SADHGURU JAGGI VASUDEV
TO INTERACT WITH PUBLIC

DC CORRESPONDENT
COIMBATORE JUNE 20

Public will get an opportunity to interact with Sadhguru Jaggi Vasudev from June 18 to 24 and people at the Isha Yoga Centre. A Sadguru darshan programme which includes meditation, discourses by Jaggi Vasudev and an opportunity to directly ask questions to Sadhguru besides hearing the vibrant music of Sounds of Isha, will be held for a week at the Isha Yoga Centre.

Isha Kriya, a simple guided meditation, will be offered on all these days from 4 pm to 5 pm to all. Surya Kriya and Bhuta Shuddhi will be offered in Tamil where Surya Kriya is a potent 21-step yogic practice of tremendous antiquity designed as a holistic process for health, wellness and inner wellbeing.

Bhuta Shuddhi is the most fundamental practice in the yogic system. This purificatory process helps one to achieve a state of harmony, according to a press release from Isha Yoga.

To register call 89035 02000.