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the quick fix

By Nandini Parthi

If you live in the city, you’re probably already on the lookout for the place where you can feel better, get fit and alter your lifestyle. Your search may well have ended: IshaLife is changing the way Chennai eats, works out, looks and feels.

With Chennai taking to fitness with a vengeance, everyone is sweating it out in gyms. You can also sweat it out in IshaLife’s Angamardhana Fitness Studio, where you are surrounded by lush greenery on all sides. It’s hard to believe you’re in one of Mylapore’s busiest streets.

But if the gym is not your cup of tea, however beautiful the setting, a particular form of yoga called angamardhana is also on offer. A more intensive form of yoga, with a combination of martial arts, this was conceived and designed by Sadhguru Jaggi Vasudev.

Shambhavi boutique that offers handcrafted products such as soaps and shampoos.

Says CEO Murail C, “It has been Isha Foundation’s vision to start a fitness movement, and with today’s lifestyle it is not always possible to dedicate time for health and well-being. So Isha Life is a quick fix in the heart of the city.”

Despite an emphasis on fitness, it is their restaurant, Mahammala, that has caught the city’s fancy. With well-placed tables and glass walls...
DOWN TIME AT THE SPA

The Shambhavi spa offers both treatment-based Ayurvedic massages as well as aromatherapy spa treatments. A special treatment, provided in their ‘Sun’ and ‘Moon’ rooms, respectively, are day-long regimens that provide immediate relief from stress, jet lag and fatigue. The spa, designed with care, is an absolute stress-buster. Spa treatments range between Rs 1,000 and Rs 8,000.

The restaurant is spacious and well-lit and, most importantly, rustles some hearty, healthy and delicious food. With cuisines adopted from different parts of southern India, expect everything from a Madhur vadai and akki roti to sanjeevanam kanji and bislebele bath made of wheat. Must-try items at Mahamudra include wild rice salad, razhapu vadai, choco-cheese sandwich and, of course, the thali and the platter.

Clockwise: The Shambhavi spa and Angamardhana Fitness studio

The thali has 14 dishes and costs Rs 290 while the platter here costs Rs 175.

The IshaLife experience doesn’t end there. Drop into the Shambhavi boutique and spa. All the crafts at the boutique—from soaps to sukkka kapi powder and silk handbags—are made by village women. IshaLife plans to set up two more centres in Chennai.

For reservations, call 24991757, 9500056142.