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Isha Foundation brings Inner Engineering to Yavatmal

Yavatmal is the first district to pilot river rejuvenation project with Isha

9 December 2018, Pune: Isha Foundation is conducting a seven-day Inner Engineering programme at Dindayal Prabhodhini, Godhani, from 12th-18th December 2018.

Inner Engineering introduces participants to an ancient and sacred meditation technique called “Shambhavi Mahamudra”, a scientifically structured tool that equips an individual to engineer the body, mind, emotions and energies to create inner peace and well-being. The programme will be conducted in Hindi by trained teachers of Isha Foundation.

Inner Engineering is designed by Sadhguru, Founder of Isha Foundation, and offers many benefits which include improvement in communication and interpersonal relationships; enhancement of mental clarity, emotional balance & productivity; elimination of stress, fear and anxiety and holistic personal growth. The programme will also help participants achieve inner peace, joy and fulfilment and find relief from chronic ailments such as allergies, insomnia, hypertension, obesity, diabetes and back pain among others.

Practitioners have reported significant improvement in concentration, mental clarity, emotional balance, energy levels, productivity, inner peace and self-confidence after practicing the Shambhavi Mahamudra kriya for a minimum of one year. Anyone above 15 years of age can learn and benefit from the meditation technique.

Yavatmal is the first district in the country where the Rally for Rivers policy recommendations will be piloted. The project aims to rejuvenate the Waghari river and introduce community micro-irrigation to combat water scarcity. Its ambitious objective of significantly enhancing farmer income through horticulture-based agriculture can potentially reverse farmers’ fortunes and establish a role model for other states to

adopt. Maharashtra is the first state to have signed an MoU with Isha Foundation to revive the dying rivers of the state through massive afforestation drives.

For more details, contact +91-8237446951 / +91-9370670777

Venue (Inner Engineering program):

Dindayal Prabhodhini, Nilona
Near Matoshri Vrudhashram, Godhani
Yavatmal - 445002

About Rally for Rivers

Rally for Rivers is a campaign launched by Sadhguru in September 2017 to revitalize India's dying rivers. The month-long campaign saw an unprecedented coming together of political leaders, farmers, industrialists, businessmen, students, professionals and media houses, culminating in the handing over of the Rally for Rivers draft policy recommendation to Prime Minister Narendra Modi on 2 October 2017. Over 162 million Indians endorsed the campaign making it the largest ecological movement ever to be launched on the planet.

Sadhguru - Founder, Isha Foundation

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.

Isha Foundation

Isha Foundation, founded by Sadhguru, is a volunteer-run, international non-profit, human service organisation dedicated to cultivating human potential. Isha Foundation is operated by over 9 million volunteers from more than 250 city-based centers spread worldwide. The Foundation is headquartered at Isha Yoga Center, set at the base of the Velliangiri Mountains in southern India, and at the Isha Institute of Inner Sciences on the spectacular Cumberland Plateau in middle Tennessee, USA.

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