

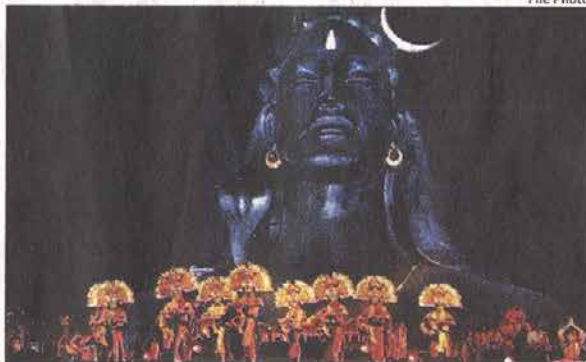
Prez to attend Isha Yoga's Mahashivratri fest

TIMES NEWS NETWORK

File Photo

Coimbatore: President Ram Nath Kovind will attend the 25th Mahashivratri celebrations at Isha Yoga Center in the city on March 4 (Monday). The event promises to be bigger and better than ever before with several well-known artists like Hariharan, Karthik and Amit Trivedi performing. It will also feature some unique performances including one by drummers from Azerbaijan and folk-art sessions.

The event is believed to be one of the largest Mahashivratri events in the world. The President will visit Dhyanalina, Linga Bhairavi Devi as well as Suryakund, an energized waterbody believed to enhance one's receptivity, before proceeding to Adiyogi whe-



DIVINE NIGHT: The evening and night will see performances by well-known artists like drummers from Azerbaijan, classical dance performances, folk art and culture and meditation sessions

re the Mahashivratri event will unfold. "The President will also participate in Pancha Bhuta Aradhana at Dhyanalina, a ritual done to cleanse the five elements (earth,

fire, water, wind and the limitless space) and establish the well-being of the body and the mind and can shape the body to become a stepping stone for one's ultimate well-

being," said a press statement from Isha Yoga Centre.

The evening and night will also see performances by well-known artists like drummers from Azerbaijan, classical dance performances, folk art and culture and meditation sessions. "The sounds of Isha, the in-house Isha music group will also perform at the event. The highlight of the event is the powerful midnight meditation session with Sadhguru. Planetary forces on the night create a natural upsurge of energy in the human system; this is said to peak at midnight," said a press statement. Annadanam or an offering of food to all those who participate at Isha is another major highlight of Mahashivratri at the Yoga Centre.

Millions of people from

around the world are expected to participate in this year's Mahashivratri either in person or virtually through live streams. Over 100 television and web channels including English and regional language channels will relay the event live from 6pm on March 4 to 6am on March 5.

On the significance of Mahashivratri, Sadhguru said, "When we say Shivratri, which is the darkest night of the month, it is an opportunity for one to dissolve their limitedness, to experience the unboundedness of the source of creation which is the seed in every human being. Mahashivratri is an opportunity and a possibility to bring yourself to that experience of the boundlessness within every human being, which is the source of all creation."