

# SPIRITUAL AND SOULFUL SERENE!

**M**ystic, yogi, author, visionary, poet, philanthropist, motivational speaker, spiritual master and a man of many prestigious titles, Sadhguru, also the founder of Isha Foundation, a non-profit spiritual organisation that works closely with international bodies and conducts yoga programmes around the world.

This charismatic personality has a calm demeanour, wit and intellect that resonates with individuals from every age group! Sadhguru has always been curious about what life will entail for him. So while he was in his mid-twenties after completing his Bachelor's in English Literature, he

decided to become an entrepreneur and launched many successful businesses.

However, on September 23, 1982 his life was completely transformed when he encountered a spiritual epiphany that lasted for four and a half hours. Within a few weeks, he left his businesses and started travelling to understand his spiritual experience. After a year, he realised his true calling was teaching yoga and sharing the same experience with others.

This was just the beginning - In 1983 he began conducting yoga classes in Mysore and Hyderabad. And in 1992 he founded Isha Foundation, near Coimbatore. Isha

Foundation is now spread across the globe in places such as Malaysia, United States of America, Canada, Nepal, China, Singapore, England and Australia. In a candid chat with us, Sadhguru shares his thoughts on 'Cauvery Calling' campaign, modern life, importance of nutrition and the power of perception to enhance life!

