

MINUTES

isha  
International Day of Yoga  
21<sup>st</sup> June 2015

# 5 YOGA

TOOLS FOR TRANSFORMATION

FREE HOLISTIC WORKSHOPS

For Health, Joy, Peace, Love, Success and More

[isha.sadhguru.org](http://isha.sadhguru.org)

For over 30 years, Isha Foundation has been a leader in offering scientifically structured solutions for individuals to live as conscious, joyful and healthy human beings.

On the occasion of the International Day of Yoga on 21st June 2015, Isha is offering free holistic workshops.



Through a synthesis of 5-minute yoga practices, the sessions will present easy-to-practice yet potent tools to enhance health, joy, peace, love, success and inner exploration, helping one cope with the hectic pace of modern lifestyles and realize their full potential in all spheres of life.



Designed by Sadhguru and conducted in few thousand cities, towns and villages worldwide, these workshops intend to bring the timeless benefits of Yoga to every human being on the planet.

Practices taught include invigorating physical postures (Sadilaja and Yoga Namaskar), breathing methods (Kriya), Nada Yoga and Meditation.

## HIGHLIGHTS

The workshops are open to all over 7 years of age and do not require any fitness level or previous exposure to yoga

Workshops can be offered as 30-minute or 90-minute sessions; consecutive sessions can be held on a given day

The practices taught can be done anywhere between 5 to 21 minutes

Ongoing online support will be made available following the workshop

## BENEFITS



Enhances vitality, focus, memory and productivity  
Stabilizes the body, mind and emotions



Strengthens and stabilizes the spine  
Can relieve back pain, stress, anxiety and tension



Can relieve from chronic ailments and improves overall health



Enhances teamwork and communication



Imparts a lasting sense of joy, peace and fulfillment

Sadhguru is a yogi, mystic and visionary. Named one of India's 50 most influential people, his life and work has deeply touched the lives of millions worldwide. Sadhguru has a unique ability to make the ancient yogic sciences relevant to contemporary minds, and acts as a bridge to the deeper dimensions of life.

Sadhguru established Isha Foundation, a non-profit organization supported by over three million volunteers worldwide. Through powerful yoga programs and large-scale humanitarian projects, Isha Foundation has created a massive movement dedicated to address all aspects of human wellbeing, without ascribing to any particular ideology or belief system.

For more information visit:  
[isha.sadhguru.org](http://isha.sadhguru.org)

