Inner Engineering with Sadhguru from July 8

TIMES NEWS NETWORK

Bangalore: It's all about inner well-being. Isha Foundation is offering an intensive programme in ‘Inner Engineering’ from July 8 to 10 at Palace Grounds, Tripura Vasini entrance. The session will be held in English by Sadhguru, a yogi and visionary.

He will introduce people to the ancient yogic technique of Shambhavi Maha Mudra. Over 35,000 people attended similar programmes in Tamil Nadu and Mysore recently. On Wednesday, Sadhguru will give a free introductory talk at Palace Grounds, 7pm, followed by an interactive session which will be open to all.

Inner Engineering offers the essence of yogic sciences in a format appealing to one and all. It presents effective technologies that help achieve physical, mental and emotional well-being. The simple but powerful kriya provides individuals with tools to optimize all aspects of health and inner growth ensuring success.

It helps prevent and reverse conditions like asthma, hypertension, diabetes, arthritis, obesity, back pain, epilepsy, anxiety, depression, migraine, sinusitis, allergies, skin and eye ailments. It is an antidote to stress and offers keys for fulfilling relationships at work, home and the community.

For details and registration, contact: 9480836603, 9480836604 or email: bangalore@ishafoundation.org. Online registration at http://www.ishafoundation.org/bangalore