

# Inner Engineering - Technologies for Wellbeing



Location **London, London**  
<https://www.freedasz.co.uk/x-516849-z>

"As there is a science and technology to create external wellbeing, there is a whole science and technology for inner wellbeing." - Sadhguru A four-day yoga programme designed by Sadhguru to transform your experience of life, offering tools for inner exploration, health and success. This programme will be offered by a trained teacher. Benefits Freedom from stress and anxiety Improved quality of sleep Relief from chronic ailments (asthma, diabetes, blood pressure) High levels of energy throughout the day Increased productivity and efficiency Enhanced focus, memory and concentration Greater emotional balance and mental clarity Deeper sense of inner peace and fulfilment Programme Details (for London, Wembley, Croydon, Leeds): Open to all over 14 years of age. Thursday & Friday: 6:30pm to 10pm Saturday: 9:00am to 8:00pm Sunday: 8:00am to 8:00pm Free Introductory Talk: Thursday, 6:30pm to 7:30pm For more information: click to contact [www.ishauk](http://www.ishauk)

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