



5-May-2020

Email: [mediarelations@ishafoundation.org](mailto:mediarelations@ishafoundation.org)

### **Isha offers free Inner Engineering Online for medical and police personnel**

**5 May 2020, Bengaluru:** Isha Foundation, the international humanitarian service non-profit based in Coimbatore, is offering its flagship program Inner Engineering at discounted rates. The Inner Engineering Online program will be available at a 50% discounted rate for anyone who registers before 31 May 2020. The program will be offered free for all medical and police personnel.

Inner Engineering Online is a 7-module program with 90-minute sessions for each module. It can be completed by participants in their own space at their own pace. The program imparts practical tools and technologies that bring body, mind, emotions and energies into alignment and allows one to experience peak wellbeing. It is said to equip participants to cope with stress, anxiety and related emotional turmoil and bring much needed stability and balance to deal with life's challenges.

On completion of the 7-module program, participants will become eligible to be initiated into Shambhavi Maha Mudra Kriya, a 21-minute yogic practice that has been proven to deeply impact all areas of life including physical and emotional health, personal productivity and interpersonal relationships. Millions of daily practitioners of the Kriya around the world testify to its transformative power that effects a dimensional shift in one's perception of life and their engagement with the world.

All Isha programs are designed by Sadhguru and are uniquely structured to effect subjective transformation. Isha regularly offers its Yoga programs to the Armed Forces,

prison inmates and rural communities at no cost. It is estimated that at least half a billion people around the world have completed at least one Isha program.

## **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 300 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.

## **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 Inner Engineering 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](mailto:mediarelations@ishafoundation.org).**