World Renowned Yogi Introduces Ancient "Kriya" for Human Fulfillment

Isha Yoga Teacher Visits Toronto to Offer Inner Engineering

Toronto, ON—May 26, 2008—Self-realized yogi and founder of Isha Foundation, Sadhguru Jaggi Vasudev, has designed an Isha Yoga program called “Inner Engineering” that will be offered in Toronto this spring. The class will be offered by a trained Isha Yoga teacher from June 11th to June 17th at The Toronto Botanical Garden, 777 Lawrence Avenue East, (Lawrence & Leslie Intersection) Toronto, ON, M3C 1P2.

Isha Yoga programs are a live process—an exploration of the very essence of life. Sadhguru’s Inner Engineering class introduces to the public Shambhavi Maha Mudra, an ancient yogic kriya (inner energy process) devised by legendary yogi to attain to an unswerving state of inner calm and precision clarity.

According to Sadhguru, the ancient yogic discipline is largely misunderstood. As Sadhguru explained, “the types of yoga we are so familiar with in the West are each just a small part of an extensive science gleaned from thousands of years of rigorous inner observation. In fact, the asanas, or physical postures of yoga, were traditionally just a preparatory practice for subtler, more potent techniques. These more potent techniques impart a deep understanding of your own body, mind and emotions and confer keen perception and control over even the subtlest aspects of one’s own life, including the complex energy system of the human form.”

This discrete mastery gives a self-realized yogi a moment-to-moment conscious choice of his inner experience of life.

“Everything you go through is just a certain expression of your energy,” Sadhguru explained in a recent talk. “Right now you're angry—it’s a certain expression of your energy. You’re happy—it’s another expression of your energy. You’re loving—it’s another expression of the same energy. If you have some mastery over your own energies...you will see, you will naturally become a joyous being because now your energies find a conscious expression.”

Sadhguru’s Inner Engineering class features interactive discussion, meditation, and a balanced set of simple, but powerful yoga practices. (No agility or prior experience with yoga or clarity. Together the program and practice create a foundation of total wellbeing allowing one to tap the power of vibrant life within.)

Sadhguru Vasudev is a yogi and mystic with profound mastery of the ancient science of yoga. He is one of few yogis capable of transmitting the subtlest aspects of yoga, enabling every person to explore and experience the deepest dimensions of life. He is a visionary and humanitarian who works with the world’s foremost social, economic, and political leaders to engender a more peaceful and prosperous global community. At his home in southern India, Sadhguru oversees Isha Foundation, an entirely volunteer-run, nonprofit service organization dedicated to cultivating human potential through yogic science.

Set in the lush rainforest at the base of the Velliangiri Mountains, Isha Foundation operates Isha Yoga Center, which includes an ashram, program facility, Dhyanalinga (a powerful meditation shrine), Isha Rejuvenation Wellness Center, and the headquarters for three large-scale human service projects. These projects include: Action for Rural Rejuvenation (www.ruralrejuvenation.org), a program for health and human upliftment serving 2,500 destitute villages in rural southern India; Isha Vidyashram (www.ishavidyashram.org), a rural education program establishing 206 computer-aided schools by 2014 for children from grades k-12; and Project Green Hands (www.projectgreenhands.org), a ten-year reforestation initiative kicked-off in October 2006 with the Guinness record mass plantation of 852,587 indigenous varieties of trees across 57 districts in the southern state of Tamil Nadu, India.

Toll free nationwide, call 1-866-424-1524 (4724) or local contact 416 300 3010. Email: Toronto@ishafoundation.org. To register online visit www.ishayoga.org. For more detailed news and information on Sadhguru and Isha Foundation, visit www.ishafoundation.org.