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Isha Inner Engineering conducted for youth in Raj Nivas

The 4-day Isha program was part of month-long 'Youth Engagement Program' organized by Raj Nivas

20 May 2019, Puducherry: The Isha Inner Engineering program was conducted at Puducherry Raj Nivas for students from 6 states from 16-20 May 2019. The 4-day Inner Engineering (IE) program was conducted by trained Isha IE teachers. It was part of a month-long internship program organized by Raj Nivas for youth. The Inner Engineering program was conducted at the behest of Hon'ble Lieutenant Governor of Puducherry, Smt. Kiran Bedi.

Raj Nivas has organized a month-long internship training program for youth called 'Youth Engagement Program'. A total of 19 students from Tamil Nadu, Karnataka, Punjab, Maharashtra, Andhra Pradesh and Puducherry are participating in the youth program. In addition to the students, five employees of Raj Nivas also underwent the Inner Engineering program. The powerful Shambhavi Mahamudra Kriya, a 21-minute ancient yogic practice that promotes physical and mental well-being, was taught as part of the Inner Engineering program.

Smt. Kiran Bedi tweeted photos of the program participants while thanking Isha Foundation and its Founder, Sadhguru, for offering the program at Raj Nivas. Smt. Bedi is herself a practitioner of the Kriya, having been initiated into it earlier when she was in Delhi.

Isha Foundation will also conduct weekend Upa-Yoga programs at the Raj Nivas for 16 weeks.

Inner Engineering

Inner Engineering, a technology derived from the ancient science of yoga, offers tools to engineer oneself for inner well-being. It deepens one's perception and creates a dimensional shift in the very way one looks at life and engages with the world. It includes the Shambhavi Mahamudra Kriya, a 21-minute yoga practice of immeasurable transformative power and antiquity that Sadhguru has brought to the modern world. Shambhavi Mahamudra Kriya brings the entire system into alignment so that the body, mind, emotions and energies function in harmony. It is practiced by millions worldwide.

Sadhguru - Founder, Isha Foundation

Ranked amongst the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and a New York Times bestselling author. Sadhguru was conferred the; Padma Vibhushan; by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished service.

Three decades ago, Sadhguru founded Isha Foundation, a non-profit human-service organization, with human well-being as its core commitment. Sadhguru has initiated powerful yoga programs for human transformation as well as various outreach projects to uplift under-served communities in rural India.

Isha Foundation

Isha Foundation, founded by Sadhguru, is a volunteer-run, international non-profit, human service organisation dedicated to cultivating human potential. Isha Foundation is operated by over 9 million volunteers from more than 250 city-based centers spread worldwide. The Foundation is headquartered at Isha Yoga Center, set at the base of the Velliangiri Mountains in southern India, and at the Isha Institute of Inner Sciences on the spectacular Cumberland Plateau in middle Tennessee, USA.

If you would like to know more about this, please write to mediarelations@ishafoundation.org.