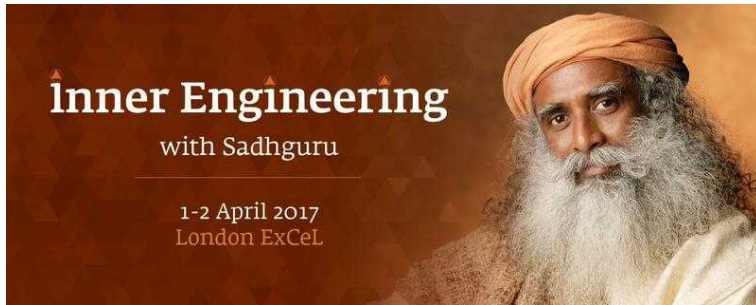


Inner Engineering with Sadhguru April 1st 2nd



Location **London, London**
<https://www.freeadsz.co.uk/x-503934-z>



INNER ENGINEERING Designed and offered by Sadhguru, Inner Engineering is a technology for well-being. Derived from the ancient science of yoga, it works to establish a deep and lasting personal transformation and to empower each individual to explore and experience their peak potential. Experience the distilled science of Yoga in 2 steps: STEP 01 – Inner Engineering Online 7 online classes, imparting practical wisdom and guided meditations with Sadhguru at your own pace, in your own space (Innerengineering.com) STEP 02 – Inner Engineering Completion In this 2-day exclusive programme with Sadhguru, learn a simple and powerful 21-minute practice, Shambhavi Mahamudra Kriya, a purifying energy technique which balances, aligns and revitalises your entire system, establishing a chemistry of blissfulness within you. This special weekend programme offers a rare opportunity to be in the presence of Sadhguru for two days, for an experience that will touch the very core of your being. Inner Engineering Online is a mandatory pre-requisite to attend this programme. Shambhavi Mahamudra Kriya Shambhavi Mahamudra kriya is a powerful and purifying energy technique using the breath. This practice aligns your entire system so that your body, mind and emotions function in harmony, establishing a chemistry of blissfulness within you.

When practiced regularly, this 21-minute kriya can bring the following benefits into one's life: Improved mental clarity, sleep quality and increased energy levels Ability to handle stressful situations effortlessly. Deepening of interpersonal relationships Helps to purify the five elements (earth, water, fire, air, space) in the body leading to pleasantness in the body, mind and emotions Relief from chronic ailments such as allergies, insomnia, hypertension, diabetes and obesity Access to the innate intelligence and competence within, which is the very source of creation Greater peace and joy in everyday life Done in a simple

seated asana or posture. Shambhavi gives you the access to your deepest life energies and makes them available to you. It does not require any intellectual prowess or intellectual knowledge. It is easy.



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seated asana or posture. Shambhavi gives you the access to your deepest life energies and makes them available to you. It does not require any physical fitness or major knowledge. It works and is easy to learn. It is the only life saving life & Time saving technique. Available on the App Store and Google Play. ExCeL London, One Western Gateway, Royal Victoria Dock, London E16 1XL Tickets:

From £345 onwards Early Bird Discounts Available, for more details please refer to <https://isha.sadhguru.org/sadhguru-in-london/>.

Contact Details:

Email: [click to contact](#)

Phone: registration-related queries, please contact +44 7765 567