



The Mahabharata Within

Level 1: Discovering the Pāndavās

Level 2: Delving Deeper

**June 22nd & 23rd, Lahe Lahe,
Bangalore**



The great myths and epics of the world retain a timeless appeal and allure despite being in existence for many millennia, because they are powerful mirrors to our deepest inner realities. A mirror that people have been fruitfully looking into for generations, in their search for clarity and meaning. Our own *Rāmāyanā* and *Mahābhāratā* are no different. Considered two of the most important epics of the world, they have provided great nourishment to the people of this land for eons. The word *Purāṇā*, the Indian equivalent for ‘mythology’, means ancient yet nascent. Myth is a system of symbols and metaphors, for the eternal human motifs and challenges that all humans experience, irrespective of our surface differences and diversities.

The *Mahābhāratā*, often considered the 5th Veda is the longest epic in the world. It's a vast repository of psychological types, human contexts and *dharmasankatās* that could aid anybody in a self-reflective exploration of their inner-worlds. Perhaps this is why it's

said in its praise: “*Whatever is here might be found elsewhere, but whatever is not here is nowhere else.*”

We at *Ritambhara* and *Lahe Lahe* warmly invite you to the ‘**Mahabharata Within**’ workshop in Bangalore. It is being offered in two levels: **Level 1** on **June 22nd** and **Level 2** on **June 23rd**. Participants can choose to attend Level 1 alone or both Levels.

In Level 1, we will:

- Learn about the importance of a self-reflective engagement with the *Purāṇa*
- Explore who the *Pāṇḍavās* within us are and how these archetypes play out in our everyday lives.

In Level 2, we will:

- Delve deeper into the *Pāṇḍavā* archetypes and explore some basic functional and dysfunctional expressions of these propensities.
- Get introduced to the *Draupadi* and *Kaṃa* archetypes and also see how the Mahabharata is primarily a text of Yoga.

Designed as a simple process involving Art, Theater, Yoga and Process Work, these workshops are intended to be a stepping stone for a whole gamut of progressively deeper explorations (including ***Arjuna’s Tapas, SaptaSwara, The Mahabharata Immersion*** etc) offered by *Ritambhara*. Most importantly, it is hoped that processes like these would kindle the curiosity of the participants in self-reflectively delving deeper into their own psyches and understanding themselves better.

Participants from any background and above 18 years of age are welcome. Prior knowledge of the Mahabharata is useful but not mandatory. An openness to new learning and perspectives, along with a keenness to look within and be self-reflective are the only prerequisites needed. Participants are also required to stay for the entire duration of the workshop (9:30AM-6:00PM on both days).

Contribution

For Level 1 alone: ₹ **2,500/-**

For Levels 1 & 2 together: ₹ **4,000/-** (Early Bird offer, if registering before **June 22nd**)

Participants are welcome to experience Level 1 first, before signing up for Level 2. In that case, they are required to make a contribution of ₹ **2,500/-** for Level 2.

(In case finances are a constraint, but you are really keen on participating, please don't hesitate to write to us . We don't want money to come in the way of learning, and are happy to offer waivers as needed. Nobody will be denied participation on the account of finances.)

Venue:

Lahe Lahe, No. 2906, 2907, HAL 2nd Stage, Kodihalli, Bengaluru

Registration & Queries

If you'd like to register, please fill up this online form:

<https://forms.gle/wZa2Zh3GdrRuSuzQA>

We'll send you the bank details for the transfer, after which your registration will be confirmed.

For further queries about the program, please contact:

Email: **naveen.ritambhara@gmail.com** (Preferred option)

Phone: +91-9489527893

Facilitator

Naveen is a student of Yoga. Over the last 15 years he has been engaged with the question: *"What does it mean to live responsibly and meaningfully*



working with young changemakers spirituality and social change. He loves spending time in 'nature'.

in today's times?" The journey, while still ongoing, has been richly rewarding and fulfilling. He is a co-founder of *Ritambhara* and is also associated with the 'Social Entrepreneurship Association' in Auroville. His interests include Evolutionary Leadership, Integral Psychology and Process Work. He is particularly interested in and those interested in bridging

About these Workshops



These workshops are an effort at creating a Community of Practice, keen on a self-reflective engagement with the Mahabharata towards personal growth and evolution. They have been conducted in various parts of the Country, in a diverse set of community and institutional spaces. If you'd like to host this in your organization or community, please feel free to reach out to us. We'd be very happy to collaborate with fellow pilgrims on the path.

Testimonials

The workshop offers a simple yet profound framework that can help us understand ourselves, our contexts and our dilemmas better. Its fun and profound, both together. I loved the smooth structuring of the workshop. It seemed effortless and a lot of effort must have gone in to create such effortless. The Pāndavā archetypes is a crucial takeaway. I also realized where I was in my life and how the five elements and Pāndavās were operating in me.

It was just amazing! I am immensely grateful.

- **Madhureima**, Artist & Entrepreneur

A wonderful day, a humble attempt to uncover the tip of the iceberg that is this living epic. A day spent understanding the many masks we wear, the characters of the epic that we embody, and degrees of influence they have on our everyday decisions.

If Level -1 could rake so many thoughts and emotions I can only wait with bated breath to experience the personal journey the next level will take me on.

- **Ambika Srinivasan**, Researcher & Content Writer

I liked the way session was conducted with the emphasis on both theory through discussions and practice through activities. This is a great platform to explore oneself through the lens of Mahabharata. Attend this workshop, if you are keen on your self-growth irrespective of what phase of life you are in.

- **Sai Manoj**, Social Worker

The workshop format was crisp and the flow was smooth. A unique program that can introduce you to your inner world - personas, dilemmas, and thresholds - in an engaging and contemplative manner.

- **Hari Prasad Varma**, Yoga Teacher & Founder, Yōgaśāla

This workshop broadens our horizon in terms of analyzing and understanding the layers of this epic. It was a very different learning experience. It not only helps in understanding the characters in the Mahabharata, but also in understanding one's own self in a much better and clearer light. The take-away was not just restricted to what was learnt in the workshop but what followed thereafter as internal conversations.

- **Nithya Seetharaman**, Business Professional

I enjoyed learning about the 5 archetypes, and how they apply to aspects of my personality (I attended more for the 'personal growth' aspect than learning about the Mahabharata). It was a wonderful opportunity to understand myself better. I also enjoyed meeting new people and seeing how their personalities aligned with the archetypes we were learning about. It was this self-exploration that I cherished the most.

I'd definitely tell my friends to attend!

- **Rohan Tharyan**, Writer & Editor

A beautiful and relatable structure to understand one's drivers and strengths. The model very nicely brings out how the strengths of each archetype can manifest as weaknesses after a point. But the best thing about this experiential workshop and Naveen's facilitation is that anything and everything is open for debate. I would recommend this for anybody who is open to exploration.

- **Aparna Jaishankar**, Storyteller

Lot of us have read the Mahabharata. Some of us are curious enough to know more. If you fall in the latter and also want to explore yourself deeper, this is the perfect workshop for you!

- **Mansee Thard**, Entrepreneur

You need to be here. Period!

- **Anshima Gupta**, Therapist and Social Worker