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Email: mediarelations@ishafoundation.org

Participants from 56 countries attend Inner Engineering with Sadhguru in Chennai

22 December 2019, Chennai: Participants from 56 countries and thousands of participants from India packed the A. M. Jain College auditorium for the mega Inner Engineering Completion Program with Sadhguru, Founder, Isha Foundation, in Chennai on 21 and 22 December. The English program was preceded by the Tamil program on 18th and 19th which was attended by thousands of people from various districts of Tamil Nadu. It is after a gap of 6 years that Sadhguru conducted the Inner Engineering program in Chennai. The program is regularly conducted by Isha-trained teachers at Isha centers all over the world.

The audience included professionals, students, members of the media, the police and the Armed Forces. All participants completed a mandatory preparatory program to become eligible for the completion program. Isha recently introduced an online version of the preparatory program delivered as seven 90-minute modules that participants can complete in their own space at their own pace.

The sessions were peppered with Sadhguru's trademark wit and banter causing the audience to frequently break into laughter, cheers and applause. Performances by *Sounds of Isha*, Isha's homegrown music troupe and *Isha Samskriti*, the Isha school for art and culture left the audience spellbound.

Sadhguru initiated participants into "Shambhavi Mahamudra Kriya" a 21-minute yogic practice of immeasurable transformative power and antiquity that Sadhguru has brought to the modern world. It is said to bring the entire human system into alignment

so that the body, mind, emotions and energies function in harmony. The Kriya is practiced by millions worldwide.

Sadhguru released the 'Kavalan' app developed by the Tamil Nadu Police Department during the Tamil completion program. 'Kavalan' is an SOS app through which citizens can reach the police quickly in times of emergency.

Isha volunteers from around the country worked for several months to organize and facilitate the Tamil and English programs in Chennai. The Isha Volunteer force was present in large numbers to ensure that participants optimized their experience. Several participants expressed their gratitude to the volunteers.

Inner Engineering

Inner Engineering is a technology for wellbeing derived from the ancient science of yoga. It offers the keys to professional and personal excellence through meaningful and fulfilling relationships at work, at home, in the community, and most importantly, within oneself. By fostering an understanding of one's interiority, the program empowers practitioners to handle the hectic pace of modern life with ease, experience life to the fullest and fulfill one's almost limitless potential.

Sadhguru

Ranked amongst the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and a New York Times bestselling author. Sadhguru was conferred the Padma Vibhushan by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished service.

Three decades ago, Sadhguru founded Isha Foundation, a non-profit human-service organization, with human well-being as its core commitment. Sadhguru has initiated powerful yoga programs for human transformation as well as various outreach projects to uplift under-served communities in rural India.

If you would like to know more about this, please write to mediarelations@ishafoundation.org.