

In 7 Steps Transform Your Life

with

SADHGURU

Inner Engineering

PROGRAM

*Yoga is about attaining absolute Balance,
piercing Clarity, and inexhaustible Exuberance.
With this, you are immensely fit for life.*

Sadhguru



Having the largest population in the world between the ages of 15 to 24, India is at the threshold of impacting not just its own future, but the future of the world, with how we nurture our youth and empower them for life.

It is Sadhguru's vision that every human being is empowered with the tools for physical and mental wellbeing, allowing them to realize their full potential in all spheres of life. Towards this, Sadhguru has designed the Inner Engineering program.

Inner Engineering empowers participants with tools to take charge of their body, mind, emotions and energies. This program can help students and teachers build a foundation of health, joy and exuberance, allowing them to achieve significantly improved outcomes in their educational and professional journeys.

Program Components

- **Practical tools** to improve relationships, clarity and focus
- Transmission of **Shambhavi Mahamudra Kriya**, a 21-minute Yogic practice that brings coherence to one's body, mind, emotions and energies, allowing one to explore life more profoundly
- **Meditations** to address key aspects of life
- **Upa-Yoga** – A set of simple yet powerful practices that activate the joints, muscles and energy system, bringing ease to the whole system

No prior experience of Yoga or physical agility is required.

The program does not propagate any particular religion, faith, or belief system. It is a scientific process that can be utilized by people from all walks of life.

Research Studies on Inner Engineering



50% Reduction in Stress

Researchers from Harvard Medical School Teaching Hospital (BIDMC) found that corporate employees who had gone through Inner Engineering experienced a remarkable 50% reduction in stress.

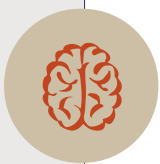
[Source: The Effect of Inner Engineering Online \(IEO\) Program on Reducing Stress for...](#)



Increased Energy Levels, Joy and Productivity

In a study by Rutgers University, employees of a Fortune 500 company experienced a significant increase in energy, joy, alertness, and productivity after Inner Engineering.

[Source: The Effect of the Inner Engineering Online Program as a Positive Intervention on...](#)



Enhanced levels of Anandamide - Body's Natural Anti-depressant

Researchers from Indiana University discovered that Inner Engineering improved mental health by increasing the production of anandamide, a natural chemical produced by the brain which creates a deep sense of joy.

[Source: Inner Engineering Practices and Advanced 4-day Isha Yoga Retreat Are Associated...](#)



Improved Sleep Quality

A study by researchers from Harvard Medical School Teaching Hospital (BIDMC) found that the regular practice of Shambhavi Mahamudra Kriya resulted in enhanced sleep quality by recreating many of the brainwave patterns associated with sleep.

[Source: Short Term Effects of Inner Engineering Completion Online Program on Stress and...](#)



Enhanced Emotional Balance and Mood

Inner Engineering was found to increase endocannabinoids in the brain by 70%. Endocannabinoids are naturally occurring neurotransmitters known to bring emotional stability and uplift one's mood. The study was conducted by researchers from Indiana University.

[Source: Inner Engineering Practices and Advanced 4-day Isha Yoga Retreat Are Associated...](#)

Inner Engineering at Leading Organizations

Universities, Colleges, and Institutes where Inner Engineering has been offered include **IIT Madras, IIT Bombay, NIT Trichy, IIIT Una, SRM Institute of Science & Technology, Stanley Medical College, Madras Medical College, Anna University, and PSG College of Arts & Sciences.**

The program is also offered by the Government of India's Department of Personnel and Training (DOPT), for IAS, IPS, and IFS officers across the country. It has also been conducted for the armed forces in India and the governments of Andhra Pradesh, Rajasthan and Madhya Pradesh.

Program Formats

The Inner Engineering program requires a committed engagement of 25 to 30 hours and can be offered in multiple formats, both online for students & teachers and in person for teachers & staff.

Online



Students & Teachers

- **Total duration is 25 hours**
- **Offered in 15 languages, including English, Hindi, Marathi, Bengali, Kannada, Malayalam, Tamil, and Telugu**
- **Program comprises 7 steps**
 - ~ Steps 1-6 are self-paced
 - ~ Step 7 is offered live on select dates

In Person



Teachers & Staff

- **4-day Leadership Retreat at Isha Yoga Center**
- **3-day Leadership Retreat at a Location Outside of Isha Yoga Center**
- **Weekend Non-Residential Leadership Program**
 - ~ 4 Days (3.5 hours on Thursday and Friday, full days on Saturday and Sunday) or
 - ~ 3 Days (Full days on Friday, Saturday and Sunday)

What Inner Engineering Participants Say

After the program, I could feel many changes within myself. Though my work at ISRO keeps me busy, I regularly do my practices, which keeps me stable and far from worries. I believe that turning inward is the best way to gain in-depth experiential knowledge about everything – even space.



Dr. P. Veeramuthuvel
Project Director, Chandrayaan-3

After the program, my life just flipped 180 degrees. The way I think, feel, make decisions, my career – everything has changed for the better. Now I am joyful 24x7, come what may.



Shweta Shrikanth
Bengaluru

Within a few months of practice, I quit alcohol. My breathing problems reduced. My anxiety and high blood pressure completely went away. My ability to do physical activities has improved significantly.



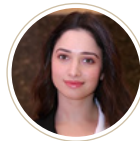
Arun Sudhakaran
Kerala

People ask me all the time, 'What is the greatest moment in my life?' And I'm going to say, 'My life or my career?' Because in my career, it is the UFC belt, but in my life, it is definitely doing Inner Engineering.



Glover Teixeira
Former UFC Light Heavyweight
Champion

I feel like this is something that gets your energy systems going in a way that you can actually be more productive in whatever you're doing, whether you're a creative person or you're doing something technical.



Tamannaah Bhatia
Actor

I always thought that I didn't know how to meditate and it's very difficult. But now, doing my meditation every day has become my medicine. I can notice the difference in how I feel and how clearly I think. It's really transforming me.



Victoria Azarenka
Former World No. 1 Tennis Player

