

Inner Engineering

the peak of wellbeing



Explore...

Sadhguru Jaggi Vasudev is a yogi and mystic with profound mastery of the ancient science of yoga. He is one of the few yogis capable of transmitting the subtlest aspects of yoga, enabling every person to become meditative.

A thought-provoking speaker, Sadhguru's wit, wisdom, and piercing logic examines and reveals the essential nature of life. He frequently addresses the world's foremost leaders on pressing issues impacting human wellbeing. Sadhguru was an invited speaker at the *World Economic Forum* in 2006, '07 & '08.



"Meditation is the only freedom from all the stress that man is going through because this dimension of life is not of the mind. All stress and struggle is of the mind." -Sadhguru

Introductory Talk (Free and Open to All)

Date : Wed 7th SEP - 6:00pm to 7:30pm
Venue : Room No. 13, II Floor
New Central Library
NIT, Tiruchy.

Program Details

Date : 7, Sept. to 13, Sept. 2011
Venue : As Above
Time : Wed 07 SEP - 7:30pm to 9:00pm
Thu - Tue (2 batches):
5 am - 8 am OR 5.30 pm - 8.30 pm
Sun 11th SEPT : Full day

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Experience...

Isha Yoga programs are designed by Sadhguru as a 'live' process; a rare opportunity for self-discovery. They are offered by highly trained teachers. These programs offer interactive discussions, meditations, and a balanced set of simple, but powerful yoga practices.

The Inner Engineering program includes **Shambhavi Maha Mudra**, an ancient kriya (an internal process) never before offered publicly.

Expand...

Together the program and practices establish health and vitality, enhance mental calm and clarity, and instill a deep sense of joy. This foundation of total wellbeing accelerates personal growth, allowing you to tap the wealth of vibrant life within you.

"Meeting Sadhguru has been the defining moment of my life, changing my perspective on how to look at life and its challenges."
- Ravi Venkatesan,
Chairman, Microsoft India

ishayaoga
Yoga of the Divine

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