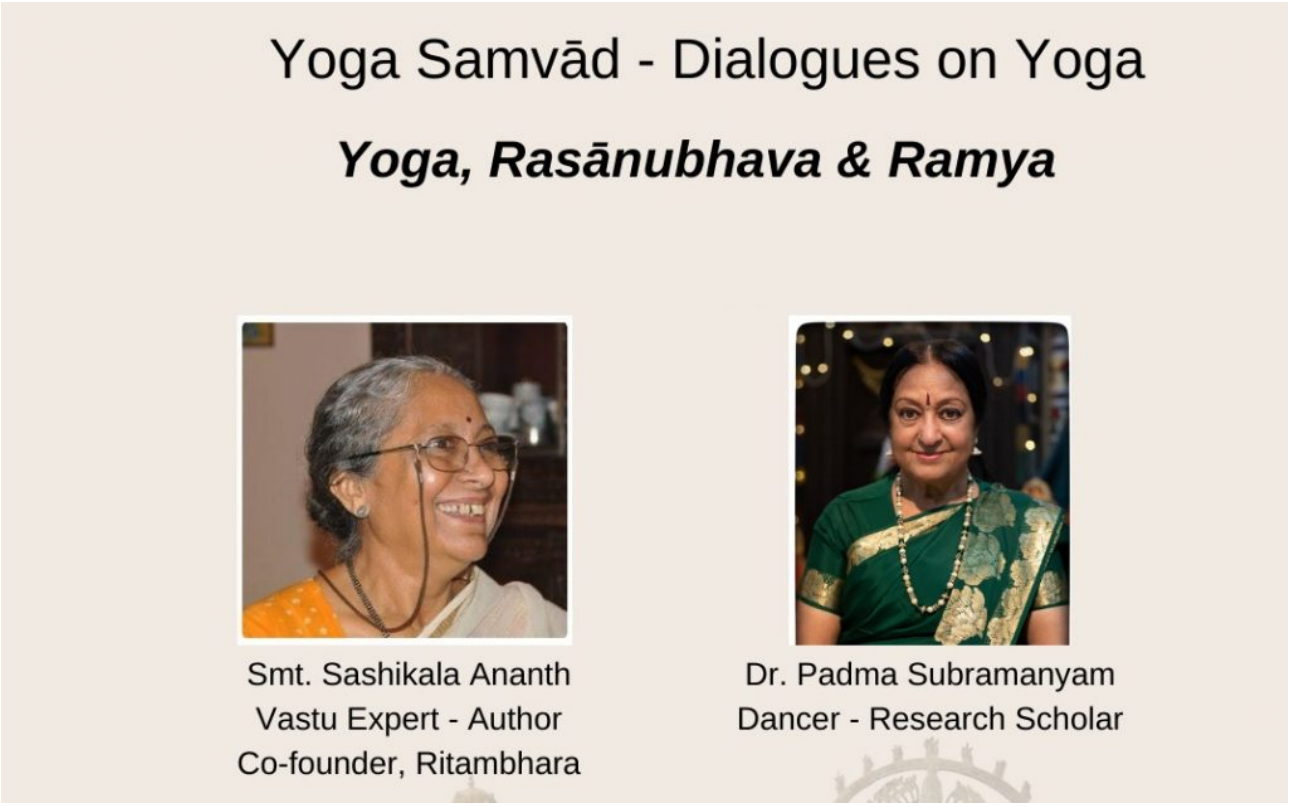
Yoga, Rasānubhava & Ramya



Posted on February 7, 2021 by Hariprasad Varma

Reflections from Yoga Samvād with Dr. Padma Subramanyam and Smt. Sashikala Ananth

Ritambhara was honoured to host renowned Bharatanatyam exponent Dr. Padma Subramanyam in a dialogue with Smt. Sashikala Ananth, co-founder of Ritambhara and vAstu exponent, on the topic 'Yoga, Rasānubhava & Ramya'. The session was moderated by Hariprasad Varma, member of Ritambhara Acharya Sangha.

Yoga enables one to experience rasās, and rasānubhava leads to ramya (inner delight). Smt. Sashikala Ananth opened the dialogue by giving an introduction to the SaptaSwara framework which was co-created by herself and Sri Raghu Ananthanarayanan drawing inspiration from the Indic Knowledge Traditions of Yogasutras, vAstu Shilpa shastra, and Natya Shastra. She shared a beautiful and evocative statement (given below) from the

tradition of Vishwakarmas that showcased the underlying unity of the different Indic Knowledge Traditions.

“In the sound through music,

In the body through dance,

In words through poetry,

In space through architecture,

In form through sculpture,

In thought through mathematics,

The devotee touches the divine.”