



[www.antasthayoga.com/yoga-solar-impulse/](http://www.antasthayoga.com/yoga-solar-impulse/)

**Ahmedabad , Gujarat** – On the 10<sup>th</sup> of March, the people of Ahmedabad and later in Varanasi are set to witness a first-hand demonstration of an incredible technological achievement; the 3<sup>rd</sup> and 4<sup>th</sup> stops of Solar Impulse’s around the world mission, the only perpetual endurance airplane, a machine that can fly day and night on solar power without a single drop of fuel. Initiated in 2003 by one of Solar Impulses pilots, André Borschberg and Bertrand Piccard, the multi-disciplinary Solar Impulse team set out with the ambitious goal of creating a fuel independent airplane capable of travelling around the world. Now, 12 long years later, the majestic Solar Impulse 2 is scheduled to land in Gujarat on its historic journey. If successful, Solar Impulse 2 would be a milestone in the development of renewable energy, and could be the start of an age of green, fuel sufficient transport.

Beginning and ending over 10 legs in Abu Dhabi, André Borschberg and his partner Bertrand Piccard will set out on a marathon 5 month, 35,000 km voyage that will see them spend close to 500 hours in the sky circumnavigating the globe. Each flight, some of which lasting longer than 5 days, will not only rigorously test the limits of Solar Impulse 2’s durability, but also that of the pilots mental and physical wellbeing. Indeed, one of the biggest challenges faced by the team is mitigating the strain on the pilots who will spend five or more consecutive days in confinement; their muscles will atrophy, and the increased levels of carbon dioxide and lactic acid will increase tiredness. The immune and digestive systems will be impacted as well, not to mention the psychological toll the long periods of isolation could bring. To put this in perspective, the ordeal of flying in an unpressurized cabin at a high altitude for consecutive days has been compared to attempting to climb Mt. Everest everyday back and forth for days straight.

However, by enlisting Sanjeev Bhanot, founder of the YOGALIFE foundation, the team has found a novel solution to tackle the problem; using Sanjeev’s unique CNS series, a program based on Antastha Yoga, the pilots have been successfully able to adapt better to the lack of oxygen, and keep their concentration and emotional states stable in the extreme conditions. According to Sanjeev, *“For a project like SolarImpulse, we are able to take yoga to the next level, whereby both pilots face extremes in temperatures and in altitude. Although they are assisted by the best technology, when it comes to human body and mind and awareness, yoga is so far the best known and proven “technology” there is”*. With Sanjeev’s guidance and their devoted support team of 60 members, Solar Impulse has brought together all the tools to engineer one of the greatest achievements in aeronautics.

## **The Plane**

The revolutionary Solar Impulse 2 is a single-seater carbon fiber aircraft has a wingspan greater than a Boeing 747 yet only weighs around 2300 Kg, equivalent to that of a car. The massive wingspan houses 17,000 solar cells that provide enough charge to allow the aircraft to fly throughout the night, allowing it to have virtually unlimited autonomy. For more information, visit <http://info.solarimpulse.com/en/our-adventure/solar-impulse-2/#.VP2YiPmUeSo>

## **The Pilots**

André Borschberg and Bertrand Piccard have been the driving force behind the Solar Impulse project, with the Bertrands vision and Borschberg's entrepreneurial experience providing the key ingredients to an ideal combination. Piccard, a psychiatrist and aeronaut, made the first non-stop round-the-world balloon flight, serves as the chairman, while Borschberg, an engineer, graduate in management science, and fighter pilot is the CEO. For more information, visit [http://info.solarimpulse.com/en/our-story/pilots/#.VP2Yp\\_mUeSo](http://info.solarimpulse.com/en/our-story/pilots/#.VP2Yp_mUeSo)

## **Sanjeev Bhanot & YogaLife**

Founded in 1999 by Sanjeev Bhanot, the organization set out with the purpose of spread the highest quality of authentic yoga, designed for the needs of the 21<sup>st</sup> Century. Sanjeev has been training the pilots in Antastha Yoga using the "CNS series", which he specially designed to balance the central nervous system, along with a special set of classical, static yoga postures, breathing techniques, and meditation. When exercised blindfolded on the plane, its benefits are striking. For more information, visit <http://www.antasthayoga.com/>

*"Most of the limitations - whether physical or mental - are self-imposed. The moment you are on the mat getting into "never done that before postures", you open up new boundaries and new areas of conscious and subconscious."* – Sanjeev Bhanot

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