SaptaSwara in the Himalayas

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SaptaSwara Retreat

Satkhol, Uttharakhand, India



The second edition of the SaptaSwara Retreat was organised by Ritambhara Ashram at the Quiet Place Retreat in Satkhol, Uttharakhand, India from May 10 – 14, 2023. This beautiful space hosted a very diverse group of enthusiastic participants from different parts of India. Kavitha Elango and Hariprasad Varma from Ritambhara Acharya Sangha (RASA) were the co-facilitators for this retreat.

During the four days, the group explored the seven key ideas drawn from Yoga Sutras, Natya Sastras and vAstu Shilpa Shastra in a self-reflective and experiential manner through theatre, music, dance and arts along with contemplative dialogues. SaptaSwara is a framework of self-exploration designed by the co-founders of Ritambhara Ashram, Sri Raghu Ananthanarayanan, a direct disciple of Yoga Acharya Sri T Krishnamacharya, and Smt.

Sashikala Ananth, who is a renowned vAstu exponent.



The participants experienced deeply evocative spaces within and was able to practice looking at their own life and patterns of behaviour from a space of inner quietness. Many of them shared the experience as deeply transformative. The retreat also had its moments of fun, laughter, and connecting to nature through beautiful evening walks and hikes. You can listen the participant experience and see few more glimpses from the retreat in the video below.

