



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 Association of Yoga Instructor (MAYI)** say 'Let's YOGA' to make the 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 MAYI. 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, teenagers 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.

We have been having such camps for the past 6 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	1 st – 5 th Dec 2018	SJK (T) Saraswathy, Jalan Hospital, Kampung Masjid Sungai Buloh, 47000 Sungai Buloh, Selangor.	80 students
Girls Yoga Camp	12 – 17 years old	5 th – 9 rd Dec 2018	SJK (T) Saraswathy, Jalan Hospital, Kampung Masjid Sungai Buloh, 47000 Sungai Buloh, Selangor.	80 students

"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

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 - 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 **160 participants** for **2 camps**, for the total of **10 days**.

I wish to sponsor:

No	Description	Quantity	Unit Price	Total
1	Sponsor a participant for Yoga Camp		RM120	
2	Sponsor for meal (refer to next page; state the days / specific meals)			
3	Accessories / Kits for the camp (Jala Neti Pot, Yoga Mat, Modules, etc)			
4	Accommodation and maintenance		RM3000	
5	Others (Please indicate)			

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

CIMB Bank Account Details: Pertubuhan Jurulatih Yoga Malaysia/Malaysian Association of Yoga Instructors (MAYI)

Account No: 8000393175

Enquiries: MAYI (03 -2260 5322/1323)

**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 MAYI Representative)	
Date Received	

MALAYSIAN ASSOCIATION OF YOGA INSTRUCTORS (PERTUBUHAN JURULATIH YOGA MALAYSIA)

Mailing Address & HQ: No. 3, Jalan Ang Seng 3, 50470 Brickfields, Kuala Lumpur.

Tel: 603- 2260 5322 / 1323 | Email: malaysianyogainstructors@gmail.com | Website: www.mayi.org.my



This is ONLY for food expenses, for a total of **160 participants** for **2** for the total of **10 days**.

I wish to sponsor:

Yoga Camp	Boys Yoga Camp (1st - 5th December 2018)					Girls Yoga Camp (5th - 9th December 2018)				
Meals/Days	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Number of students	100	100	100	100	250	100	100	100	100	250
Breakfast	NA	300	300	300	300	NA	300	300	300	300
Lunch	NA	500	500	500	1500	NA	500	500	500	1500
Dinner	350	400	400	400	NA	350	400	400	400	NA
Light refreshments (in between each meals)	350	400	400	400	NA	350	400	400	400	NA
Total/Day (RM)	700	1,600	1,600	1,600	1,800	700	1,600	1,600	1,600	1,800
Overall Total (RM)	14,600									

For NYC 2018 Enquiries: MAYI (03 -2260 5322/1323)