The benefits of ‘Anandha Alai’ will include stress-free living and joyful relationship, enhanced productivity, creativity and efficiency.

COMMEMORATING 25 years of Isha Yoga, Isha Foundation has initiated a series of week-long programme, ‘Anandha Alai’, all over the state.

Speaking to the reporters here on Saturday, Prabodha Swami, said the programme commenced in Coimbatore on July 16 and that the response is overwhelming.

He said that about 60 programmes have been scheduled in different areas in Coimbatore and Ooty and Coonoor towns in the next five weeks. It will be conducted in both English and Tamil.

In-house programmes are also being organised in IT companies, educational institutions and government organisations, he said. More than 10,000 people were expected to take part in the Yoga classes, he said.

Swamiji said that all the participants of Anandha Alai would have an opportunity to enjoy joy in the presence of Sadhguru at the culmination of the programme. He said that more than 12,000 persons had participated in the Anandha Alai programmes held in Chennai between April and June.

He also pointed out that the benefits of programme include stress-free living and joyful relationship, enhanced productivity, creativity and efficiency, heightened concentration, memory and decision making capabilities, relieving physical, mental and emotional stress and lastly a proven tool for relief from chronic diseases like asthma, hypertension, diabetes, arthritis, back pain, sinusitis, allergic problems, obesity, skin and eye ailments.

According to Prabodha Swami, the programme would start with an introductory session from 6 p.m. to 7 p.m. on Wednesday. The next programme would be at Sathyanarayana Hall near Power House here on July 23 (Wednesday) in Tamil.

Programmes in English will be organised at RS Puram, Sai Baba Colony and Ramanathapuram, he said.

For further details, dial 97908 96808/98422 16196.