

## **IHCL launches wellness programme for International Yoga Day**

J Wellness Circle introduces curated programmes focused on mindfulness, wellbeing and sustainable living across participating hotels

Indian Hotels Company Limited (IHCL), through its wellness platform J Wellness Circle, marked the International Day of Yoga with a series of curated wellness experiences designed to promote physical, mental and spiritual wellbeing. The initiative was hosted across participating hotels and centred around the core principles of yoga, mindfulness and holistic living.

### Programme Highlights

The wellness programme featured Dhyana Yoga sessions incorporating traditional dhoop rituals, live flute performances and sound-healing experiences using Indian musical instruments. Guests were also introduced to Satvik cuisine through Jnana Yoga-inspired dining experiences, while evening activities included sunset ceremonies, diya lighting, chants and introductory yogic practices under the Bhakti Yoga theme.

### Community Engagement

Extending the initiative beyond guest experiences, IHCL organised Karma Yoga activities for its associates, including neighbourhood clean-up drives, plogging walks and tree plantation programmes. These activities were aimed at encouraging environmental responsibility, community participation and sustainable living.

## Promoting Holistic Wellbeing

According to the company, the programme was designed to foster a balanced approach to wellness by integrating physical activity, mindfulness, self-awareness and community engagement. The initiative reflects J Wellness Circle's commitment to offering wellness experiences rooted in India's rich traditions of yoga and holistic healing.

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