



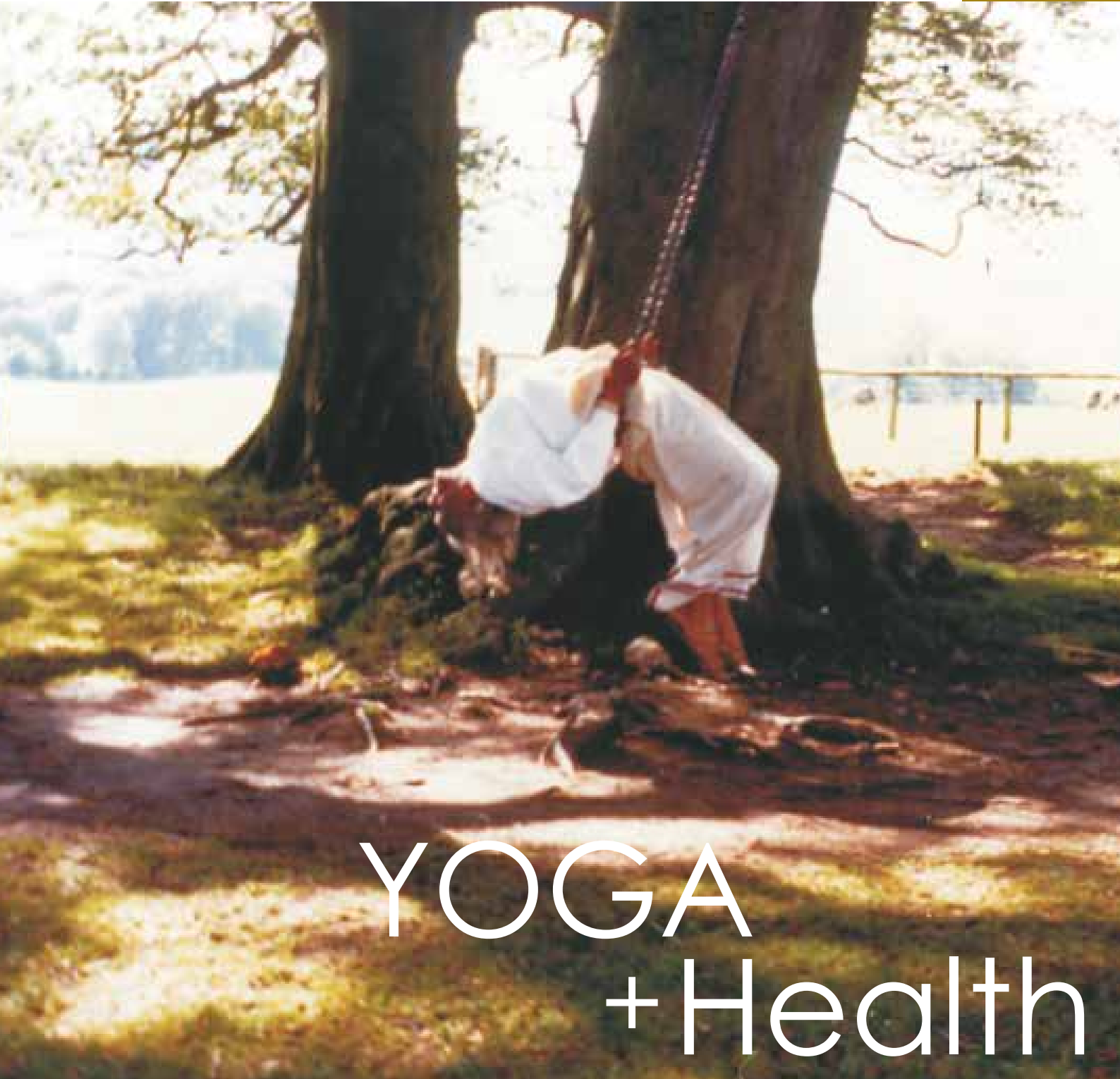
PIYMNEWS

#07
JUL - SEP

Divine Health
through Yoga
by Guruji

Health - Outcome
of determination
and faith by Geetaji

Father Joe
by Christina



YOGA + Health

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Finding a certified Iyengar Yoga teacher in your area



MALAYSIA

<https://myiyengaryoga.org/find-teachers>



INTERNATIONAL

<https://bksiyengar.com/modules/Teacher/teacher.asp>

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EDITOR'S NOTE

I remember when I was young, my late grandmother said to me that if you want or wish for something, you have to believe in it and work hard towards it, and you will get your wish.

