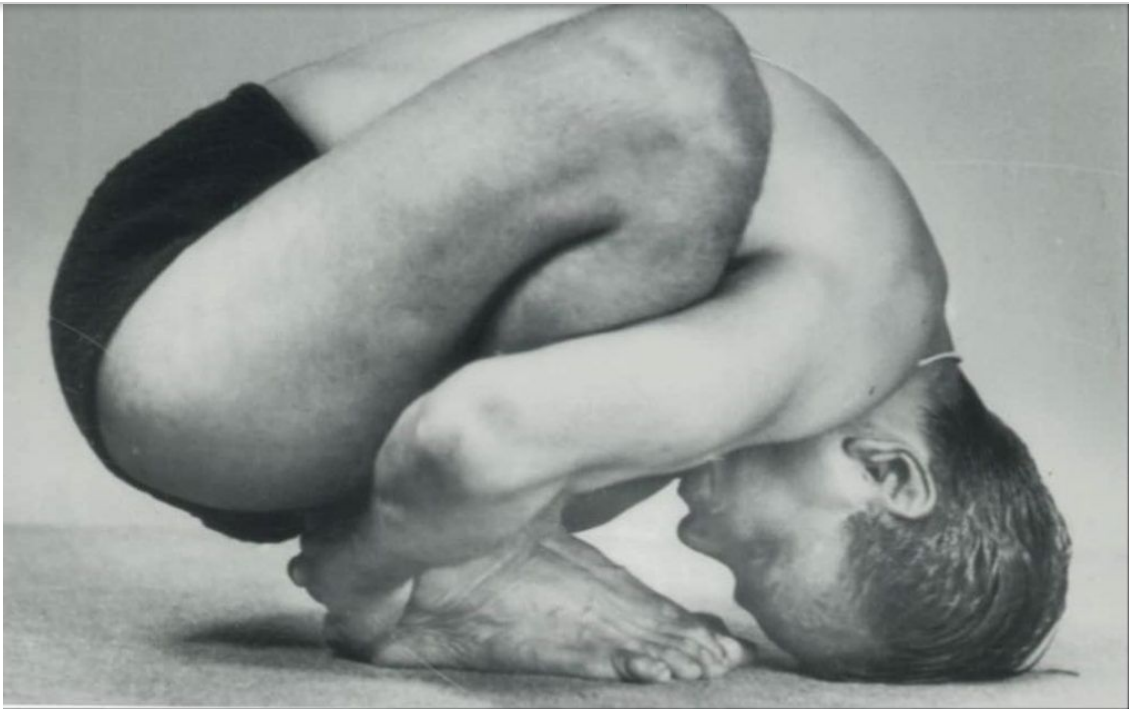
Morning Practice – Approximate 1 hour



Evening Practice – Approximate 45 minutes



Those who cannot stay for the specified duration can do the same asanas with the help of props.



"While doing the postures, your mind should be in half-consciousness, which does not mean sleep. It means silence, emptiness, space, which can then be filled with an acute awareness of the sensations given by the posture. You watch yourself from inside. It is a full silence." ~ B.K.S. Iyengar



**BKSI Yoga Asia
Convention 2020 in
Indonesia postponed
until further notice**

In the wake of the current spread of Coronavirus/ COVID-19, Indonesia has not reported a single case so far, and yet the country is a popular destination for tourists.

However, in this era of global travel, it would be unwise to declare that the transmission risk is zero, especially when there are numbers of people gathering together in one place.

RIMYI has been seeking advice from medical experts and decided not to visit Indonesia in consideration of these risks. Based on that decision, with deep regret and disappointment, the BKSI Yoga Asia Convention 2020 event will be postponed until further notice.

We will contact you by email for the refund immediately and try our best to fulfill the obligations.

Again, this is not an easy decision and we deeply apologize for the inconvenience caused.

May God bless you with kindness and happiness.

Namaste

If you have any questions, kindly reach us at
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