



Ritambhara
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Vāstu Level 1 Inner Space & Outer Form

The workshop covers:

THE APPRECIATION OF TRADITIONAL KNOWLEDGE,
DESIGN PRINCIPLES ENUNCIATED IN THE SHASTRAS &
APPLICATION IN THE FIELD WITH PARTICULAR REFERENCE TO
SRISHTI, VARDHAMANA AND CHIKITSA VASTU

Facilitated by **Sashikala Ananth**

THE APPRECIATION OF TRADITIONAL KNOWLEDGE

We invite you to a 2-week course with **Sashikala Ananth** on the Science, technology, design and application of the vAstu Shastras. This is suitable for architects, students, and others interested in learning about vAstu. The course will enable the participants to connect deeply with the texts and the field application. The course is structured to enable both self-learning and learning through interactive sessions guided by Ritambhara facilitators.

VASTU SHILPA SHASTRA:

It is one of the oldest design systems in the world. The great cities of Ayodhya, MohenjoDaro, and Lanka were designed on its principles. The 64 texts mentioned in the Puranas are in Sanskrit while there are scores of texts in the various languages of the Indian sub continent. They speak of : site selection; understanding wind rain and thermal patterns; ratios and proportions; functionality and aesthetics; inner delight of the designer and the user; harmonizing with unseen energies; cosmology and beneficial measures; designs of new buildings known as **Srishti vAstu**; additions to existing buildings known as **Vardhamana vAstu**; healing or correcting built spaces known as **Chikitsa vAstu**.



DESIGN PRINCIPLES ENUNCIATED IN THE SHASTRAS

VAstu Shilpa Shastra are a compendium of architecture and Sculpture that goes back to the Buddhist era in its written records, and pre date this by hundreds of years in its field understanding. Till the 16th century, the entire built environment as well as the creating of sculpture and craft ware was under the control of the **Vishwakarma**, the artisans and the craft communities.

APPLICATION IN THE FIELD WITH PARTICULAR REFERENCE TO SRISHTI, VARDHAMANA AND CHIKITSA VĀSTU

The grammar of design and application is contained in terse sutras in the texts. The enormous field knowledge and experiential data was handed down through the **Parampara Siksha**/teaching methods by way of oral transference. This is true of all the knowledge systems including the Vedas. To be able to unlock the wisdom of these principles and truths, only a field experience can give the practitioner the requisite skills. Knowing the language only would not be sufficient. To make the knowledge lend itself to contemporary application would also require a background in Modern Architectural knowledge. Ms Sashikala Ananth was able to bridge the two systems with ease and has created this course bringing together the interconnected disciplines of traditional knowledge and contemporary relevance.



SASHIKALA ANANTH

Sashikala Ananth is an architect and vAstu expert, trained in human behavioral science. She has studied the original vAstu texts under the guidance of **Shri. Ganapati Sthapati** one of the leading experts of vAstu and practiced with many experts in the field. She has also studied Yoga at the Krishnamacharya Yoga Mandiram in Chennai.

She has designed many programs to enable people to bridge the traditional and the modern in insightful ways. She has also extensively worked on projects incorporating the wisdom of vAstu with modern lifestyles and explored it's field application.



PROGRAM SCHEDULE

Day 0

Interactive session - Orientation

Day 1

Overview of Traditional Knowledge
Professionalism
Understanding Space
What is vAstu?
Bhogadyam, Sukadarshanam, Ramyam

Interactive session 1

Day 2

Ritual and impact on Space
History of Indian Architecture
The Temple as the form of Purusha
vAstu purusha mandala

Day 3

Classification of Design
Working with the Self
The Path of Yoga
Personal Dharma

Interactive session 2

Day 4

Cosmology
Pada Vinyasa

Day 5

Slopes
Proportions of buildings video
Building details
Design brief

Interactive session 3

Day 6

tAlam in sculpture & Architecture
The Film "The Shilpi speaks"

Day 7

Responding to the Energy- Pendulum Work
Space, Energy and Design
AyAdi Lakshana

Interactive session 4

Day 8- Day 15

Review notes and complete exercises

Day 16

Closing Interactive session

REGISTRATION & ENQUIRIES

Please register on the Ritambhara website in link given below -
www.ritambhara.org.in/offerings/vastu1

You can reach out to us at vastu@ritambhara.org.in for enquiries / clarifications regarding the course.