EXPERIENCING LIFE IN TOTALITY

Tips by AS: Be prepared to eat satvic food during your stay

Fifty kilometers from the hustle and bustle of Coimbatore lies the Vellangiri Hills, located at an altitude of 5000 feet. The name Vellangiri means “Silver Mountains,” referring to the curtain of mist that veils the mountain tops through most of the year. These mountains are known as Dakshin Kailash or “The Kailash of the South,” and it is said that Shiva retreated to these mountains to grieve, when he failed to fulfill a devotee’s appeal. Over the ages, these mountains have served as the abodes of many great saints and yogis.

Isha Yoga Center provides a supportive environment for those looking to shift to healthier lifestyles, seeking a higher level of self-fulfillment and aspiring to realize their full potential.

- Dhyanalinga: The sacred land of India has been witness to the lives of countless yogis, sages and enlightened beings. The Dhyanalinga, situated within the Isha Yoga Center at the foothills of the Vellangiri mountains, is very much a part of this glorious tradition.

- Theerthankaral: The Isha Yoga Center also houses two Theerthankaral - the Suryakund for men and the Chandraakund for women. With walls built of massive blocks of granite, these subterranean water bodies are energized by conserved rainfalls, made possible through an ancient Indian alchemical process known as roga vaidya.

- Linga Bhrarwai: Representing the creative and nurturing aspects of the universe, Linga Bhrarwai is the ultimate manifestation of the Mother Goddess - powerful and all-encompassing. Whether a devotee seeks to acquire, enjoy or transcend the physical and material aspects of life - the Linga is the ultimate giver of that and more.

- Isha Rejuvenation: The Isha Rejuvenation Center located in the Isha Yoga Center offers programs of various durations that allow you to experience inner peace and the joy of a healthy body.

Sadhguru

Yogi, mystic, and visionary, Sadhguru is a spiritual master with a difference. An ardent blend of profundity and pragmatism, his life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, insightful, logical and unfailingly witty, Sadhguru’s talks have earned him the reputation of a speaker and opinion-maker of international renown. Sadhguru is also the founder of Isha Foundation, a non-profit organization dedicated to the well-being of the individual and the world for the past three decades. He is the author and designer of several unique buildings and consecrated spaces at the Isha Yoga Center, which have received wide attention for their combination of intense sacred power with strikingly innovative eco-friendly aesthetics.