“The experience of being with Sadhguru can only be described in one very inadequate, misunderstood word called ‘Love.’ Love, not in the form that we all look at it. Love, as in compassion — not for every other being, not for any time, but for every act of creation.”

Shekhar Kapur, Director

“Within 6 weeks of doing the practice, I could stop the cholesterol control medicine I have been taking for about last 15-20 years and was relieved from chronic back ache. My performance at work has also improved and my interpersonal relations have become pleasant both at work and at home.”

R. P. Chander, IAS (1984 Batch), Chandigarh

“The perspective and practices that Sadhguru has given gives you the strength and stability to go through the day without getting overly disturbed by stress. I can clearly see that I’ve become gentler and less judgmental. My equanimity and sense of calmness in the face of all that life throws at me has certainly improved a lot.”

Ravi Venkatesan, Former Chairman, Microsoft India

“I can just say that all of us who live in big cities, ask ourselves questions and then very conveniently forget about it because it’s too difficult to ask these questions and too difficult to look for answers. I think at some point in life and before it’s too late you should go through that journey and see what works for you. It’s really a journey and I’m so glad that I’ve begun that journey.”

Nandita Das, Film actress

“After the practice, I am able to give the same kind of output at five o’clock in the evening that I am able to give at nine o’clock in the morning.”

S. V. Parthasarathy, Executive Director, Ashok Leyland Finance Ltd.

“With Isha I started feeling very sorted out and the complexities of life, which I nurtured until now out of my own mindset, have disappeared to a large extent. Some of the significant and remarkable changes which I see in myself now are that, my anger and irritability has reduced to the tune of 95%. All other negative emotions have also reduced significantly. Instead I have now started feeling very positive and my mind is nothing changed. From the inside everything changed. My energy levels, focus and levels of concentration have gone up. I have far greater compassion and understanding back home. Suddenly, work situations looked lot simpler and pleasant. People around me started noticing the change in me — I was smiling a lot more and was background to sports, I have even started running the Half Marathon and manage to complete it without much of an effort. Isha has been a magical and home life. Apart from being able to lose some weight, it has opened an entirely new perspective in life. I find myself more centered and able to handle difficult situations in a better manner.”

V. K. Singh, IAS, MD, Punjab MILKFED

“Doing the Inner Engineering Program was truly transformational. A greater awareness of the possibilities unfolded. Life experiences were heightened and personal relationships got strengthened.”

Deepak Satwalekar, Ex MD & CEO, HDFC Standard Life

“Isha yoga practices unhackled me in a big way and I participated in the 21 kms. half marathon for first time in 2009 with no history of running even half a km! I have been participating every year now. Isha practices have made it possible for me to break my limitations and experience life to the fullest. I have never felt so fit and happy in my life.”

Kalpana Maniar, Executive Vice President & CIO, Edelweiss Financial Services Ltd.

“Isha is an inward journey, bringing a sharp focus on the self and balancing one’s body, mind, emotions and energy. With Isha, my search has ended and a journey begun.”

J.M. Balamurugan, IAS (1994 Batch)