

# *The Nayika's Quest*

**Chakras. Dance. Immersion**

**This immersion into Chakras, Yoga and Dance will enable the participant to discover a personal practice that is pragmatic as well as profound.**

*Exclusively for people who are committed to a personal sAdhana through Yoga or Inner work*



The mystery of the *chakras* has fascinated people interested in Yoga. Often the esoteric and fantastic ideas of extraordinary power or states of mind entice even the person with a casual interest in Yoga to perk up and take notice. This has created a 'free for all' context where ideas that are not based on serious enquiry are touted like some snake oil salesman's offering.

Yogacharya Krishnamacharya has clearly stated that there is a practice of Yoga that is meant for the householder that is very different from that meant for the ascetic and so on. The understanding of *chakras* in his teaching is grounded, pragmatic and aimed at enabling a person live a *dharmic* life in a social context.

Dance explores the movement of the *nAyika* in her evolution as she becomes more and more capable of perceiving the true nature of her *nAyakan*, the Divine Consciousness. The stages of her evolution parallel the *chakras* in the way they manifest her thought, feelings and actions.

In the theory of Yoga all of us are *Nayika*. Our bodies and our psyche are composed of *prakruti* and we are in search of a state of being that reflects *purusha*. Introspecting on our own stages of growth and maturity through an exploration of the path of the *nAyika* is not only replete with beauty, but also deeply cleansing. Therefore our *sAdhana* will benefit greatly if we clear ourselves of false ideas regarding *chakras* and explore what they mean from the teaching of Krishnamacharya.

**We will conduct this immersion in two parts :**

**Part 1: *shravaNam & mananam***

This will focus on an internalisation of the frame work and some key *Asana*, *praNAyAma* and introspective practices to be followed.

**August 31<sup>st</sup> - September 2<sup>nd</sup> 2017**

*(Participants are required to check in on the 31<sup>st</sup> before 12.30 pm.  
The programme will finish with dinner on the 2<sup>nd</sup>)*

**Part 2: *dhAraNa & nidhidhAsanam***

This will focus on an immersive introspection and contemplative conversations about the process.

**December 3<sup>rd</sup> - 8<sup>th</sup> 2017**

*(Participants are required to check in on the 2<sup>nd</sup> before 6:30 pm.  
The introduction to the process will be done between 7pm & 8:30 pm. The programme will finish with dinner on the 8<sup>th</sup>)*

The whole the programme comprises of shravaNam, mamanam, dharaNa and nidhidhyAsanam, and the personal practice between the two is an integral part of the process.

*For people unable to participate in part 1, participating in part 2 is contingent upon taking part in two webinars conducted exclusively for those who register for part 2.*

**The Ashram runs on donations, please contact us for details.**

**A FEW SCHOLARSHIPS WILL BE AVAILABLE**

## Faculty

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**Raghu Ananthanarayanan** will anchor the process. Raghu is a post graduate from IIT Madras who has focused on human behaviour. He brings together his Yoga Sadhana and understanding of technological systems to bear on his central quest: how can each of us be the best that we can be? He uses Theatre and Puranas to enable people to realise their deepest aspiration. He is now engaged in creating a Coaching Academy "Awakening Arjuna".

[www.raghuananthanarayanan.com](http://www.raghuananthanarayanan.com)



**Jyothsna Narayanan** is an alumni of Kalakshetra, where she spent most of her life studying classical Indian dance, bharatanatyam, and trying to understand tenets of Indian thought and tradition. Simultaneously, she has been a student of Sri TKV Desikachar for over three decades, studying with him principles of yoga philosophy and practise.



**Saraswathi Vasudevan** studied and taught at Yoga Mandiram from 1990 to 2007. In 2010, she founded YogaVahini, along with her husband G Sundar, dedicated to sharing the teachings of Sri T Krishnamacharya and Sri TKV Desikachar through teacher training and therapy training programs, personalised yoga therapy, community outreach programs and research activity. Yogavahini Foundation is today a Public Charitable Trust with operations in Chennai & Hyderabad.

[www.yogavahini.com](http://www.yogavahini.com).



**Sashikala Ananth** is an architect by qualification and holds a Bachelors Degree in Architecture from the Madras School. Sashikala has researched the classical Indian science of Architecture – Vaastu, for over twenty years. She was a student of Sri Ganapathi Sthapati, a leading authority on the Vaastu Shastras. She also studied Yoga at the Krishnamacharya Yoga Mandiram in this period. Having studied the Vaastu texts extensively, assimilating traditional wisdom and exploring its field application, she now works on projects incorporating the wisdom of Vaastu in creative and harmonious ways with the modern lifestyle.

[www.vaastuhealing.org](http://www.vaastuhealing.org)



## Venue

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Ritambhara Ashram,  
Kanuhatty, Kothagiri  
[www.ritambhara.org.in](http://www.ritambhara.org.in)

For more information  
write to :

Sashikala Ananth at  
[ashram@ritambhara.org.in](mailto:ashram@ritambhara.org.in)

The Ritambhara Ashram is a registered Trust (not for profit) located in Kotagiri in the Nilgiris. The program will be conducted in a space surrounding by shola forests and graced by many beings of the wild. The main purposes of the Ashram is to help foster contemplative conversations, inspire authentic inner work and a reverence for the Earth. It provides a much needed retreat from the hustle-bustle of modern life, and a nurturant context for rest and regeneration.

Accommodation is simple and comfortable. Food is vegetarian.