Isha Conducts Hatha Yoga Training for the BSF

COIMBATORE, JAN. 2

Isha conducted hatha yoga training for 99 personnel of the Border Security Force attended an intense 14-day Isha Hatha Yoga Programme at the tranquil setting of Isha Yoga Center, Coimbatore, which culminated on the 1st of January, 2018. They were trained in the ancient and powerful practices of Upa-Yoga, Angamardana and Surya Kriya, and were also initiated into Aum chanting and Isha Kriya. Many of them have additionally been equipped as Isha Hatha Yoga trainers to train other BSF personnel in these powerful yogic practices.

Earlier this year, Sadhguru had addressed senior officials of the BSF about the need to offer the ancient technology of yoga to those who are protecting the country. In his address to the participants of the program, Sadhguru expressed hope that the seema praharis, as the border security personnel are referred to, will make full use of these technologies of well-being and better equip themselves to guard the frontiers of the nation. Stewarded by the BSF Training Directorate, this initiative aims at gradually equipping the large force to be self-sustained in making the possibility of yoga available to each and every personnel, spread across the length and breadth of the nation. This was the first of such programs in the series, initiated with the objective of disseminating the ancient technologies of well-being within the BSF.

This contingent, consisting of a Deputy Commandant, Assistant Commandants, Inspectors, Sub-inspectors and constables, went through the regimen which included twice a day practice sessions and classroom sessions, every day.