



International Day of Yoga
June 21, 2015

Upa Yoga

Duration (min)

Yoga For Wellbeing

Yoga Namaskar

1-3 cycles (you can work
towards 21 cycles)

2-6

Yoga For Peace

Nadi Shuddhi

4

Conditions for practices:

A light stomach is recommended (1.5-hour gap after food). If you are unable to fulfil this condition on a particular day please skip the Yoga Namaskar practice.

These practices can be done at any time and anywhere. It is best to do it in the sequence above. Each practice can also be done individually, if your focus is only on some of the aspects above.

If you are looking at doing just one practice, we recommend doing Yoga Namaskar for overall wellbeing.

About Isha Foundation:

- 🌸 Founded by Sadhguru to create an inclusive culture towards global harmony and progress
- 🌸 A international, non-profit organization supported by over 2 million volunteers and 200 centers worldwide
- 🌸 Offers powerful yoga programs for inner wellbeing and self-transformation
pioneered several large-scal initiatives for rural rejuvenation, education, reform, environmental stewardship, world peace and holistic and healthy living, as well as outreach programs for the socially disadvantages
- 🌸 Has a special consultative status with the United Nations Economic and Social Council.

Sadhguru is a yogi, mystic and visionary, offering the science of yoga in a format relevant to contemporary minds. Deeply insightful and unfailingly witty, Sadhguru's talks have earned him the reputation of a speaker and opinion-maker of international renown on spiritual matters, business, environmental and international affairs. Sadhguru's presence has touched and transformed millions of lives around the world.

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<http://www.ishafoundation.org/us/blog/>

To learn more about Sadhguru and other Isha programs visit www.ishausa.org

For further information contact Phone: 931-668-1900 E-mail address: idy@ishausa.org

Online support: All practices are available at  yogayoga.org/practice