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Yoga for Prisoners: Isha conducts Uyir Nokkam for physical and mental well-being

25 women prisoners and 30 men prisoners of Puzhal participate

24 May, 2019 Chennai: Isha Foundation conducted Uyir Nokkam, a simple yet powerful yoga program for the prisoners of Puzhal, Chennai. For women, the program was held from 17-19 May; 25 prisoners participated in the 3-day program. The men's program was held from 20-22 May; 30 male prisoners participated.

The program for men was inaugurated by Prison department Superintendent of Police Shri. Senthil Kumar. Isha Foundation will offer the free yoga program in Madurai, Palayamkottai, and Coimbatore prisons as well.

The Uyir Nokkam program includes Yoga Namaskar and Meditation. It enhances physical and mental well-being equipping prisoners with a simple tool to cope with stress and improve the quality of their relationships. It helps them establish joyfulness as a natural state of being.

Isha has been providing yoga programs to prisoners all over Tamil Nadu since 1992. Over 15,000 prisoners have been taught powerful yogic practices and many participants have testified about their transformational powers.

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.