

# Kaya Madhya Sutram

Experience the Alignment Within



Indian wisdom talks of Kaya Madhya Sutram, the inner luminous axis that can be experienced, accessed and acted from. Inviting you to a workshop that can help you re-cognise the alignment within, through the lens of Yoga and Vaastu Shastra.

One of the most important turning points in a persons' life is when he/she becomes aware of the personal self and the meaning of life. This may be an 'aha' moment of epiphany or a fleeting experience that leaves one feeling elated and self-aware. Usually such an experience is followed by an intense feeling of 'centering' or alignment. It is as if the body, breath, feelings and the physical space one occupies, have 'fallen into place'. This centering can be compared to many theories put forth by traditional wisdom. In Tantra it is called the awareness of the Sushumna nadi. In Vaastu Shilpa Shastra this alignment is equated to the experience of the Kaya Madhya Sutram. In dance this is the experience of the central energy line and in music it is known as the experience of the Sruti energy within the body. Saiva Sidhantam calls this the jyothirlingam within the self. In fact they take it one step further and speak of the inner alignment and the possibility of aligning with the jyotirlingam of the universe.

Most of us read all this and feel excited by it but are unable to find a way to experience this amazing shift in every-day life. In olden times many paths were set out for such an anubhava (experience) to take place. These 'marga' (ways) are known as karma, bhakti, gnyana and raja yoga. Such mundane tasks like making a kolam, cooking, walking, singing, chanting, drawing/painting, sculpting, designing etc., are capable of offering such an experience provided the individual is willing to become alert, attentive and conscious. Buddhism calls this mindfulness.



We offer you an opportunity to get in touch with this luminous inner axis.

The programme cost is 10,000/- per person.

Venue: "Achalam" Farm, Tiruvannamalai (Venue details will be given on registration and payment of fee)

### **Programme Facilitators**

#### **Kamala Chirravuri**

Kamala is an IAYT Certified Yoga Therapist and a member of Yoga Alliance for Yoga Teachers. She has been practicing Yoga Therapy for the past 8 years. A Reiki master, and trained in breath-work, she also has undertaken training and practice of other self-discovery and Antaranga Sadhana facilitating processes based on a framework of Yoga in these 8 years. Her earlier 17-years stint was in the field of fitness & health, as a Reebok certified Aerobics instructor. Fundamental to all her achievements is her passion for helping people heal.

#### **Priya Nagesh**

Priya has been practicing and teaching in the field of Yoga for over a decade. She comes from the tradition of the renowned Guru, Shri. Krishnamacharya. Her experience includes teaching yoga as part of the school curriculum, helping autistic individuals and other persons with special needs, individual therapy

and group classes, and facilitating self-reflective/contemplative workshops for different social groups and themes. Her work is rooted in her faith in the uniqueness and self-healing capacity of each entity.

For enquiries and registration, please contact  
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