YOGA AT 35,000 FEET!

In a unique initiative, on the occasion of International Yoga Day on June 21, Spicejet, along with Isha Foundation, held Yoga demonstrations on-board for the first time ever in the world.

Known for being an airline with a difference, Spicejet was approached by Isha Foundation to launch ‘High on Yoga® 35,000 feet,’ a first-of-its-kind event, wherein over 50 Isha instructors and airline cabin crew were trained to perform Yoga on-board, and encourage passengers too. Held on June 21, 2015, the event spread awareness of the benefits of Yoga, and inspired travellers to maintain a healthy body and mind whilst travelling.

The 10-minute session was specially designed keeping in mind simple gestures and mudras to carry out while seated. This was performed on select Boeing flights of duration over 1.5 hours. The airline carried out a test-run on June 19, when foundation instructors and airline staff members demonstrated Isha Yoga for almost 200 passengers on the Delhi-Guwahati-Delhi route. In addition, on June 21, numerous Isha Foundation members greeted passengers with a Namaskar at the check-in counters and boarding gates of select airports. CDs and handouts were also distributed for better impact and greater recall.

Talking about the initiative, Ajay Singh, Chairman and MD, Spicejet Ltd. said, "Spicejet is pleased to be the first airline in the world to demonstrate Yoga on-board. We are happy to be associated with the Prime Minister Narendra Modi’s initiative in promoting Yoga in India. We are pleased to join hands with Isha foundation for this initiative aimed at our customers and passengers who are on the move." Along with the passengers, the cabin crew had a fulfilling time too, while demonstrating Yoga onboard. Kamna Singh, Cabin Crew, said, "Yoga provides us tools and techniques to lead a stress-free life. It also helps us in developing patience and composed demeanor." A must for frequent flyers, Akansha Srivastava, Cabin Crew, opined, "As we fly almost every day, our body tends to get de-hydrated, which further results in dry and wrinkled skin. Regular 15 minutes of daily Yoga helps me keep myself rejuvenated."

An instructor from Isha Foundation further added, "This is an exceptionally unique initiative and we are excited to be a part of this."
A FINE BALANCE

In conversation with Sadhguru, Founder, Isha Foundation:

How does Yoga help in inner transformation?
Yoga is a technology for inner transformation on all levels. There are only four basic aspects to what you experience as yourself—your body, mind, emotions, and energy. To bring inner transformation, all these four levels must be attended to. If you employ your body or action to transform yourself, we call it karma yoga. If you employ your intelligence, it is gnana yoga. If you employ your emotion, it is bhakti yoga. If you employ your energies, it is kriya yoga.

Lack of physical activity has further increased health issues. How does Yoga address this concern?
Right now, I know a lot of people are making health their whole occupation in life. To be healthy is natural. To be unhealthy is an unnatural state. You have become unhealthy because you have lost touch with the fundamentals. The whole process of Yoga is to get in touch with that dimension which is the source of creation within.

How does Yoga create a right balance of mind, body and soul?
Balance is on many different levels. Hatha yoga is a form of Yoga that uses asanas to align with the cosmic geometry. Once you are in tune with the existence, you will naturally be balanced on the physical, psychological, and energy levels. If you simply stay in one yogasana with absolute ease, you attain asana siddhi. This means you have mastered the asana, which will bring balance on all levels.

How can Yoga help in overall development?
Yoga is not about self-development; it is about self-dissolution. It is the method or process which allows an individual piece of life to yoke itself to the cosmic. When your experience of life shifts from being a limited entity to universality, this is Yoga. When there

is a kind of oneness or wholeness within ourselves, this is Yoga. Then you have a certain freedom to play with your life whichever way you want, but at the same time, life cannot leave a scratch on you.

The word 'Yoga' in Sanskrit means 'to join, to unite'. What is its significance in today's scenario?
The word 'Yoga' means, in one's experience, everything has become one. It is an inner science to enhance human ability to perceive, to realise their ultimate nature. It is essential that we have an inner sense and awareness of life, that we experience every other being as a part of ourselves. For all the problems of humanity, the solution is in enlarging one's perception of life, from individuality to universality. If a certain percentage of the population truly becomes meditative, definitely the quality of the world will change.

NAMASKARAM

The simplest form of Yoga is Namaskar. The first level of conflict that happens within you is between your ida and pingala, the masculine and the feminine, the sun and moon within, the yin and yang, right and left brain. There is a friction between these two polarities which finds expression in a million ways in your life.

By putting your hands together, you can bring harmony to the dualities within and there is a possibility that you can also unite the world.