



## RESEARCH ON YOGA

Person who did yoga 4 times a week which included 10 mins of breathing exercises, 15mins of warm ups and 50 mins of posture work.

After just 8 weeks of Yoga:-

- muscular strength had increased by 31%
- Stamina was up by 57%
- flexibility had increased by 188%
- Breathing capacities were also up by 7% which is very high for only 8 weeks of Yoga.

Source: University of California Venice 2002

UK Editor of Men's Health Magazine asked a journalist to test 20 complementary health regimens and identify the most effective "stress buster". Yoga won.

US study of remedies for backache (orthodox & alternative) - yoga was most effective.

New York Presbyterian offers all heart patients undergoing cardiac procedures yoga during recovery.

According to the American Journal of Cardiology - 80% of patients eligible for bypass avoid surgery by participating in yoga - part of the post-heart-attack programme at Cedars Sinai Medical Centre in LA.

**Visit our website for more R&D documents.**

FOR CORPORATE YOGA WEEKLY CLASS AT YOUR OFFICE PLEASE REFER TO  
**AYC CORPORATE YOGA BROCHURE**

## UCITW WORKSHOP SUMMARY

- Duration : 3 days  
 Starting (1st day) : 10.00am  
 Ending (3rd day) : 11.00am  
 Location : Any of resort in Malaysia  
 Pre-approved by UAC required  
 Accommodation : Sharing (private will be charge)  
 Contact Training : 32 Hours  
 Language : Dual (English & Malay)  
 Fees Including : Accommodation, Food, Notes, Certificate, Unique Gift, All Workshop Training.  
 Fees Excluding : Additional miscellanies cost created by Participants, Transport, Private Room.  
 Terms : Registration & Fees Paid Prior 30 days.  
 Workshop Fees : RM \_\_\_\_\_ (call for details)  
 Next Course : \_\_\_\_\_ till \_\_\_\_\_  
 Course Location : \_\_\_\_\_  
 Remarks :



## THESE ORGANIZATION USE YOGA. SHOULD'T YOU?

Sri Kota Specialist Medical Centre My, Kaycees Human Resources, India & Malaysia, Kitcon Sdn Bhd, Malaysia Airlines, Malaysian Mental Health Association (MMHA), National Cancer Society of Malaysia, MyHEALTH.com.my (With yoga Kids maturing faster due to diet and porn say doctor) Shell Australia, Shell Singapore, Imperial College London, Dept of Health, USA, UK, Canada, India, IBM, Microsoft, HBO, Nike, Nexcomm, Intel, AT&T, NYNEX, Forbes, Apple, Pepsico, GE, ORACLE, Community Church of Lake Bluff, UBS Bank, BP India Ltd, Times of India Group, NY Police, The White House.....

## ANCIENTYOGA CONSULTING

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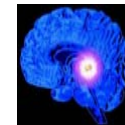
# UAC

(SA0064932-P)

**"Powerful workshop  
bridge between  
SELF POWER and SUCCESS"**

## Universe Corporate Interactive Transformation Workshop (UCITW)

### The Art, Science & Technology of Self Power



**UNIVERSE AWARENESS CENTRE**

**Quick Call : +60129188619 (MY)**

# Berkenaan UAC ABOUT US

**U**niverse Awareness Centre (UAC) was founded by Master Elanggovan after fine research about 9 years since 1997 on human psychology, corporate world, health, natural, action and reaction of the universe between thought frequencies from brain.

UAC is now delivering the blend of best his global corporate experience and scientific ancient knowledge of Yoga & Meditation (psyche exercise) to man kind. The classes offer simple, safe, and practical techniques. All above 21 years old can participate.

*"Drop learned and resume innate."*  
**Elanggovan**

*Tension is who you think you should be. Relaxation is who you are.*  
**Chinese Proverb**



## ABOUT ANCIENT YOGA

Yoga means by cultivating attitudes of friendliness towards the happy, compassion for the unhappy, delight in the virtuous, and disregard toward the wicked, the mind stuff retains its undisturbed calmness.

*The Yoga Sutras of Patanjali Book One Verse 33*

We don't teach you because you know everything. We provide platform/stimulation for you to resume what you already know.

