

At the Isha Yoga Center, Turmeric is more than a supplement; it's daily preparation for sadhana. Turmeric helps ease inflammation, supports natural mobility, and promotes internal vitality. In the Yogic system, it is known to bring lightness and clarity to the body, supporting inner focus.

Yogic Wellness draws from a profound understanding of the human system cultivated by ancient yogis. Rooted in this wisdom, holistic sciences like Siddha and Ayurveda offer powerful means to purify, align, and nurture the body and mind — fostering lasting health, clarity, and inner harmony.

Ingredients:
Turmeric Powder

Mix a sufficient quantity (approximately half a teaspoon) of turmeric powder with water to form a small ball. Take it along with a neem ball on an empty stomach each morning, with warm water or as directed by your physician

Yogic Wellness

TURMERIC POWDER

THE YOGIC WAY TO BEGIN THE DAY

100 g



Store in a cool, dry place, away from direct sunlight. Keep the container tightly closed after use.

Manufactured & Marketed by
Isha Life Private Limited,
8/93, Siruvani Main Road, Madampatti,
Coimbatore - 641010, Tamilnadu, Bharat.
Mfg. Lic. No 1278

For feedback or complaints contact
customer care executive on the
Marketed by address (91) 80104 79480
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Proceeds from Isha Life are used to bring well-being to people and communities.



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