So, reading Geetaji's poignant article which tells you about a young sickly girl who wants to be well, too poor to put modern medicines into her body, does specific yoga asanas for her condition (which, by the way, are endorsed by her dad's guru), loves yoga above all else and copies her dad's actions whenever he practices yoga and becomes better... it brought back the wise words of my grandmother.

Like Geetaji, millions of yoga practitioners are living healthy lives by judiciously adopting a yogic lifestyle.

Beside Geetaji's article, we have also included Guruji's writing on health and yoga, a subject that we can never tire of.

While celebrating Guru Purnima, we have Father Joseph Pereira conducting a two-hour meditation workshop. For one and a half hours we hear Father Joe recounting, praising and at times in awe of his "gurus"...a perfect tribute to one's teachers... passing on and sharing their teachings.



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And of course, from this group of hardworking committee members we are also looking forward to more exciting events in the coming months...watch out for them!

The next quarter is our final newsletter for 2021 and also my last outing as editor. Shall we close the year on a high note,,any suggestions? The committee and I look forward to your comments, ideas, and/or articles.

Until the next issue...Enjoy!



FATHER JOE



In conjunction with Guru Purnima, PIYM organized a two-hour virtual meditation session with Father Joseph Pereira (fondly known as Father Joe) themed “A Call to “Be” More Rather Than “Be More” on 26 June 2021.

The highly anticipated workshop was well received as more than 160 members and friends of PIYM “attended” online.

The two-hour workshop was split into restorative poses and pranayama/meditation sessions. While Father Joe was taking the participants through the calming and restful poses, he was not only instructing but giving a non-stop commentary.

A student under the tutelage of Gurujii, Father Joe peppered his session with anecdotes from his practices with Gurujii and imparted words of wisdom and teachings from Gurujii, his association with Mother Teresa, psalms from the bible and God.

For the uninitiated, the conclusion about the legendary yoga icon was that he was strict yet

Gurujii was also wise, compassionate and highly knowledgeable about yoga not only in asanas but also in philosophy and therapy.

From the onset, Father Joe talked about people who have influenced and guided him in his life and they are Mother Teresa, Gurujii and God. His work with Mother Teresa led him to start the **Kripa Foundation***, his 49-year yoga journey with Gurujii was the basis of Kripa Foundation and he is doing God’s work in Kripa Foundation.

“Two great people inspired me in my life, Mother Teresa and Gurujii. These two blades came together in my work with the challenged people who are marginalized because of addiction or major ailments, so I always call Mother Teresa and Gurujii my yin and yang. I look upon Jesus as my supreme

yogi because he alone can say father and I are one and that's what yoga is all about. The common denominator between Mother Teresa and Guruji is Mother Teresa worked with the poorest of the poor and Guruji taught me to go to the poorest of the poor and help."

For example, during a restorative *Adho Mukha Virasana* pose with the participants on the bolster, Father Joe instructed, "Move the tips of your fingers forward, what happened? The triceps open up the thoracic – this is Iyengar!"

"You come to dedicate to the temple that is your body with simple mindfulness and not just mindfulness but putting your attention. Guruji said attention is love."

While Father Joe was taking the participants through supported *Uttanasana* (head resting on a block and hands down to the chair legs), he said, "If you have looked at Guruji in any *asanas*, there was a sense of stillness, there was a sense of *sukam*."

"So, when you look at this posture, you begin to feel that deep down you're alright, deep down you're blessed. Mother Teresa always remind us God gave his only son so we may have life in heaven and abundance, St John also said it's not our love of God but God's love for me. Guruji makes us aware that we are blessed."

