



ISHA FOUNDATION: *Cultivating Human Potential*

Founded in 1992 by world renowned yogi and mystic, Sadhguru, Isha Foundation is an entirely volunteer-run, international nonprofit organization dedicated to cultivating human potential through the yogic sciences. The Foundation is a human service organization that recognizes the possibility of each person to empower another—restoring global community through inspiration and individual transformation.

Isha activities are designed to create an inclusive culture that is the basis for global harmony and progress. This approach has gained worldwide recognition and reflects in Isha Foundation's special consultative status with the Economic and Social Council of the United Nations.

Isha Foundation is operated by over 500,000 volunteers from more than 200 city-based centers spread worldwide. The Foundation is headquartered at Isha Yoga Center, set in the lush rainforest at the base of the Velliangiri Mountains in southern India, and at the Isha Institute of Inner Sciences on the spectacular Cumberland Plateau in middle Tennessee, USA.

At the core of the Foundation's activities is a powerful system for inner transformation. Isha customizes ancient yogic methods for a modern person, offering people from every walk of life the possibility of achieving the very peak of human wellbeing and experience. Sadhguru's introductory program, **Inner Engineering**, introduces *Shambhavi Maha Mudra*—a simple but powerful yogic kriya (inner energy process). Inner Engineering is now offered monthly by trained Isha Teachers in over thirty cities across the US.

Isha Foundation also implements four human service projects to support inner growth, revitalize the human spirit, and rebuild communities, including:

Action for Rural Rejuvenation (ruralrejuvenation.org), a comprehensive health and community revitalization project reaching over 3,800 rural villages in Tamil Nadu, India, a population of over 2 million people. ARR began a new outreach project in Sierra Leone, Africa in March, 2008.

Project GreenHands (projectgreenhands.org), a massive public reforestation effort aiming to restore 33% green cover of Tamil Nadu, India with the planting of 114 million trees in the next 10 years. Since its inception in 2004, Project GreenHands has planted more than 5 million trees with the hands of over 1 million people.

Isha Vidhya (ishavidhya.org), a pioneering English-medium, computer-based education initiative to be established in 206 new village schools in rural southern India by 2014. In just three years time, Isha Vidhya is offering quality education to over 1100 rural youth.

Isha Care Free Clinic (ishacare.org), is a free rural health clinic providing free primary medical care to low income and uninsured residents in eastern Tennessee.

Together with its active and dedicated volunteer base, Isha Foundation's activities serve as a thriving model for human empowerment and community revitalization throughout the world.