isha

INNER ENGINEERING

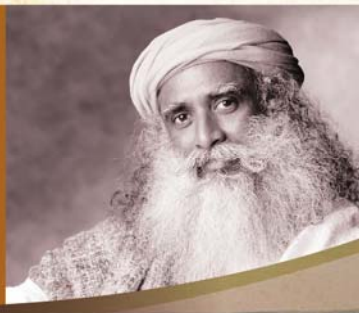
Technologies for Wellbeing

"As there is a physical science and technology to create external wellbeing, there is a whole dimension of inner science to create inner wellbeing."

Sadhguru

Inner Engineering gives you the opportunity to intellectually explore the basics of life using methods from the distilled essence of yogic sciences. The course imparts practical wisdom and powerful yogic practices to manage your body, mind, emotions, and the fundamental life energy within.

Inner Engineering is designed by a yogi, visionary and one of the foremost authorities on yoga.



Inner Engineering Total:

- 4 day in-person program. Includes all aspects of Inner Engineering + *Shambhavi Mahamudra.*
- You will also learn a 21-minute kriya called *Shambhavi MahaMudra Kriya* which is a powerful and purifying energy technique using the breath.

These programs are CME & CE accredited

Benefits:

- Greater peace and joy in everyday life
- Helps purify the five elements (earth, water, fire, air, space) in the body leading to pleasantness in the body, mind and emotions

Program Details:

Cincinnati, October 26-29

American Legion
401 reading Rd, Mason, OH 45040

Cincinnati@IshaUSA.org | 513-609-4742

Ready to take charge of your wellbeing? InnerEngineering.com/total