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### Sounds of Isha

It was a musical evening with a difference! The musicians were tonsured *yogis* from the Isha Foundation, based in Coimbatore, headed by Sadhguru Jaggi Vasudev. But the *yogis* aren't full-time musical men. "We play to create awareness about Isha Yoga, which is simply about knowing yourself. We like to call what we create sounds and not music," said Saran, a teacher with the foundation.



The performance on the lawns of the India Habitat Centre, Delhi, came alive with several unusual instruments like the egg shaker, flute, guitar, one shot (a uni-directional instrument), *durbauk* (a Lebanese drum), big drums, metalophone (a xylophone clone) and the *ghungroo*. The players played a selection of mesmerising instrumental tracks like *Daybreak*, *Evolution* and *Celebration*, but the one that emerged a clear favourite was *Heaven on the Ground*.

The *yogis* are well-qualified people who have given up everything and joined the Isha Foundation. For instance, there are *yogis* like Saran, an Ivy League university graduate, and Jack who gave up a lucrative job as a mechanical engineer and Shekhar, who studied at IIT, Chennai.

Spotted at the show was actress Nandita Das who said she'd participated in a wholeness course at the foundation in Coimbatore. "Sadhguru has a very dynamic personality, which you realise when you come in contact with him," said Das.

Photographs of Delhi events by Rupinder Sharma and Prem Singh