What better way to celebrate Guru Purnima than to remember the great teachers who have made a strong impact in your life and whose memories you will carry on for the rest of your life.



"You come to dedicate to the temple that is your body with simple mindfulness and not just mindfulness but putting your attention. Guruji said attention is love."



* In 1981, Father Joe started Kripa Foundation (*kirpa* means "grace" in Sanskrit) and over the years become one of the largest NGO for drug rehabilitation. Today, Kirpa treats over 2,000 addicts annually and also offers care and support to the HIV/AIDS affected. Guruji's yoga sequences are used as the holistic approach in Kirpa. Affiliated with the Ministry of Social Justice and Empowerment, India, Kirpa now has 70 centers in 12 states and collaborations in 6 countries in Europe, Canada and the USA.

A photograph of two women performing a yoga inversion on a carpeted floor. The woman on the left is in a full handstand, with her feet held together and arms extended upwards. The woman on the right is in a half handstand, with one leg raised and held by her hands, and the other leg on the floor. Both women are wearing white athletic wear. The background is a plain, light-colored carpet.

HEALTH

— OUTCOME OF
DETERMINATION
AND

FAITH

by Geeta S Iyengar

During my early childhood around three or four years of age, I suffered from nephritis (kidney inflammation) and had to be hospitalized for three weeks. When I was discharged, the doctors gave me a long list of medications that I had to take. At that time, it was a difficult period for my father and he could not afford to buy the medicines. Instead, he recommended that I practice *asanas* to improve my health.

Every time I went for a check-up, the doctor said I was steadily improving and that I should continue taking the prescribed medicines. Of course, he had no idea that my improving health was purely due to the practice of yoga *asanas*.

About a year later, my father took me to see



his guru, Sri T. Krishnamacharya, in Mysore. We waited two days to get an appointment to see him, and when we did, he suggested that I should practice the same *asanas* that I was already practicing.

I was too young to understand that there was a relationship between yogic practices and health, but I could feel my health improving. Even though I was sick, I would still do my practice because I felt it

“Yoga was like an elixir of life to me. I didn’t even enjoy going out socially because all I wanted to do was to practice yoga and to rise above everything in life.”

nourished me and made me feel healthier. “Yoga was like an elixir of life to me. I didn’t even enjoy going out socially because all I wanted to do was to practice yoga and to rise above everything in life.”

Over the years, I have seen so many people improving their health through practicing yoga. I have seen the relief on their faces as they rose above their negativity with the practice of *asanas*.



Yoga has given me the courage and confidence to work through difficulties in my life. Small aims produce small gains that can lead a person to that final goal. Through a faithful practice of yoga, a person will develop compassion, patience, sensitivity, contentment, vigor, faith, and non-attachment, all of which can be viewed as achievements along the path to discovering the inner being.



DIVINE HEALTH THROUGH YOGA

by Guruji

The prime concern of each and every one is health – the health of the body and of the mind.

WHAT IS HEALTH?

Health is a state of distress-free, stress-free and unalloyed bliss in body, mind and soul. Good health is dependent upon one's hereditary, body structure, broad understanding, family relationships and spiritual outlook.

WHY HEALTH?

Body is the first and foremost instrument to perform *dharma* or duty of a man as a human being.

Health is the key to performing duty, earning wealth or using life for enjoyment or for emancipation.

The body is the embodiment and abode of the soul. This nearest and dearest instrument of ours has to be used with discrimination to carry on the religious and virtuous duty that has been entrusted to us as responsible human beings – the evolved specie of this earth. The health of the body and mind of the human beings is important and without that one cannot carry on any duty or fulfil



life's aims or ambitions.

Even the realization of the soul is impossible if one is weak in body. Whether to carry out *dharma* – duty, *karma* – action, or to have *darsana* – self-realization, health is the foundation.

HEALTH IS TO BE EARNED

Health or unhealth is in one's own hands. One needs the discrimination to choose. Health is not a commodity to be bought and sold, but it has to be earned by inspiration and perspiration.

As a clean mirror reflects objects clearly, practice of yoga reflects health in oneself.

DISEASES

Diseases are classified as self-induced, developed from habits and may be genetic or allergic.

