Upa Yoga for school students

DC CORRESPONDENT
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This summer vacation whoever visits Isha Yoga Centre they must not miss the ‘Upa Yoga’ session. Around 200 students from ‘Isha Vidhya’ are taking free yoga session for the visitors.

‘Upa Yoga’ is a very simple exercise, yet a very powerful one that activates the joints, muscles, and energy system. Students started this two-month long programme last year. They are from nine ‘Isha Vidhya’ schools in Tamil Nadu, such as Coimbatore, Chengalpattu, Nagercoil, Tuticorin, Villuppuram, Cuddalore, Dharmapuri, Erode and Salem.

After their board exams, students come in nine batches and in a day they take seven ‘Upa Yoga’ sessions for the visitors, said Ms. Pooja Lakshmipathy, teacher at ‘Isha Vidhya’ and coordinator of the Upa Yoga programme.

17-year old N. Jagadeeswaran from Isha Vidhya, Erode is teaching ‘Upa Yoga’ to the visitors of Isha Yoga Centre since last year. He was in class III when he started learning yoga. “In half-an-hour time, we teach two yoga asanas. It is my wish to become a full time yoga instructor one day,” says the student who took his 10th board exams this year.

Students from Isha vidhya at a session in Isha Yoga Centre.