

A New Life



A wholesome health station, Isha Life has been crafted specially to keep your mind, body and soul in ship-shape! Subhiksha Rangarajan walks around the place...

Part of the renowned Isha foundation of Sadhguru Jaggi Vasudev, Isha Life concentrates on overall fitness – of the mind and the body. There is an underlying philosophy that runs through every section of Isha Life, and this is what maintains the hygiene, the spirit and the tranquility of the place. Though primarily started as a business venture to support some of the Foundation's projects including Isha Vidhya (educating rural India), Project Green Hands (mass tree plantation) and providing medical help to rural India, Isha Life itself has become a stand-alone attraction that people have started looking to as a lifestyle option. The unique incentive is that spending time at Isha Life is as beneficial for you as it is for the lesser-privileged.

All aspects of wellness

Imagine if you could strengthen, stabilise and utilise your mind and body to the best of their potential? Isha Life offers you a way to do all that and more! The space has a fully-equipped gym, spread across three sections and two floors, giving ample space for each client to workout peacefully. The gym seems open to the air, as full glass walls integrate the workout-station with trees and nature. The trainers are experienced and also double as physiotherapists and dieticians. The 'Angamardhana' discipline is followed both through gym workout and a specialised yoga training centre. Angamardhana means to gain complete control over the limbs/ organs/ parts of the body. And this intense yoga training prepares your body in such a way that there is no distance between your thought and your body's response to it. There are many packages that offer the gym and yoga ses-



sions together as well as separately, and all members get special discounts on all the other services that are available.

Maintaining and respecting your body

Shambhavi, Isha life's health spa is hugely popular. With amazing interiors and serene ambience, the spa transports you to a place where you can shut your eyes and experience complete bliss. With many Indian as well as famous international styles of messaging (Thai, Swedish, etc) the spa achieves complete success in meeting its clients' exact needs. The environment of the facility itself induces a state of slow-down, and once you've entered the spa 'shrine', nothing can distract you. Specially interesting are the 'sun' and 'moon' rooms, where the décor- the lighting, wall paintings, layout, aroma, candles, the music altogether create a separate 'sun' and 'moon' aura, and the services offered are customised to fit the theme. Isha Life also provides full day and half day spa packages that take care of every little detail, covering everything your body needs. The spa facility also includes an area for regular beauty treatments. The specialised bridal packages – a three month 'bridal grooming' – prepare women for the most important day of their life, with treatments, training and workout sessions to slim and beautify them right up to the day of their wedding.

Covering all angles

Health and fitness go hand in hand, and no workout, treatment or training is complete without proper food intake. This is where Isha Life scores, with Mahamudra a restaurant that borders on exotic, but preserves the great Indian recipes to such an extent, that their all-wheat Mahamudra thali is a hit among the health-conscious as well as the adventurous. Served in unique tableware made of natural material, that reflects the neo-eco feel of the establishment, each bowl of kanji, plate of vadai, and glass of juice leaves you feeling energised, refreshed and ready for the rest of the day.

The gym, spa and the restaurant all breathe together, as they support each other in service and offering. The gym members get discounts on daily meals, the spa clients are served food and beverage during their treatment, and the restaurant now has plans to extend to Coffee Craft – an addition to the Isha family – a café that will bind western and traditional recipes of the universally-loved coffee, making for a youthful outdoor joint that will attract a whole new class of people.

Isha goodies

Isha Life's boutique on a pretty mezzanine offers crafts such as urli made by rural people in stone and metal, organic cotton clothing, jute bags and slippers, earthy lamps and baskets that are all designed in an attractive Indo-contemporary way. Also available are organic foods: kanji, rice, wheat, oats, bhajra, dosa mix, rasam mix, ragi, honey and so much more, and naturally-made bath products, perfectly maintaining and preserving the idea of complete wellness. They also stock some furniture in antique style, each product carrying a unique character of its own.

Expanding the goodness

Isha Life in Chennai is the Foundation's pilot project, and after having met with great success, they plan to launch many more centres across the country, and eventually going global. They also plan to bring in more elements such as a library, a space for music, art exhibitions and much more.

The contemporary-rustic goodness of the place, the organic and pure intention will definitely attract you, and once you enter, you are sure to be engulfed into the The Isha Life.

Isha Life is at Old 50, New 117, Luz Church Road, Near Nagewara Rao Park, Mysore. Contact: 43535555 or visit www.ishalife.com