

Baba Ramdev calls at Isha Yoga Centre

TIRUCHY: Baba Ramdev, one of the founders of the Divya Yog Mandir Trust, that aims to popularise Yoga and offer Ayurvedic treatments, visited Dhyanalinga Yogic Temple at Isha Yoga Centre, Coimbatore on Tuesday.

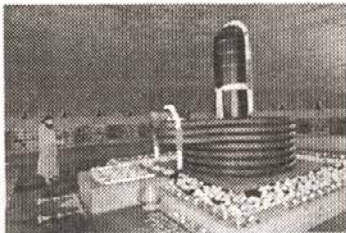
At Isha Yoga Centre, he was greeted with drums and Nirvana Shatakam chanting. Sadhguru held a sathsang with Baba Ramdev addressing over 5,000 volunteers of the Centre.

"He has done a great job of making yoga reach every single household in India and also in the world." Sadhguru said while introducing Baba Ramdev. In his address, Baba Ramdev said, "I come from the abode of Shiva, Himalayas. But after coming here I feel I have come to another Himalayas." He also shared his experience of how he started his spiritual path by doing physical postures before

taking up pranayams; and how pranayams have transformed his life in all aspects.

"Above all, when one steps into a spiritual path, finding a true guru is vital. It is not an accident that you all are sitting here at Isha. It is only after lifetimes of connection and sadhana that this can happen," he said.

Baba Ramdev had a dip in Theerthakund - a water body with its powerfully consecrated Rasalinga, which serves as a preparatory tool to receive the divine energies of Dhyanalinga, before sitting for meditation in the Dhyanal-



inga Temple. When he came out he said, "Here I see that 'Shivaness' is present in every single person/particle in this place. After coming here I experience a deep spiritual peace within myself." Isha Samskriti children sang Gurupaduka Stothram as a farewell gesture for Baba Ramdev.