Thirty Three kilometers from the hustle and bustle of Coimbatore rise the Vellian-giri Hills, located at an altitude of 6000 feet. The name Velliangiri means “Silver Mountains,” referring to the curtain of mist that veils the mountain tops through most of the year. These mountains are known as DakshinKailash or “The Kailash of the South.”

The Center is a sacred space for self-transformation, created so individuals can dedicate time towards their inner growth. The center offers all four major paths of yoga – kriya (energy), gnana (knowledge), karma (action), and bhakti (devotion), drawing people from all over the world.

The focal point of the Isha Yoga Center is the Dhyanalinga, a powerful and unique energy form that creates the possibility for every human being to experience life in its totality. Adjacent to the Isha Yoga Center is LingaBhairavi – an exuberant expression of the Divine Feminine, fierce and compassionate at once.

The center offers various residential accommodation facilities and yoga programs of different durations. Both program participants and guests are provided wholesome sattvic food as part of their stay. Isha Yoga Center provides a supportive environment for those looking to shift to healthier lifestyles, seeking a higher level of self-fulfillment and aspiring to realize their full potential.
Just sitting silently for a few minutes within the sphere of Dhyanalinga is enough to make even those unaware of meditation experience a state of deep meditative-ness” – Sadhguru. The sacred land of India has been witness to the lives of countless yogis, sages and enlightened beings. The Dhyanalinga, situated within the Isha Yoga Center at the foothills of the Velliangirimountains, is very much a part of this glorious tradition.

A doorway to enlightenment and spiritual liberation, the energy of Dhyanalinga creates the possibility of deep inner transformation for every human being who comes in touch with it. The space is housed in an architecturally distinctive, pillar-less dome. Seventy-six feet in diameter and thirty-three feet high, the dome is constructed entirely out of brick and mud, and stabilized with natural additives – a choice of building material which ensures a structural lifespan of up to 5000 years. Dhyanalinga is the first of its kind to be established in many thousands of years. The intense yet subtle energies of this space allow you to experience profound states of peace and silence, revealing the essential nature of life itself.

The Isha Yoga Center also houses two Theerthakunds – the Suryakund for men and the Chandrakund for women. With walls built of massive blocks of granite, these subterranean water bodies are energized by consecrated rasalingas, made possible through an ancient Indian alchemic process known as rasa vaidya.

Each of the Theerthakunds is an awe-inspiring structure with stone steps dropping down from ground level. The energy-soaked water body is flanked by giant granite stones, each weighing 45 to 50 tons, which form the “bricks” of the kund. A dip in these vibrant waters straightens out imbalances in the system, bringing about physical and mental rejuvenation. Most importantly, the Theerthakunds serve as preparatory tools to help enhance your receptivity to the grace and energies of the Dhyanalinga.
“Every human being aspires for health and wellbeing. True health fundamentally means to be in tune with nature, both the inner and outer.” – Sadhguru

The Isha Rejuvenation Center located in the Isha Yoga Center offers programs of various durations that allow you to experience inner peace and the joy of a healthy body. Unique, carefully tailored programs designed by Sadhguru, bring vibrancy and optimal balance to your life energies. This balance is crucial for healthy living as well as for preventing and uprooting chronic ailments. Scientifically structured, the programs combine allopathic, alternative and complementary therapies, along with the sublime wisdom of various ancient Indian medicinal practices.

Programs such as AyurRasayana Intensive, AyurSampoorna and Yoga Marga feature a synthesis of yogic methods and practices, diet, massages, therapeutic baths and wraps, vitalizing tonics and medicines from the siddha system (an ancient form of traditional medicine originating in southern India), as well as other program-specific methods to create long-lasting, rejuvenating effects. Pre-registration is required for programs.

Various individual therapies are also offered at the Rejuvenation Center, which can be booked on the spot. These include several massages including Abhyanagam (Full Body Massage), ShiroAbhyangam (Head/Shoulder Massage) and MukhaAbhyangam (Facial Massage). Therapeutic baths, masks and wraps, as well as the 3-day and 7-day Shirodhara, a special relaxation therapy, are a favorite among visitors.

Mahashivaratri

This night celebrates the Grace of Shīva, who is considered the Adi Guru, the first teacher from whom the yogic tradition originates. The planetary positions on this night are such that there is a powerful natural upsurge of energy in the human system. It is enormously beneficial for your physical and spiritual wellbeing to stay awake and alert, with the spine erect throughout the night. To make this happen, each year at the Isha Yoga Center, Mahashivaratri is celebrated with great exuberance and grandeur. Sadhguru's discourses and powerful meditations are the hallmark of this unique celebration, and the night is interspersed with musical performances by celebrated musicians and artistes like Pt. Jasraj, Pt. HariprasadChaurasia and KailashKher, among others.
Yaksha – A Celestial Feast of Music and Dance

Yaksha, named after celestial beings in Indian mythology, is a spectacular and colorful three-day feast of music and dance hosted annually at the Isha Yoga Center. Attracting thousands of ardent spectators, Yaksha features three consecutive nights of musical concerts and dance by some of the greatest artistes in India.

Yaksha is an endeavor to preserve and promote the uniqueness, purity and diversity of the country’s performing arts. The festival gives you the opportunity to experience India’s various art forms that have evolved over thousands of years and are unfortunately becoming a forgotten dimension of our life today. This musical extravaganza culminates in the night-long celebration of Mahashivaratri.

Navaratri

The nine-day Navaratri celebrations at LingaBhairavi are an opportunity to experience the grace and energies of the Goddess. Special chants and offerings, NavaratriPooja, the LingaBhairavi Procession and MahaArati make every night a vibrant festival.

Navaratri is traditionally a time when the performing arts are celebrated. At LingaBhairavi, each night features concerts by classical musicians and dancers, and acts by performing artists. The festival also includes a traditional handicrafts exposition, which takes place throughout the nine days.

How to reach Isha Yoga Center

Isha Yoga Center is situated 30 kms west of Coimbatore. Coimbatore, a major industrial city in South India, is well connected by air, rail and road. Airlines operate regular flights to Coimbatore from Chennai, Delhi, Mumbai and Bangalore. Train services are available from all major cities in India. Regular bus and taxi services are also available from Coimbatore to Isha Yoga Center.

Direct Buses are available Daily between Coimbatore & the Yoga Center:

Click Here to view Bus Time Table

Driving Directions

Take the Perur/Siruvani Road through Ukkadam from Coimbatore. Drive past Alandurai and turn right at Irutupallam junction. The Yoga Center is another 8 kms from the junction (Irutupallam) and about 2 kms before Poondi Temple along this road. Signboards giving directions to the Dhyanalinga Shrine can be found en route.

Contact Us

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