The body mechanism is unbalanced and the ratio of the five elements of earth, water, fire, air and ether is disturbed when diseases are self-induced or developed from habits.

If the earth element is disturbed, it leads to constipation; the water element to frequent

urination and dropsy; the fire element to ulcers, bleeding and burning sensation; the air element to asthma, cough and bronchitis; and finally, ether element to rheumatism, atrophy and arthritis.

YOGA OFFERS A REMEDY

Practice of yoga destroys the impurities of body and mind, and radiates maturity in intelligence and wisdom from the core of the being, to function in unison with its vehicles; the body, the senses, the mind, the intelligence and the consciousness (YS, II.28).

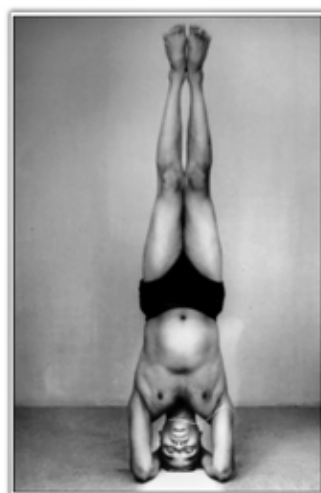
Sufferings may be physical, emotional, intellectual, or instinctive. Yoga is in a way, a remedial science also.

THE BODY

The body is one of the finest instruments and the most complex apparatus. Even if it breaks down, it tries to repair the damage on its own. Practice of yoga accelerates the repairing process and helps to regain good health.

Metabolism is the major function of the body which it is totally dependent on. The various organs of the body such as liver, heart, spleen, kidney, function with coordination and cooperation. They are inter-dependent and, as a result, assist and support each other when the occasion arises. The source of this vitalism is the soul.

The most important organ, the brain, is made up of 10 billion cells needing 25 percent of the total oxygen supplied by



the blood. I think that this is enough to prove the value of *Salamba Sirsasana* and *Salamba Sarvangasana*.

The nervous system has three layers – the peripheral, the autonomous and the central systems. The peripheral or the motor and sensory nerves get impulses from the organs of actions and the senses of perception. Skin transmits sensory impulses and the spindles of the muscles transmit the motor impulses. The autonomous nerves are influenced by the mind, and the central nerves react through the discriminative intelligence.

YOGA

The word yoga comes from the verb *yujir* which means to unite, to join, to associate, to discipline, to attend to and to yoke the body and mind to the soul.

Yoga is like a ladder with eight stages, a chain with eight links. These are *yama*, *niyama*, *asana*, *pranayama*, *pratyahara*, *dharana*, *dhyana* and *samadhi*.

YAMA AND NIYAMA

Yama and *niyama* are meant to cultivate good character. *Yama* guides us to discard violence, lying, stealing, lust and greed whereas *niyama* teaches the ways of cleanliness, contentment, burning desire to develop purity and makes one study scriptures dealing with higher aspects of life and the art of surrender to God.

ASANA

Asana means a posture, the positioning of the body in various forms with the total involvement of mind and self in order to keep the physical, physiological, psychological, intellectual and spiritual sheaths of man at the optimum level of health, equilibrium, harmony and balance.

Each *asana* helps to create and generate energy. When one stays in an *asana*, the energy is organized and distributed, and when one comes out of it with rhythm and grace, the generated and distributed energy does not dissipate. According to *ayurveda*, monitoring and managing the energy is *svasthya* or good health

Today the stress, strain and speed of modern living mutilate the cells, spinal disks, muscles and organs, introducing diseases such as ulcer, cancer, cardiac diseases, arthritis, anxiety, worry, distress, dissatisfaction and so forth.

Judicious practice of *asana* lubricates the joints, creates mobility, increases the range of movement, brings strength, stamina, endurance and awareness in each and every muscle, joint and organ. It also rejuvenates the organs of the body, transmits energy, builds reflexes and resistant power preventing diseases and disturbances.

Asana can be practiced by all irrespective of race, creed, country, gender or age whether young or old, diseased or weak.

