SpiceJet recreates Yoga@35,000 feet

Having pioneered the concept of onboard yoga, SpiceJet recreated the enigma on International Day of Yoga on June 21, 2016. The airline introduced 'High on Yoga@35000 feet' last year, co-partnered with Isha Foundation. After receiving an overwhelming response from customers, SpiceJet offered yoga onboard, without compromising passenger safety and within regulatory compliances.

SpiceJet's crew, trained by Isha Foundation instructors (isha.sadhguru.org), performed upa-yoga practices specifically designed for long-haul flights. Travellers participated in performing travel-friendly practices while seated. Upa-yoga is a simple yet powerful system of exercise designed by Sadhguru that activates joints, muscles and the energy system. In addition to these benefits, the practices also help overcome jetlag, fear of flying and breathing difficulties. Around 40 SpiceJet crew members undertook a ten-minute session onboard, across the SpiceJet network.