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Isha to offer free yoga programs across Tamil Nadu
Sadhguru's Deepavali gift to Tamil people

23 October 2019, Coimbatore: Isha announced that its Uyir Nokkam yoga program will be conducted free of cost across Tamil Nadu in November and December. Uyir Nokkam programs have been delivered in Chennai and other parts of Tamil Nadu since 2014 and are conducted only in Tamil.

In his Deepavali message, Sadhguru said that “the most important thing is light arises within you” and called upon everyone to make a commitment that “we will bring clarity and light within ourselves.” Announcing a “Diwali gift” , Sadhguru said that in order to give people access to tools that can bring this clarity within themselves, Isha is offering the Uyir Nokkam program for two months in Tamil Nadu. “If you register for Uyir Nokkam on Diwali day, it’s free,” said Sadhguru.

Uyir Nokkam is a simple yet powerful yogic practice designed by Sadhguru to make the body, mind, emotions and energies function in harmony and at their best. It includes simple yogic practices and Isha Kriya, a meditative practice. The program, conducted by Isha teachers trained by Sadhguru, is spread over 3 days for 2 hours a day.

Those who wish to attend the free program must register on 25th, 26th or 27th either by giving a **missed call to 83000-83000** or by visiting tamil.sadhguru.org/Uyirnokkam

The practice of Uyir Nokkam is said to have several benefits including

- Improved physical health
- Reduced stress

- Better relationships
- Greater personal and professional effectiveness
- A more loving and joyful disposition

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