

Max Capital Management Holding Ltd and Nihar Aarogya Mandir co-organised Asia's 1st "MCM-Nihar Body, Mind and Soul Retreat" at Taman Negara Kuala Tahan, Pahang, Malaysia

PRESS RELEASE PR Newswire

© Apr. 9, 2018, 12:41 AM

SHARE

TAMAN NEGARA KUALA TAHAN, Malaysia, April 9, 2018 /PRNewswire/ -- Max Capital Management Holding Ltd (MCM) and **India**based Nihar Aarogya Mandir (Nihar Health Centre) had recently co-organised the Asia's 1st 4 Days 3 Nights "MCM-Nihar Body, Mind and Soul (BMS) Retreat" from 22 to 25 March 2018 at Taman Negara Kuala Tahan, Pahang, Malaysia.

The objective of the MCM-Nihar BMS Retreat is to organise first of its kind retreat program in Malaysia combining ancient arts of meditation, yoga and **Some kitchen medicines as well as herbs** (a form of alternative healing that promotes harmony between mind and body for optimal health) in scenic tropical rainforest of Taman Negara, Pahang.

The program was attended by more than 40 health-conscious participants from different states of Malaysia.

With an ever-growing global awareness on healthy lifestyle and the practice of adopting natural living going mainstream, meditation, yoga and pranayama (breathing) exercise are becoming more important to health-conscious public. MCM has thus collaborated with Nihar to educate the public on the importance of healthy lifestyle in a scientific way.

The retreat program was personally conducted by Ayur Guru Mukesh Patel and his team from Ahmedabad, India. Mukesh Patel is a well-respected well-being master in India who has been actively practising the science of naturopathy since 1985. He has been regularly advising and educating viewers through a 10-minutes health capsule called "Fit and Fine" aired on a regional television channel. He is also an author of 5 books on the subject of naturopathy, more than **100,000** copies of which have been sold. Mukesh Patel is also the writer, creator, and editor of a nature **monthly** health magazine called 'Anupan' which was launched since 2007. It is worth noting that this is the first ever natural health retreat program conducted by Mukesh Patel in Southeast Asia.

Taman Negara, home to the world's longest canopy walkway located in the centre of peninsular Malaysia, covers 4,300 square kilometres of tropical rainforest and is one of the most bio-diverse regions on the planet. This 130-million-year-old tropical rainforest is older than the famed Amazon Jungle, making it one of the best places in Southeast Asia to conduct such retreat program.

During the retreat program, Ayur Guru Mukesh Patel introduced and guided the participants through to master the basic of meditation, Pranayama (breathing) & Aasanas (posture). Meditation at the river side, camp fire discussion and one to one consultation are the highlight amongst a number of meaningful activities. Mukesh Patel also shared some tips to maintain healthy diet. In fact, the recipe of all the meals throughout the program are carefully selected by him according to availability of raw food ingredient in Malaysia.

Due to the overwhelming response from the participants and those on the waiting list, MCM-Nihar is planning to conduct the 2nd MCM-Nihar BMS Retreat at Taman Negara Kuala Tahan and possible a Meditation session at the world famous Batu Caves, this coming September 13-16.

For more information, please visit: www.maxcapitalmanagement.com or Facebook: [maxcapitalmanagement](https://www.facebook.com/maxcapitalmanagement)

