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Sadhguru to conduct Inner Engineering Program in Chennai

Thousands expected to participate in Tamil and English programs

12 December 2019, Chennai: Chennai is all set to welcome Sadhguru, Founder, Isha Foundation, who will be in the city to initiate thousands of people into the powerful Shambhavi Mahamudra Kriya as part of the Inner Engineering Completion program. The last such program in Chennai under Sadhguru's guidance was held six years ago in 2013. This year, the Inner Engineering Completion program with Sadhguru will be spread over four days - two days in Tamil and two days in English. The Tamil program will be held on 18th and 19th December while the English program will happen on 21st and 22nd December. Both the events will be held in A.M. Jain College, Meenambakam, Chennai.

Isha is offering a 50% discount on registration fees for military personnel, members of the police force and students.

The Shambhavi Mahamudra Kriya is a 21-minute yogic practice of immeasurable transformative power and antiquity that Sadhguru has brought to the modern world. It brings the entire human system into alignment so that the body, mind, emotions and energies function in harmony. It is practiced by millions worldwide.

The Inner Engineering Completion program in Chennai offers a rare opportunity for participants to be initiated into the Shambhavi Mahamudra by Sadhguru. The Kriya, which is also taught by Isha-trained teachers around the world, can be practiced by anyone over 15 years of age. Participants must complete a preparatory course to become eligible for initiation into Shambhavi Mahamudra. The preparatory course is

also available online as a 7-module session which can be completed by participants in their own space at their own pace.

Practitioners of the Kriya have testified to enhanced mental clarity and emotional balance which has brought transformation in all areas of their life including health, profession/career and relationships. When practiced regularly, the Kriya helps transcend fear and limitations and maintain high levels of energy through the day. It establishes inner peace leading to a deeper and more enriching experience of life.

Registrations for the English program will close on 15th December and for the Tamil session on 17th. Hundreds of Isha volunteers have been working for several days to facilitate the two 2-day programs in Tamil and English.

Program schedule - Tamil

- **Wednesday 18 December, 12 p.m. – 7 p.m.**
- **Thursday 19 December, 7 a.m. – 8 p.m.**

English

Saturday 21 December, 12 p.m. – 7 p.m.

Sunday 22 December, 7 a.m. – 8 p.m.

To know more, please visit isha.sadhguru.org/chennai-tamil or contact 83000 37000.

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.