Inner Engineering
"As we have physical science to create external well-being there is a whole inner dimension of science to create inner well being. I call it Inner Engineering." - SADHGURU

Inner Engineering - the peak of wellbeing
(also called Isha Yoga Program in Tamil Nadu)

Inner Engineering is offered as an intensive program for personal growth. The program and its environment establish the possibility to explore the higher dimensions of life and offers tools to re-engineer one's self through the inner science of yoga. Once given the tools to rejuvenate, people can optimize all aspects of health, inner growth and success. For those seeking professional and personal excellence, this program offers keys for meaningful and fulfilling relationships at work, home, community, and most importantly, within one's self.

Inner Engineering can be thought of as a synthesis of holistic sciences to help participants establish an inner foundation and vision for all dimensions of life and find the necessary balance between the challenges of a hectic career and the inner longing for peace and well being. The approach is a modern antidote to stress, and presents simple but powerful processes from yogic science to purify the system and increase health and inner well being. Program components include guided meditations and transmission of the sacred Shambhavi Maha Mudra. When practiced on a regular basis, these tools have the potential to enhance one's experience of life on many levels.

Performance
• Improve ability to handle stressful situations
• Enhance focus, concentration & memory
• Improve communication & interpersonal relationships
• Maintain optimum levels of performance throughout the day

Experience
• Establish a positive & open approach towards life
• Evaluate personal values and life goals
• Generate inner peace and fulfillment
• Transcend limitations and fears
• Live & experience each moment to the fullest

INTRODUCTION CLASS
Date: 01 Feb 2012 (Wednesday),
Venue: Room No:13, 2nd Floor, New Central Library, NIT, Trichy – 620 015.

DAILY CLASSES:
01 Feb 2012 - 7.15pm to 9.00pm, 02 to 07 Feb 2012 - 5.00am to 8.00am & 5.30pm to 8.30pm.

CONTACT:
Dr. S. Selvakumar – 94438 35520,
Dr. D. Ezhilarasi – 94448 78908,
Dr. V. Gopal (IIM, Trichy) – 94433 01318,
Dr. A.K. Bakthavatsalam – 94860 01174,
Shri R. Gururaj – 94433 01318,
Dr. A.K. Bakthavatsalam – 94860 01174,

In fostering understanding of their interiority, participants gain powerful tools to cope with the hectic pace of modern life and move into a new plane for living and working. Inner Engineering empowers participants to begin experiencing their lives to the fullest potential.
Experiences & Expressions

Life is beautiful, life is intense. Life is a song. My experience here and the practice that I imbibed here would help me in celebrating life, every moment of it. Everything seems to be falling in place.
- Narayan Parashuram, Director - Sky Music India Pvt. Limited

This program showed me the fool in the most intelligent person I have ever met... me.
- Lashin Yusuff, Business Executive, Abu Dhabi

With this practice, I am able to give the same kind of output at five o'clock in the evening that I am able to give at nine o'clock in the morning.
- S.V. Parthasarathy, Executive Director, Ashok Leyland Finance Ltd.

What A Revelation! - Isha Yoga!
- Dr. A. Govindarajan, M.A. M.B.B.S. D.O. F.R.P.

God’s Will:

God’s Will was to make Me witness the changing of the seasons and the changing of the self. The changing of the seasons is a natural phenomenon. The changing of the self is a transformational process.

- Mr. S. Subramaniam,

People try to create an outwardly perfect life, but quality of life is based on the inward.
- Sadhguru

ISHA YOGA

practices the ancient yogic principle that the body is the temple of the spirit and that good health is fundamental to personal and spiritual development.

Yoga of the Divine

Arul C. Ramam

Vellangiri foothills, Coimbatore - 641 114
Tel: 0422 - 2515345

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ISHA YOGA

The approach is truly holistic. It is communicated on an experiential level. Helps improve your productivity, efficiency, relationship and level of self-fulfillment.

It is an effective cure and also a preventative for chronic diseases like asthma, hypertension, diabetes, cardiac ailments, rheumatism, ulcer, sinusitis, obesity, skin and eye ailments.

It can enhance your memory, decision-making capacity and ability to concentrate almost 100% in a few weeks of practice.

Transmission of the life transforming Shambhavi Mahamudra, a powerful process of immeasurable antiquity.

This scientifically structured 3 hours per day 7 day program encourages an opening of the heart and consciousness to new dimensions of feeling, thinking and living.

All are Welcome

INTRODUCTION CLASS

Date: 01.02.2012 (Wednesday)
Time: Evening 6.00 pm
Venue: Room No: 13
2nd Floor, New Central Library,
NIT, Trichy - 620 015.

(FREE ENTRY-INTRODUCTION ONLY)

DAILY CLASSES

01.02.2012: 7.15 - 9.00 pm
02.02.2012 to 07.02.2012
Time: Morning: 5.00 am to 8.00 am
       Evening: 5.30 pm to 8.30 pm

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