



# SAPTA SWARA



*An introduction to antaranga yoga*

**October 20th to October 23rd 2018**



## **SAPTASWARA: An Introduction to antaranga yoga**

### **About the program**

An Individual is simultaneously a member of multiple systems - organization, society, family and others. Each of these systems is a complex network of interdependent roles and processes with distinct values and norms. The diverse pulls and pressures of the systems and lack of integration and synergy in oneself result in diffused inner energies and consequently, incoherent expressions. The Saptaswara is designed to focus on inner energies and enable coherent expressions. The core processes of the offering will be:

*These core processes that would form the underpinnings of the offering in a discourse-free experiential unfolding of the self and the collective*

### **Design of the programme**

The methodology of work will be a flowing rhythm between an exploration into one's inner processes and working with outer expression, through a combination of

exercises and dialogues. This framework will help to integrate the individual's inner experience with the action choices he / she makes in the work and family spaces.

Sashikala Ananth & her husband Raghu Ananthanarayanan are the authors of Saptaswara have designed a unique offering that allows the participant to discover a personal practice that will help the individual discover their own unique answers to their quest. Each participant will be enabled to design a personal practice that will help them act with intensity and conviction as well as evolve inwardly. *Through discussions with eminent philosophers, vedantins and yogi's they have come up with seven key words that capture the quintessence of the dharmic traditions of India, these are:*

- ⦿ *maitri: understanding one's relationships*
- ⦿ *karma: action based on courage and conviction*
- ⦿ *dharma: actions that enliven the context*
- ⦿ *jnyAna: learning and enquiry*
- ⦿ *ramya: action that is inspiring and joyous*
- ⦿ *yoga: personal alignment*
- ⦿ *abhyAsa: continuous collective practice*

The foundations of Saptaswara lie in long years of study of yoga with Yogacharya Krishnamacharya and Shri Desikachar, a study of vAstu shAstras with Sri Ganapati Sthapati and Behavioural Sciences with Shri Pulin K Garg. Several years of deep contact with J Krishnamurti also enhances this.

### **Benefits of the Programme**



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- ⦿ A 'here and now' encounter with oneself
  - ⦿ A contemplative context for self-reflection
  - ⦿ An experiential learning about the insights of yoga and vAstu

- ⌚ A framework for developing an enduring personal practice.

## **Who can attend?**

This workshop would be beneficial for anyone who is on this journey of self-discovery and wants to be the best that he/she can be

## **Venue**

The Ritambhara Ashram is a registered trust (not for profit) small meditation center situated near Kotagiri in the Nilgiris. This programme will be conducted in a space surrounded by shola forests and graced by many beings of the wild. Away from the hustle-bustle of modern life, the main purpose of the Ashram is to help foster contemplative conversations, inspire authentic inner work and a reverence for the Earth. Accommodation is simple and comfortable. Food is vegetarian.

## **Accommodation and contribution**

The Ashram runs on donations. Please contact us for details.

Accommodation options at the venue are:

Twin Sharing rooms (Non A/C) - (16 pax)

Bamboo huts - (8 pax)

## **Dates**

October 20<sup>th</sup> to October 23<sup>rd</sup>, 2018

**For enquiries and registrations** please write to [ashram@ritambhara.org](mailto:ashram@ritambhara.org).

## **FACULTY**



Sashikala Ananth is an architect by qualification and holds a Bachelor's Degree in Architecture from the Madras School. Sashikala has researched the classical Indian science of Architecture – vAstu, for over twenty years. She was a student of Sri Ganapati Sthapati, a leading authority on the vAstu shAstra. She also studied Yoga at the Krishnamacharya Yoga Mandiram in this period. Having studied the vAstu texts extensively, assimilating traditional wisdom and exploring its field application, she now works on projects incorporating the wisdom of vAstu in creative and harmonious ways with the modern lifestyle. Her work as a behavioural scientist has been largely focused on helping NGO's and Educational Institutions. Currently the founder of Ritambhara Ashram where she runs her own workshops and teaching programs