

Chaitanya Cherukuri to host an introductory yoga class

Yoga has exploded in popularity in recent years.

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/EINPresswire.com/ -- A study last year by the National Center for Complementary and Integrative Health revealed that 9.5% of US adults now regularly practice yoga.

This is up from 8.7% in 2012, and now represents a total of over 21 million people in the US alone.

"It's a big number, but it could be bigger – it could be higher!" says [Chaitanya Cherukuri](#), a Texas-based yoga aficionado.

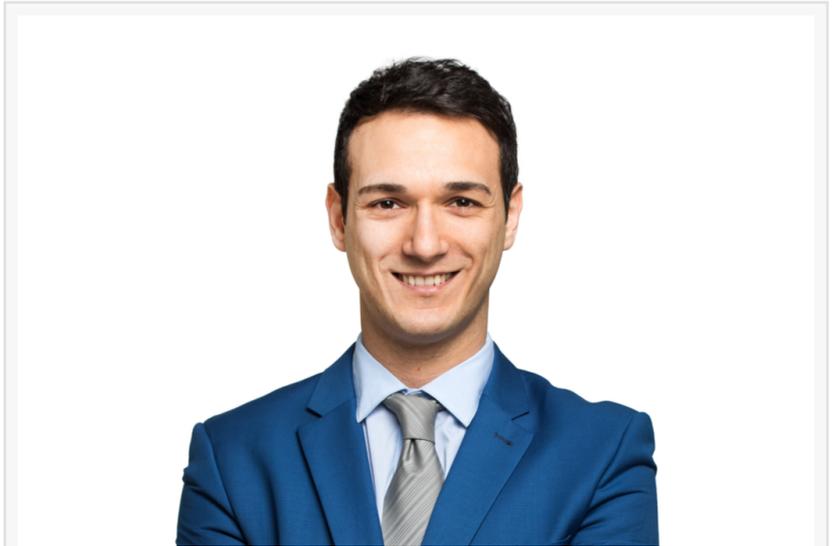
"What's more, the study for the National Center for Complementary and Integrative Health shows that less than 18% of those regularly practicing yoga are male. I'd like to change that," he adds.

Indeed, [Chaitanya Cherukuri plans to host](#) an introductory yoga class for residents of his hometown, San Marcos, and surrounding areas.

"It's an activity which, by and large, does not discriminate on age, fitness, or gender," volunteers Cherukuri of his love for yoga. "The plan is for the introductory class to be suitable for absolutely anyone."

Of yoga's increasing popularity, Sadhguru J. Vasudev, renowned yoga expert and founder of Isha Yoga, based in Coimbatore, India, says, "The main reason for yoga's growing popularity is the large-scale transmission of education. Today, we have more intellect on this planet than ever before."

"As the intellect becomes stronger," he continues, "people look for logical solutions. The more logical they become, the more they become dependent on science, and the outcome of science is



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technology."

Vasudev adds, "Yoga needs to be practiced in a very subtle, gentle way, not in a forceful muscle building way because it is not about exercise. The physical body has a whole memory structure. Yoga is a way of opening up that memory and trying to restructure this life towards an ultimate possibility. It is a very subtle and scientific process."

It's a sentiment echoed by Chaitanya Cherukuri, especially as it extends to transmission of education.

"If I can get even a handful of people interested in yoga, I'll be happy," says Cherukuri of his plan.

"Furthermore," he continues, "if they, in turn, can attract another handful each, and so on and so forth, the popularity continues to grow, and exponentially so."

"Ultimately," concludes Cherukuri, "as the number of people practicing yoga increases, so does the health and general well-being of the nation as a whole. It's a win-win situation."

Details of Chaitanya Cherukuri's introductory yoga class, which will be offered to all interested parties in the San Marcos area, will be made available soon.

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