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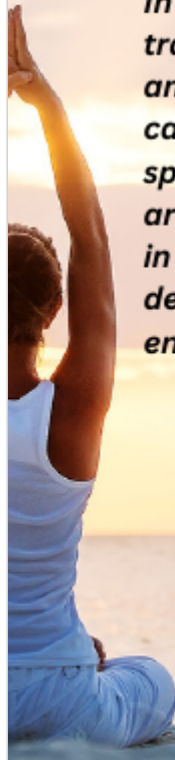


Yoga for All!

By Emily Jothee Mathai

Originated from India, yoga has gained worldwide popularity for its holistic approach to health and general well-being. There is a range of physical postures (asanas), breathing techniques (pranayama), and meditation practices in yoga which are designed to balance the body, mind and soul. It not only benefits in terms of flexibility but reduces stress, improves focus and enhances overall well-being.

In Malaysia, yoga has been adapted to the local lifestyle, blending traditional practices with modern approaches due to its diverse cultures and lifestyles. There are several hundred yoga studios offering classes that cater to diverse preferences from physical fitness to stress relief and spiritual growth. In fact, many yoga retreats are organized in calm and relaxed settings in Langkawi and Penang to provide deep relaxation and spiritual rejuvenation enclosed by natural beauty.





The overall principles of unity and harmony in yoga matches Malaysia's multicultural community thus fostering mutual respect. Therefore, the practice of Yoga in Malaysia acts as a healthy melting pot of different cultures and backgrounds besides cultivating personal health and well-being. Despite the positive effects, there are several misconceptions of yoga in Malaysia due to the cultural diversity. One of them is related to religion. Though yoga originated in ancient India, its practice across the globe has evolved and focuses mainly on health benefits without religious attachment. Adding on, senior citizens have the idea that yoga is only for the young and flexible. In reality, yoga poses are modified to accommodate the various groups of people which makes it convenient to individuals of varying backgrounds and physical conditions.

To sum up, yoga serves as a healthy exercise for all. By integrating yoga into our daily lifestyle, it will mould our body, mind and soul towards positivity. Whether practised in yoga studios, in a haven of peace retreat or at home, yoga serves to benefit the various aspects of well-being.

