

Millions Follow Ishan Shivanand's COVID-19 Mindfulness Movement

Shivanand Leads With Ancient Yogic Wisdom to Help Heal Pandemic Mental Health Problems and Raise Money for Relief



California, San Francisco, Apr 1, 2021 ([Issuewire.com](https://www.issuewire.com)) - With his contemporary methods for teaching ancient yogic practices and wisdom to the modern world, Ishan Shivanand (www.ishanshivanand.com) brings integrative healing, positivity, and purpose to people around the world dealing with anxiety and despair stemming from the COVID-19 pandemic. Ever since the coronavirus crisis took a toll on people's mental wellness globally, Ishan has lead transformative meditation seminars online that reached millions of people, and launched a wellness app that conclusively improved mental health conditions for its users.

Ishan's efforts to boost the collective morale evolved into a daily program of deep meditation for healing the planetary consciousness with positive intentions called Nithya Prarthana. Its special simulcasts on Sanskar TV and Facebook Live have reached three million viewers to date on Facebook and raised \$135,000 USD for COVID-19 relief.

"The biggest thing we could do in this pandemic was changed people's relationship with stress," Ishan

says. “We saw that when people's relationship with stress changed, this time of high stress and crisis became a time of high achievement. Because tough times create tough people.”

As the World Health Organization defines it, health is “not merely an absence of disease or infirmity.” So whether or not people were infected with COVID-19, the pandemic has had a drastic effect on people’s mental wellness around the world. Besides the worry about themselves and their loved ones being infected, since the pandemic began, people have felt additional distress about losing their livelihoods, social isolation, parsing misinformation, and other uncertainty about the future.

A United Nations 2020 policy brief cited national surveys that showed highly elevated levels in the percentage of distressed individuals during the COVID-19 crisis in China (35%), the USA (45%), and Iran (60%), as well as a report that estimated 33% of Ethiopians showed symptoms of the depressive disorder—three times higher than before the pandemic.

Ishan’s ancient Himalayan mindfulness and breathwork protocols offer Relief from this suffering with an integrative health approach that’s scientifically-backed. The Clinical Psychology Review, for example, conducted a meta-analysis of more than 200 studies and concluded that mindfulness-based therapy “is especially effective for reducing anxiety, depression, and stress.”

During the COVID-19 lockdowns, Ishan and a multi-disciplinary panel of physicians also began researching the integrative health effects of his Yoga of Immortals mind-body app program, which applies undying belief systems to modern times. The study tabulated the input from more than 1,000 people ages 18-80 who participated in an 8-week program using the app. These results showed an 82% reduction in insomnia, a 75% decrease in generalized anxiety, a 72% reduction in depression symptoms, and a 77% total increase in the health-related quality of life factors of vitality, social functioning, emotions, and mental health.

“We have a tried and tested methodology that has helped people through thousands and thousands of years,” Ishan says, “because stress has always been there. The mind needs to be realigned, and the meditative processes that can do that. Once people come, they get this whole concept of self-growth. It becomes a part of them.”

For more information and to book an interview or speaking engagement with Ishan Shivanand, please contact Chandra Lynn, Founder, Glow Marketing LLC, at 650-464-5708 or chandra@glowmarketing.com.

ABOUT ISHAN SHIVANAND

For 15 years, Ishan Shivanand, a contemporary teacher of ancient Vedic yogic and meditative practices and wisdom, has traveled the world helping, healing, and inspiring people to live lives of compassion and purpose through his techniques that promote integrative physical, mental, and emotional health. Born into an ancient lineage of yogic masters, Ishan grew up in an ashram in the Indian Himalayas, intensely training in the physical and spiritual Vedic healing modalities under his father and teacher for nearly two decades. Since taking the leap of faith to spread those teachings around the world, he has conducted thousands of seminars and conferences across five continents and more than 100 international locations. Ishan has touched the lives of more than 1,000,000 people worldwide who use his meditative practices and has catalyzed what some may call miraculous self-transformations. He has devoted his life to helping people thrive in health and harmony, so they can cultivate their potential and better serve the world.

www.ishanshivanand.com



Media Contact

Glow Marketing LLC

info@glowmarketing.com

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