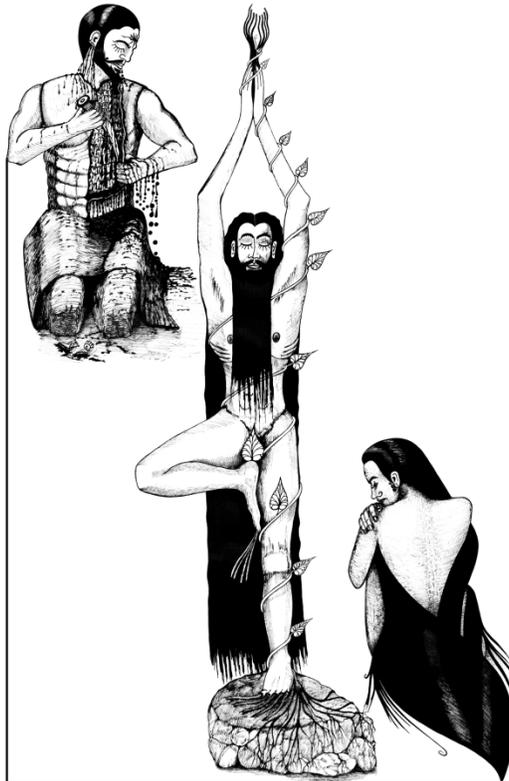




# 5 SEATS OF POWER

*A parichay to explore yourself through the Mahabharata*

*Facilitated by Ganesh Chidambarakrishnan and Apoorva Jalan*



*Who are you?*

*Where are you?*

*What is your life's mission?*

*"Is your heroic potential waiting to be discovered? Are you person with passion like Bhima feeling constrained in a culture of conformity? Are you called to anchor order like Yudhishtira confronting chaos and feeling blocked? Are you a deeply reflective Arjuna concerned with the nature of the world? Are you an innovative Sahadeva feeling isolated; or a compassionate Nakula deeply in touch with humanness?"*

**The 5 Seats of Power will generate insights that enable you realize your dream and lead you to be the best that you can be.**

## **Brief Overview**

Do you remember the last time when you have questioned yourself-:

- **Who am I?**
- **Where am I?**
- **Why am I really here?**
- **In doing what I am doing, what am I really doing?**

If the answer is yes to at least one of the questions, you have already taken the first step on a hero's journey to discover the best that you can be. In the current context of VUCA (volatility, uncertainty, complexity and ambiguity) the future belongs to those leaders who ask the burning question, because real impact and power emerges from these fundamental questions. Any Power that merely rest on skills and external anchorages will ultimately give way. True leaders are capable of tapping into their inner wisdom, to discover the real intent and then act using that intent as an anchorage

**Ritambhara** presents a one day exploration into the inner world of leadership using our most insightful framework; the Mahabharata. The framework speaks of five types of archetypal energies that reside in each of us i.e., the five forms of power; the ways in which they manifest and how they can be shaped to benefit oneself and one's context simultaneously. After all leaders not only nurture their own potential but evoke and foster potentials of others too. Having an insight into these five propensities within oneself would lead to touching upon your aspirations and using this as a spring board for a heroic action. The participants would be able to understand the potency of these energies (both the positives and shadow side) and in turn learn to deploy them wisely.

You will:

- **Discover the dream of being the best one can be waiting to be nurtured**
- **Understand one's behavior patterns**
- **Understand what it means to be true leader**

## **Who is it for?**

- **Perfect for grooming Leaders-In-The-Making both professionally and personally**
- **Managers in mid careers looking to accelerate their growth and skills**
- **Any individual raring to unleash their true potential**

A wise leader is one who can wield authority and evoke respect while you navigate the world with grace; thus a leader who is aware, balanced, calm and delightful. The 5 Seats of Power will generate insights that show you the path to your aspirations and allow you to be the best that you can be.

## **Facilitators – Ganesh Chidambarakrishnan and Apoorva Jalan**

### **About Ganesh**

Ganesh Chidambarakrishnan has been practicing and teaching hatha yoga in the Sivananda tradition over the past 10+ years. He has been working with Shri Raghu Ananthanarayanan over the past 4 years on Antaranga Yoga in the tradition of Shri Krishnamacharya based on Patanjali's Yoga Sutras and the Mahabharata.

Ganesh is currently working towards building and nurturing a community of practitioners and teachers in practices that help build one's सखि and साक्षि भाव, so as to kindle one's inner seed of living a dharmic way of life.

### **About Apoorva**

Apoorva Gupta Jalan is the founder of In.Breath, and has been studying and teaching yoga, wellness, and breathwork for over a decade now. Her journey has been one of tremendous growth and personal transformation, and she has found these practices and philosophies to be an empowering source steering her health, inner growth and evolution.

She has studied in the tradition of Krishnamacharya and is a Breathwork Therapist. In her teaching, she brings together passion, conviction, and experience, offering the ancient wisdom and tools of Yoga in today's language and context.

Over the years, Apoorva has done a wide range of work- from taking personalized classes to taking large group classes in schools, colleges, and corporates all over India, to conducting workshops and talks both in India and abroad. As she herself puts it, she is willing to be anywhere to be able to share her experience of wellness, wholeness, and joyfulness.

## **Tentative Schedule**

<b>Time</b>	<b>Session</b>
8am-9am	Yoga and Pranayama
9.15-11am	Session 1
11-11.15 am	Tea Break
11.15-1pm	Session 2
1-1.45pm	Lunch
1.45-3.15pm	Session 3
3.15-3.30pm	Tea Break
3.30-5pm	Wrap up and closing

**Please note:** The schedule may change depending on the design and flow of the workshop. We are also starting early so that we can skip all traffic-related challenges :)

### **Details**

Dates: May 12, 2018

Timing: 8am - 5pm

Fee: Rs.5000 plus 18% GST. Total of Rs.5,900

Location: TBD

Kindly make payments to

Account Name: Ritambhara

Account No: 62313070001850

Name of Bank: Syndicate Bank

Type of Account: Current Account

IFSC code: SYNB0006231

Branch Kothagiri

**\*\* Please mention your name in the payment reference for us to track the payments\*\***

For registrations and queries contact Ganesh at [gans.ck@gmail.com](mailto:gans.ck@gmail.com) or Apoorva Gupta Jalan at [apoorva@inbreath.in](mailto:apoorva@inbreath.in)