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Sadhguru's latest book, Inner Engineering: A Yogi's Guide to Joy, will be released on December 12, 2016. In this transformative book, Sadhguru draws from his own experience of life and introduces the revolutionary technology of Inner Engineering.

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Inner Engineering provides tools from the yogic science to empower you to create your life the way you want it. Designed by Sadhguru, a yogi and visionary. Inner Engineering provides tools and solutions to empower yourself to create your life the way you want it.

Inner Engineering - Complete program for inner wellbeing

Please click on an article or scroll downwards to read this month's Sadhguru Speaks column: Inner Engineering with Sadhguru Jaggi Vasudev - by Kavita Chhibber

Inner Engineering with Sadhguru Jaggi Vasudev

Inner Engineering is a fascinating read of Sadhguru's insights and his teachings. If you are ready, it is a tool to help awaken your own inner intelligence, the ultimate and supreme genius that mirrors the wisdom of the cosmos. — Deepak Chopra

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Sadhguru established the Isha Foundation, a volunteer-run international nonprofit organization dedicated to cultivating human potential. The Foundation is headquartered at Isha Yoga Center in southern India and at Isha Institute of Inner-sciences in the United States.

Sadhguru - Inner Engineering

Inner Engineering is a technology for wellbeing derived from the ancient science of yoga. For those seeking professional and personal excellence, this program offers keys for meaningful and fulfilling relationships at work, at home, in the community, and most importantly, within yourself.

Inner Engineering | Isha Yoga | Sadhguru

Inner Engineering is offered as an intensive program for personal growth. The program and its environment establish the possibility to explore the higher dimensions of life and offers tools to engineer one's self through the inner science of yoga. Once given the tools to rejuvenate, people can

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Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. The practice of

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