

NASHVILLIANS TAUGHT TO TURN INWARD FOR LIFE OF PEACE, HEALTH



Sadhguru Jaggi Vasudev

Nashville—Sadhguru Jaggi Vasudev will return to Nashville in March to conduct a 13 day transformative program of Sahaja Sthithi Yoga and meditation, designed to alleviate chronic ailments and the stress and struggle of daily life. The March visit follows the Guru's highly successful U. S. inaugural program held here last October.

Unlike Hatha Yoga, widely taught in Nashville, Sahaja Sthithi Yoga is a dynamic combination of breathing techniques and meditation, which stimulates the release of physical, mental and emotional blocks and activates spontaneous expression of one's vital energy. Mangie Mercer, area Hatha Yoga Teacher says the practice of Sahaja Sthithi Yoga cleared up her allergies. "The program is an amazing purifier for the body, and was an effective cure for other classmates' ailments such as headaches, hip pain and insomnia." Mercer says the Yoga taught by Sadhguru Vasudev is a powerful experience that is simple and easy for everyone to follow. The practice does not require a change in lifestyle or beliefs, and has nothing to do with religion or psychological exercises.

Thousands of people in South India have studied with Sadhguru Jaggi Vasudev, including doctors, business professionals and athletes. The Guru says the experience trans-

forms tense, indecisive, and rigid minds to calm, relaxed and dynamic ones. State OIR Manager, David Wooten agrees, "I've always been a person whose mind is in a hundred places at once. I was always thinking of the task ahead instead of being focused clearly on what I'm doing now - a total waste of energy and a major cause of stress in my work and life in general." Wooten says the Yoga practice "helped me to cut the mind chatter and handle one moment at a time I got more tone and enjoy life fully." Area residents who attended the program are enthusiastic about its benefits, and eager to share the experience with others seeking a higher level of wholeness and vitality. Pam Hester, Diagnostic Sonographer for over 20 Baptist Hospital Physicians says, "I feel like I've learned an amazing life secret. There are so many people I see each day who could benefit from this Yoga. We just need to let them know it's available."

The Yoga taught by Sadhguru Jaggi Vasudev can be thought of as a modern antidote to stress, fear and anger, and can be used as a tool to help people keep up with the rapid pace at which things are changing around them. Teacher Vasudev explains that there are many solutions to today's life challenges, but admits that very few solutions can integrate into man's normal life and withstand the test of time. The classes taught by Vasudev in Nashville offer solutions through the practice of Yoga. Although the word Yoga conjures images of people standing on their heads or in complex physical postures, this is not done in Vasudev's classes. The physical requirements are minimal, and only a small aspect of his teaching. He explains that the ancient science of Yoga is about being in union with existence and finding the divinity within.

Vasudev, a 40 year old Master who has been practicing and teaching Yoga for the past 17 years, is committed to communicating a form of Yoga suited for this age, which is simple enough to integrate into one's daily life. His program of Sahaja Sthithi, means "natural self", and the practice unites the body, mind and energy. After attending a 13 day program, all that is needed is a daily practice of breathing and

meditation. This can change the very perspective of life in just six months. Since taking the Sahaja Sthithi Yoga program in October, Glenda Break, a Nashville record label director, acknowledges, "My mind, body and emotions have stilled. I spend more time in the present moment and am experiencing a higher quality of day to day living."

Marketing and business executive, Linda Wright, feels that the opportunity to learn from The Master himself in Nashville, Tennessee, is nothing short of miraculous. Vasudev's ISHA Foundation of India manages over 20 Yoga Centers, an Ashram and Orphanage, with over 100,000 students of the Sahaja Sthithi Yoga Program in India to date. Some of those students, now living in the US, have extended many invitations for the Guru to visit America, all of which were turned down until last year. Vasudev was insistent that he not begin a program in any location which cannot be fully supported. His unlikely 1997 debut in Nashville, Tennessee and return here, instead of contending cities like Chicago or Detroit, opens a rare opportunity for Middle Tennesseans to learn from the Master himself.

During his Nashville visit in March, Sadhguru Jaggi Vasudev will conduct an Introductory Session about his Sahaja Sthithi Yoga Program on March 16 at 6PM.

Introductory Session March 15, 6pm Open and Free to all. Program Sessions March 16 28, 6pm to 9pm. Both the Introductory Session and 12 day Program will be held at Tennessee State University Main Campus Agricultural Research Building, Room 118 - Daytime Insight Productions 615 228-8060 or Evening 615-297-9506

Cost: \$175.00. A \$40.00 non-refundable deposit payable to WOIJ/ISHA Project, required to confirm enrollment. Mail deposit to P.O. Box 120684, Nashville, TN 37212. Balance is due on the first evening of the program.

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