Unusual yoga session at Ooty botanical garden

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On Wednesday morning a different scene was played out at the Government Botanical Garden (GBG) when the famous garden became an open air yoga training centre with several foreigners engaged in the art of yoga in natural and scenic surroundings. The scene may have seemed strange to locals and visitors to the garden but to the participants it was a yoga session with a difference.

Sree Vasudev, a Trinidad and Tobago-based yoga trainer who heads the Blue Star Yoga Foundation in his country, said that he has been travelling across the world to train people in yoga, the ancient Indian art practiced to heighten the health of the mind and body.

He is among a group of 40 foreigners from different countries like US, Canada, Germany, Holland, Hungary, Romania and Australia who are visiting various places in India where ancient yoga skills are still being taught as they were in the years of yore.

“We had been to Kerala and also to the Isha Foundation in Coimbatore. In Mysore we chose Ooty in order to visit the beauty of the hills. In Ooty, we chose to visit GBG and hold a practice session in the garden to enjoy the fresh air and hold the practice session pertaining to yoga. The flowers in the garden, the fresh air with a nip to it amidst green surroundings gave us an ambiance that drew extra enthusiasm for yoga practice,” he said.

“We did some basic yoga and breathing exercises so that the lungs as well as the physical body could be recharged with the oxygen in the fresh air. It would be good if residents as well as tourists use the beautiful garden surroundings to learn and practice yoga as fresh air is a distinct element available in GBG,” he explained.

N. Kohli from Holland, said the experience at the GBG was enjoyable and rejuvenating. The Dutchman is certain the ancient art of yoga is helpful in healing as well as for general wellness.