Sadhguru Jaggi for more people to take up yoga

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While we have science and technology for external comfort, we should learn to use the tool and technology of yoga for internal well-being, said Sadhguru Jaggi Vasudev at the programme organised at the Indian embassy in Washington.

Talking on the relevance of yoga in modern life, and emphasising it relevance, the Sadhguru said yoga brings a pleasant experience in life.

The dimension of transforming into joyful human beings is what yoga is all about as yoga is a tool and technology, he pointed out.

Stating that today, about 2 billion people of the world practise some form of yoga, he wanted the numbers to grow. Indian ambassador to the United States, Mr Arun K. Singh, said the Indian embassy will celebrate the first international day of yoga on June 21 at the National Mall in Sylvan Theater in association with yoga organisations in the region, called Friends of Yoga.

The event, which will be on from 8:30 am to 11 am, will be a free event, open to the public.

The event will also feature yoga demonstrations by experts and have Indian dance and music programmes.