



Yoga & Meditation Information

Here is the information on the organization that I learned yoga and meditation from, the Isha Foundation. It is a really wonderful and well established organization that does a lot for the world with their humanitarian projects, as well as offering fantastic yoga and meditation programs.

I have completed several other yoga and meditation programs with this organization since taking the Inner Engineering Program in 2008, and the daily practices I have learned in these programs have been very helpful to me for emotional and physical healing, pain & stress relief, and energy. There is a wealth of information on the websites below with free short yoga practices, meditative music, webcasts, readings, and other info if you want to learn more about it. Feel free to share with others who may be interested. Happy to discuss more anytime!

- Free Yoga Tools App
<https://play.google.com/store/apps/details?id=org.ishafoundation.app.yoga>

Or search for "yoga tools from Sadhguru" app - simple free 5 to 10 minute yoga and meditation practices you can learn online via short videos. Choose the ones most helpful to you; my favorites are Yoga for Love, Yoga for Peace, Yoga for Joy (be sure to watch both the background video and the follow-on second video to learn the actual practice)

- www.ishakriya.com - free 15 minute guided meditation, very simple & energizing, can do anywhere, anytime
- www.innerengineering.com/turninward - free meditations, breathing practices, and simple yoga stretches as well as immunity boosting food ideas. I especially like the Chit Shakti meditation for Love & Relationships (20 minute guided meditation).
- www.innerengineering.com - intensive online &/or in-person (paid) program for personal transformation & healing across many aspects of life, as well as to learn a powerful and relaxing meditation practice. Free intro talk / info webinars for this program held regularly.
- www.soundsofisha.org - music created and performed by Isha's own Sounds of Isha Band; you can listen free online, very relaxing and calming. Click on Albums, then Music (or Chants if you like



that). Select the Album and then click on the play button on right side of screen to play free online. You can also download and make a donation for that if you want. A few of my favorites are Yoga Padhi, Nadha Aradhana (an Offering of Sounds), and Ye Devi . Enjoy!

- www.ishafoundation.org - main organization website to learn more. They also have other programs at their center in Tennessee, as well as in city centers all over the world. *"If your humanity overflows, divinity will come in search of you."* -- Sadhguru

I hope this is helpful!

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Go Veggie Girl, LLC