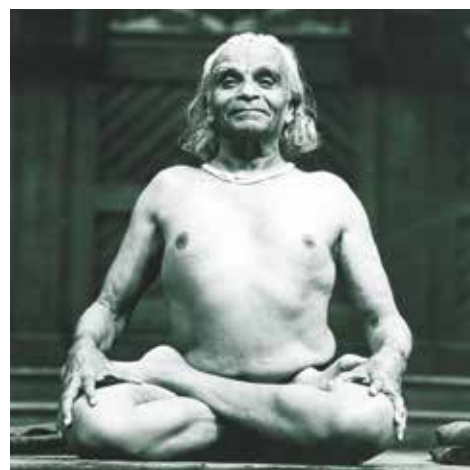
PRANAYAMA

Pranayama generates and distributes life energy to maintain youthfulness in the physiological body so that one grows old without the feeling of ageing.

Pranayama is the bridge to cross over from the physical and moral discipline towards mental and spiritual discipline.

PRATYAHARA, DHARANA, DHYANA AND SAMADHI

By *pratyahara* – restraint of the mind, intelligence is stabilized in order to move to *dharana*. Here oscillation and vacillation come to an end. Rays of attention radiates as *dhyana*. Health shines without demarcation of body, mind and self. This is *samadhi* or *samadhana sthithi* – an auspicious state of brilliance and divinity in health.



PIYM : Past Activities

Special Price for PIYM members

Online Yoga

Stay Safe, Physically Healthy & Mentally Well @ Home. Come Join our online daily classes conducted by trained Iyengar Yoga Teachers

PRICE STARTS AT

For PIYM Members

15 per 1 CLASS	40 per 1 CLASS (valid for 1 week)	75 per 10 CLASSES (valid for 1 month)
MORNING (9am - 10:30am) 10:30am - 12:00pm	MORN, TUE, WED, SAT & SUN	EVENING (5:30pm - 7:00pm) 7:00pm - 8:30pm
		MORN, TUE, THUR & FRI

For Non Members

15 per 1 CLASS	75 per 1 CLASS (valid for 1 week)	150 per 10 CLASSES (valid for 1 month)
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REGISTER NOW

<https://bit.ly/35G9atZ>

PIYM is offering online yoga classes for the months of June to August 2021

The classes are taught by certified Iyengar Yoga teachers from all over Malaysia, and the classes are suitable for absolute beginners and those looking for a refresher after a break.

HOMEVILLA YOGA

ENHANCING THE POWER OF YOUTH WITH DEVKI DESAI

21st & 28th July, 2021
6:00pm to 7:30pm IST

www.homevillayoga.org

HOMEVILLA YOGA

Working With The Wall

Join A 3 Day YOGA Workshop With DAVID MELONI

23rd July - 25th July
8:00 AM - 1:00 PM (IST)

www.homevillayoga.org

HOMEVILLA YOGA

SHARING THE SECRET TO GOOD HEALTH AND IMMUNITY IN A 3 DAY WORKSHOP BY DR. EYAL SHIFRONI

10th August - 16th August 2021
5:00pm to 7:30pm IST

www.homevillayoga.org

Iyengar Yoga Online Workshops co-organised with Homevilla Yoga

PIYM : Ongoing Activity

《瑜伽经》工作坊 (YOGA SUTRA) WORKSHOP (Conducted in Mandarin)

日期 (Date): 25/7/2021, 22/8/2021, 26/9/2021 & 17/10/2021

时间 (Time): 10am - 12pm

电邮 (Email): enquiry@myiyengaryoga.org

费用 (Fees): RM100 一次性捐款-本次费用将全数捐赠给白旗运动 (All fees will be donated to The White Flag Campaign)

报名方式 (Registration link): <https://bit.ly/35G9atZ>

Yoga Sutra (in Mandarin)

PIYM has kicked started the first session of Yoga Sutra in Mandarin with teacher Shi Hong.

Class dates are:

- 25 July 2021
- 22 August 2021
- 25 September 2021
- 17 October 2021

Register here, before **20 AUGUST 2021**: <https://bit.ly/3jMB7Xl>