**Wonderful benefits of BEHAVIORAL, PHYSICAL, MENTAL, PHYSIOLOGICAL and PERSONALITY improvement TOWARDS LIFE ACHIEVEMENT.**

## ACTIVITIES & EXPERIENCE

Feel the secrets of stress management on an innovative 3D workshop that gets IMMEDIATE & EVER-LASTING results.

- ✓ Highly effective stress-busting techniques
- ✓ Experience superb 4am Meditation & 5am Yoga
- ✓ Simple, Save, Legal, Moral and yet powerful and profound methods
- ✓ Secret of powerful caption "Drop Learned, Resume Innate" by Elanggovan.
- ✓ Awareness on Expectation of others
- ✓ Awareness on Individual Unique Thinking Patterns
- ✓ Awareness on Save Self Energy for Greater Success
- ✓ Awareness on Wonderment of Human scripture choice to choose
- ✓ Awareness on Enhance Dimension Thus Enlarge Beyond 24 Hour Time Period
- ✓ Awareness on Power of Imagination and Visualization and many more
- ✓ 'Desk yoga' that you can use unobtrusively even in an open plan office
- ✓ A breathing technique that is almost guaranteed to induce happiness
- ✓ An effective relaxation technique that you can use even on the bus
- ✓ Undo Stress
- ✓ Redo Creativity & Intelligent Doing Achievement Automatically
- ✓ Immediate & Everlasting Result
- ✓ Begin Now and its Lifetime benefit and much more

**WE UNDO STRESS**  
"Simple as CTRL+Z in Computer"  
**FOLLOW BY REDO INTELLECTUAL GROWTH**  
"Same like CTRL+Y in Computer"  
**AND AUTONOMICLY ALL TARGETED ACHIEVEMENT WILL BE EXECUTED**



**At UAC you can be guaranteed that your religious beliefs will not be infringed upon.**

Teacher is already open the door, the students are welcome to enter on their own.  
**Chinese Proverb**



## SELF POWER YOGA MEDITATION

- ✧ Optional Discourse, Initiation & Training
- ✧ FREE for All UAC Graduates of UCITW
- ✧ Sciences, Art, Technology Designed 50,000 Years Ago
- ✧ Systematically tested and perfected the precise movements, postures, sounds and breathing that activate different parts of the body and brain to produce specific results
- ✧ Enabling One To Access And Utilize His Or Her Own Creative Power For Elevation Of Consciousness, Healing And Other Purposes Beyond Reproduction
- ✧ Techniques, And Arises To Unite With The Universal Energy
- ✧ Empowering The Individual With Awareness Beyond Ordinary Perception And Powers Beyond Ordinary Ability

### ITS ENERGY OF UNIVERSE

- ☐ Energy Of Consciousness
- ☐ Awareness Of The Higher Self
- ☐ Our Emanation Of Infinity
- ☐ The Energy Of The Cosmos Within Each Individual

### WE WILL BE AWARE OF

We become aware of our creative capacities and our radiant caliber. We become aware of our finite relationship with infinity. It Makes it possible for us as humans with finite identities to relate to our infinite identities.

### ITS OUR CREATIVE ENERGY

Imagined As A Coiled Serpent Lying Asleep At The Base Of Our Spine. The Dormant Energy Within Us That Expands Our wareness. Is The Greatness Of Which We Are Each Capable.

- Breaks Our Attachments
- Makes The Unknown Known
- Expands Our Perception Of Reality
- Gives Us The Strength To Eliminate Unhealthy Habits And Substitute Healthy Ones
- Heals Our Wounds With The Power Of Love
- Gives Us The Experience That We Are Complete And Whole.

### WHAT IS THE RESULT?

A new clarity expands our perceptions. We understand the effect and impact of an action before we take it. We are at choice whether to act or not to act.. Awareness brings choice. Choice brings freedom.

### WHAT MAKES IT POSSIBLE?

**When the glandular system is activated and the nervous system is strong the energies of the two systems combine to create a movement or flow in the spinal fluid sensitivity in the nerve endings. The "brain in its totality receives signals and integrates them."**