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Marathon 'satsang' by Isha concludes

Sadguru Jaggi Vasudev holds 'Ananda Ala - the wave of bliss'

Special Correspondent

HYDERABAD: Sadguru Jaggi Vasudev, founder of the Coimbatore-based Isha Foundation, conducted an interactive programme, 'Ananda Ala - the wave of bliss' at Vijayabhaskara Reddy stadium here on Sunday, to coincide with the 'Satsang' which began on May 13.

The event marks the conclusion of a series of more than 75 inner engineering programmes conduced in Hyderabad, Visakhpatnam, Guntur and Vijayawada.

The programme offers the "possibility of each participant to experience joy and bliss from within".

- **Series of 75 inner engineering programmes held**
- **People from all sections participate in the programmes**

The Sadguru said, "Joy is a certain expression of life energies and all of us have the potential to become the source of one's joy."

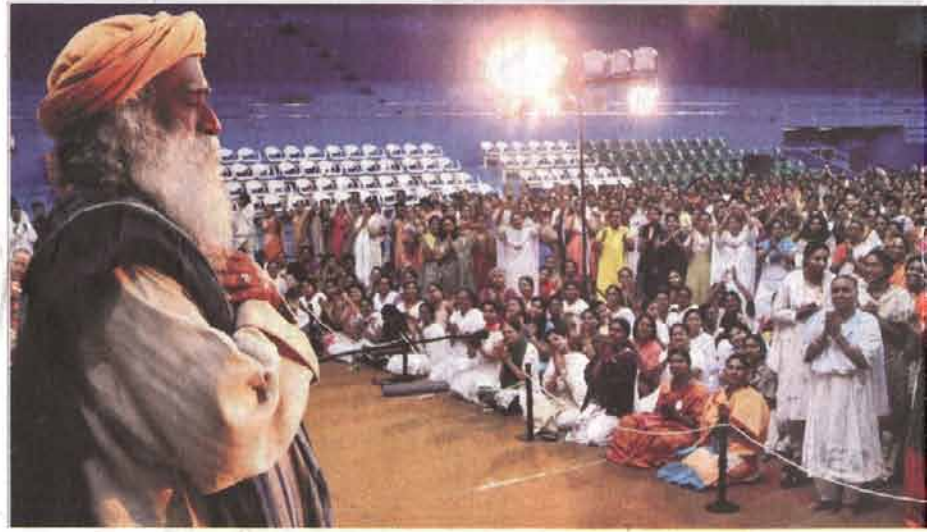
Dynamic process

He described inner engineering as a "dynamic process that involves interactive sessions, simple yet powerful yoga practices and initiation into Shambhavi Maha Mudra.

The programme creates the necessary space to realise a new dimension of life within."

People from all sections, including top corporate executives, media personnel, film artistes, housewives, students and senior citizens have participated in the programmes.

Some of the participating companies included HSBC, TMI, Care Hospital, Motorola, Sonata Software, GVK Bio Sciences, Bharat Heavy Electricals Limited and other top firms.



ENLIGHTENING: *Sadguru Jaggi Vasudev of Isha Yoga performing 'Ananda Ala' in Hyderabad on Sunday.* - PHOTO: P.V. SIVAKUMAR