



Inner Engineering: A Yogi's Guide to Joy

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Inner Engineering: A Yogi's Guide to Joy Sadhguru

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The founder of the Isha Foundation, an all-volunteer organization involved in large-scale humanitarian, educational, and environmental projects, Sadhguru is a thought leader on a epic scale. His mission is to improve the quality and experience of life, from the individual to the global. He has distilled a system of practices from the ancient yogic sciences that will deepen your perception and bring about a shift in the very way you experience your life, work, relationships, and the world you inhabit. It is a profound system of self-exploration and transformation, based on the radical premise that it is possible for a human being to evolve consciously. Unlike biological evolution, which happens without your conscious participation, spiritual evolution can happen consciously. All it takes is willingness.

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