Bringing inner calm through yoga

Hyderabad: Inner Engineering programme by Isha Yoga is a live process and a rare opportunity for self-discovery. A synthesis of holistic sciences, the programme helps establish a healthy balance between the challenges of a hectic career, striving for high performance and the longing for inner peace and well-being, while facilitating the realization of one's fullest potential. The program offers interactive discussions, meditations and a balanced set of simple but powerful practices including the Shambhavi Maha Mudra. The aim of the program is to establish health, vitality and enhance mental calm and clarity.

It instills a deep sense of joy within an individual, thereby helping one lead a stress-free life and hence increase productivity at work. This program offers the key to enhance leadership qualities, accentuate business acumen, and create meaningful and fulfilling relationships at work, home and in the community.

Inner Engineering can be thought of as a synthesis of holistic sciences to help participants establish an inner foundation and vision for all dimensions of life and find the necessary balance between the challenges of a hectic career and the inner longing for peace and well being.

The approach is a modern antidote to stress, and presents simple but powerful processes from yogic science to purify the system and increase health and inner well being. When practiced on a regular basis, these tools have the potential to enhance one's experience of life on many levels.

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ONLINE CLASSES

One can take the Inner Engineering Course online, http://www.innerengineering.com/. The online course works both as a self preparatory course towards learning the Shambhavi Maha Mudra practice. The online course offers 7 one and half hour classes with Sadhguru, your personalized workbook for the course and access to video questions and answers addressing the topics covered in each class.

The programme is being conducted at the Jupally Balamma auditorium, Himayathnagar.
Contact: 9411779881, 9959998448.