

# WORLD YOGA CHAMPION

*comes to teach in Caringbah*



CHAUKEI NGAI

## The first mother to become World Yoga Champion

ChauKei is now a modern yogini. She currently resides in Colorado, USA and has been teaching yoga worldwide since 2006. In 2013, she won the prestigious International Yoga Sports Federation Championship. Just as significant is the fact that she became the first mother to become World Yoga Champion. In addition to her devotion to her yoga practice, ChauKei is the proud parent of a vibrant 4 year old boy.

### Physical exercise

When we bring movement to our body, it improves digestion, absorption, circulation and respiration. Choose an exercise that is enjoyable to you, that inspires and motivates you, and, most importantly, that also challenges you. Physical exercise leads you to the present spiritual moment. During the one-point of attention exercise your mind is free of judgment, fear, and expectations; your body is in a state of sharp and full awareness as muscle contractions are automatically followed by relaxation.

### Relationships

When the presence of love is alive within us, we can connect to something greater than just our small self. We can expand that warmth and openness to all our relationships. A healthy relationship is like a spectrum of understanding, kindness, sweetness, contact, communion, softness, caring, dedication, joy and passion.

### Spirituality

Spirituality can lead us to breath consciously, stay in touch with nature, and build body awareness. This will help you find meaning and your calling in life. It can also lead you to understand cause and effect. We are all interconnected; every choice we make either takes us one step closer to, or further from, who we want to be. Meditation, walking in nature, dedication to family, conscious thinking and providing volunteer services are all important to deepening my spiritual growth.

### CHAUKEI NGAI: HER PHILOSOPHY

**Aim Gentle:** When I practice yoga, instead of looking for an external result, I remind myself to practice acceptance.

**Aim High:** Through yoga, I go beyond my perceived limitations and move to my edge with self respect. As an internal journey, it's a great opportunity for me to accept every moment of fear, doubt, excitement, vulnerability, self-criticism, joy and faith.

**Aim for Truth:** In order to control our body, we have to control our mind, and we learn how to use our body as a medium. Free from mental distraction, we are able to find the stillness and relaxation in the postures while realizing, accessing and controlling the incredible strength inside all of us.

ChauKei (pronounced chow kay) was born in Hong Kong China, two months early and weighing only 900 grams. Her lungs were not ready for the world. A mechanical ventilator and extra oxygen kept her alive. Her parents named her ChauKei, "The Miracle in the Fall," and prayed. She survived, but breathing remained frightening to young ChauKei. She would gasp and struggle for air, feeling breathless. From early childhood until her 20s, she required regular trips to the emergency room for oxygen. Extreme chest pains came with the breathlessness. ChauKei lived in dread of the next attack. In 2005, she attended her first yoga class and never looked back.

