Huge Response to Isha’s Yoga Programme

DC Correspondent
Coimbatore, Dec. 18

Over 21,786 persons from across Tamil Nadu took part in the two-day Inner Engineering program at ‘Isha Yoga Center’ in Kovai.

As part of the program, Sri Jaggi Vasudev initiated thousands of people into the ancient and powerful yogic practice, ‘Shambavi Mahamudra’. The event held in Tamil was live telecast in 63 major locations in Tamil Nadu using satellite technology, said a release.

The session included interactive conversations with Jaggi Vasudev. The two-day event, which commenced on Saturday on an exuberant note with live percussion performance also, had ‘Kalari’ performance by Isha Samskriti students.

In Chennai, 10,000 saplings were distributed to participants and volunteers who took part in the inner engineering program by Isha’s environment wing Project Green Hands. The initiative is meant to increase green cover in the aftermath of ‘Vardah’ storm, which had brought down thousands of trees in the city.