

# A Traveler's Guide to the Isha Yoga Center, Coimbatore



*Isha Yoga Center in India is a sacred space for self-transformation where spiritual seekers from all over the globe gather to pursue the spiritual path.*

*The foothills of the Velliangiri Mountains, forty kilometers from the city of Coimbatore in southern India, serve as home for the Isha Yoga Center. Created as a powerful center for inner growth, this popular destination attracts people from all over the world and is unique in its offering of all the four major paths of Yoga - Gnana (knowledge), Karma (action), Kriya (energy), and Bhakti (devotion).*



**Dhyanalinga** is a powerful energy form for meditation, created by Sadhguru. Just sitting there brings deep peace. It welcomes all, beyond religion, and helps you feel stillness and connect within - a space for silence and inner balance.

**Darshan Timings** - 6 AM to 8 PM



**Adiyogi** is a 112-ft statue at Isha symbolizing the first yogi, who shared 112 ways to reach inner freedom. It's a powerful place to meditate, feel peaceful, and understand that real change begins within.

**Darshan Timings:** 6 AM to 8 PM



***Yogeshwar Linga and Saptarishis:***

Near Adiyogi stands the Yogeshwar Linga, radiating balance between deep stillness and joy. Behind it, the Saptarishi Panel honors Shiva's seven disciples who carried yoga to the world.

**Special Offerings to Yogeshwar Linga:**

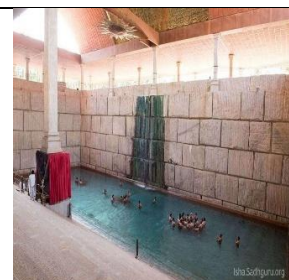
9 AM to 6 PM



**Linga Bhairavi** is a powerful form of the Divine Mother, radiating strength and compassion. Sadhguru says her grace brings fearlessness, wellbeing, and inner balance to all who seek her blessings.

**Darshan Timings:** 6:30 AM to 1:20 PM; 4:20 PM to 8:20 PM

**Abhishekam Timings:** 7:40 AM, 12:40 PM, 7:40 PM



**Teerthakunds:** At Isha, visitors can dip in the sacred waters of Suryakund (for men) and Chandrakund (for women). These energizing pools cleanse the body and mind, preparing one to receive the grace of Dhyanalinga.

**Both Teerthakunds are open from 7:30 AM = 8:00 PM daily.**

In front of Suryakund lies the **Naga Shrine**, symbolizing stillness and deep perception. Devotees offer flowers and incense to seek the serpent's grace for inner balance and spiritual growth.





At Dhyanalinga's entrance sits a 15-foot **Nandi**, symbolizing patience and devotion. Filled with sacred materials, it radiates energy and reminds visitors that true receptivity comes through stillness and waiting



Behind Dhyanalinga, the **Trimurti Panel** shows three states for inner growth — Rudra's intensity, Hara's calm meditateness, and Sadashiva's blissful stillness, guiding seekers toward balance and harmony



**Spanda Hall** is a serene meditation space with a vast marble floor and a stunning mural depicting a Yogi's life. Made with natural colors, it inspires stillness and reflection, enriching every visitor's experience



**Adiyogi Alayam** is a consecrated program hall designed by Sadhguru to revive classical Yoga. Its energy supports deep inner exploration and hosts intensive yoga programs, including teacher training and advanced meditative courses



The **Gaushalas** at Isha honor cows, symbols of abundance and selfless giving. Visitors can perform Gau Seva, while the cows' milk nourishes seekers and children at the center

The Isha Yoga Center is situated 30 kilometers (20 miles) west of Coimbatore, Tamil Nadu. Coimbatore, a major industrial city in southern India, is well connected by air, rail and road. Major airlines operate regular flights to Coimbatore from Chennai, Delhi, Mumbai and Bengaluru. Train services are available from all major cities in India. There are direct buses between Coimbatore and the Isha Yoga Center ([View the timetable](#)). Taxis can be booked from the airport as well as the railway station. Alternatively, you can contact the Yoga Center's 24-hour travel desk to book a taxi to the center. You can go through this for full details - [click here](#)