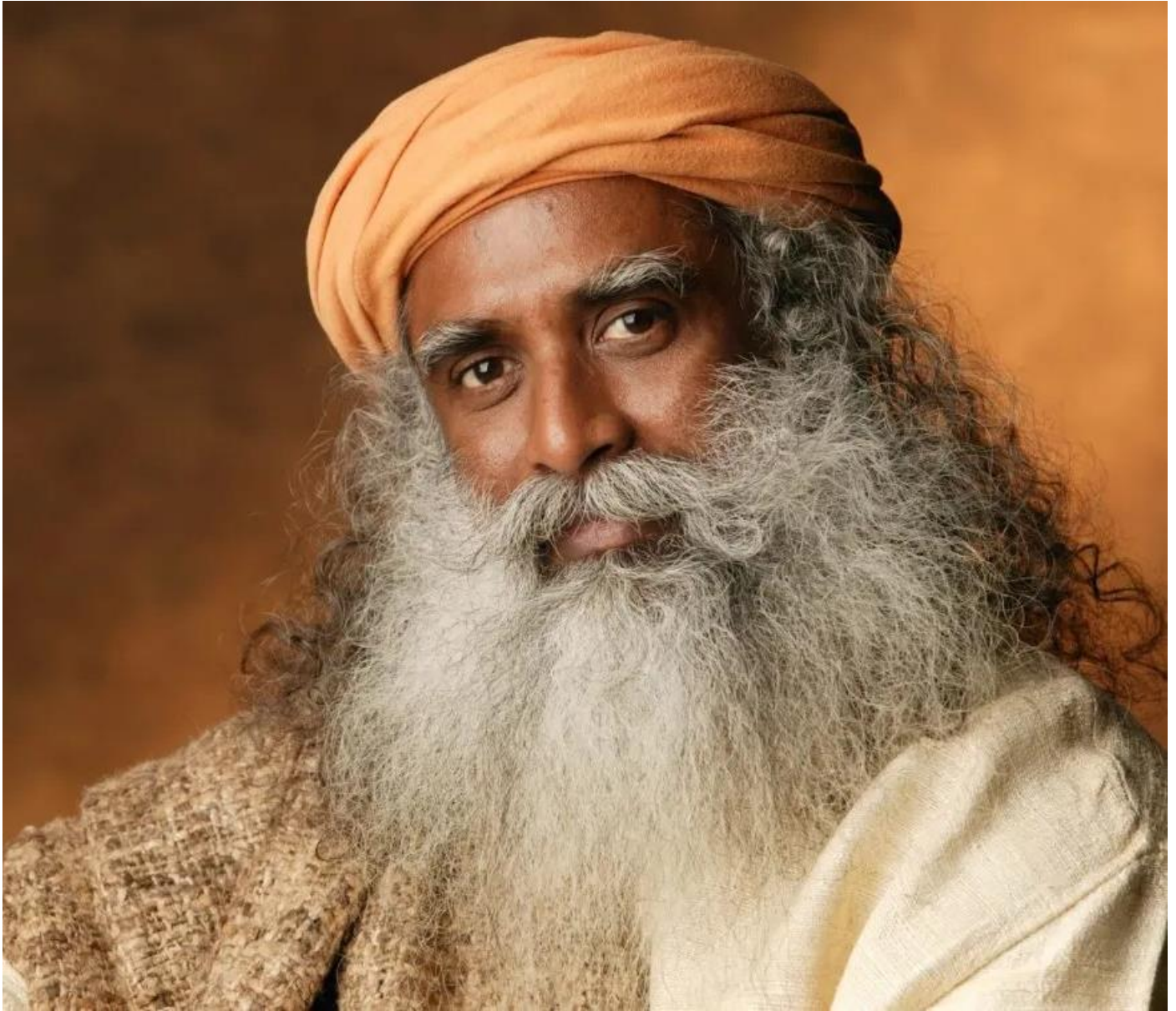


Sadhguru – Jaggi Vasudev

By Isha.Sadhguru.org



Jaggi, better known as Sadhguru, was born Jagadish Vasudev on 3 September 1957, in Mysore, Karnataka, India. He was an active, curious, and intelligent child who fell in love with nature and adventure. As a young boy, he would often venture into the nearby jungle and spend hours observing the wildlife, especially snakes.

He became acquainted with Malladihalli Sri Raghavendra Swamiji, a prominent yoga teacher, at the age of 12. Swamiji taught him a set of simple yoga asanas which he regularly practiced without even a single day's break. After completing his schooling, he enrolled at

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the 'University of Mysore' and graduated with a bachelor's degree in English Literature. While in college, he became interested in motorcycles and traveled a lot.

He was a successful businessman by the time he was in his mid-twenties. His life changed drastically on the afternoon of September 23, 1982, when he had a spiritual experience that forced him to re-evaluate his life and priorities. He was sitting on a rock in Chamundi Hills when he had a very intense spiritual experience that lasted for about four-and-a-half hours. Within weeks of this experience, he asked his friend to take over his business and embarked on an extensive travel in order to gain insight into his mystical experience. After a period of about one year, he realized that he should teach yoga and spread the knowledge of yogic science.

He started conducting yoga classes in Mysore in 1983. Over a period of time, he began conducting yoga classes across Karnataka and Hyderabad. He refused payment for the classes and managed his expenses from the proceeds he received from his poultry farm. In 1992, he founded 'Isha Foundation,' a non-profit spiritual organization offering yoga programs under the name 'Isha Yoga.' Founded near Coimbatore, the organization became very popular over the years. Today, it offers yoga programs not only in India, but also in countries like the United States, England, Lebanon, Singapore, Canada, Malaysia, Uganda, China, Nepal, and Australia.

'The Isha Foundation' is also involved in various social and community development activities. In 2003, it established 'Action for Rural Rejuvenation' (ARR), a multi-phased program aimed towards improving the overall health and quality of life of the rural poor. The program aims to benefit millions of people in thousands of villages across Tamil Nadu, India. The foundation also established the 'Project Green Hands' (PGH), an ecological initiative in Tamil Nadu in 2004. The objective of the project is to plant 114 million trees throughout Tamil Nadu in order to increase the forest cover in the state.

Jaggi Vasudev is a world-renowned figure and has spoken at the 'United Nations Millennium World Peace Summit.' He delivers speeches at various events around the world. He has also addressed the 'World Economic Forum' in 2006, 2007, 2008, and 2009. A prolific author, he has penned over 100 titles in eight different languages. He is also a talented poet and loves composing poems in his leisure time.