Life changing weekend with Sadhguru

Express News Service

Chennai: Sadhguru-vudan Isha Yoga (Isha Yoga with Sadhguru) - a life transforming weekend with Sadhguru, a three-day program by Isha Foundation had more than 15,260 people from all over Tamil Nadu participating in it. The introductory flagship program in Tamil Nadu was personally conducted by Sadhguru himself at A M Jain College, adjacent to Meenambakkam Railway Station.

It was a rare opportunity for the worshippers to be with Sadhguru for three days during this program. Further, it gave them an opportunity to be initiated into the ancient yogic technique of Shambhavi Mahamudra directly by an enlightened master. This was the second large-scale program conducted in Chennai. The first program in 2011 was attended by over 14,000 participants. Similar programs have already been conducted in Coimbatore, Madurai, Tiruchy, Pondicherry, Salem, Bangalore, Mumbai and Hyderabad, with over 75,000 people attending these.

The program was open to all above 15 years. Arrangements such as stage, seating and roofing, food, drinking water and mobile toilets had been made. Over one thousand Isha volunteers were involved in making this program.