ABOUT THE IDY LOGO

Folding of both hands in the logo symbolise Yoga, the union, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind & body, man & nature; the holistic approach to health & well being. The brown leaves symbolise the Earth element, the green leaves symbolise the nature, blue symbolises the water element, brightness symbolises the fire element and the Sun symbolises the source of energy and inspiration. The logo reflects harmony and peace for the humanity, which is the essence of Yoga.