



Ritambhara  
ashram 

## 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 VĀSTU

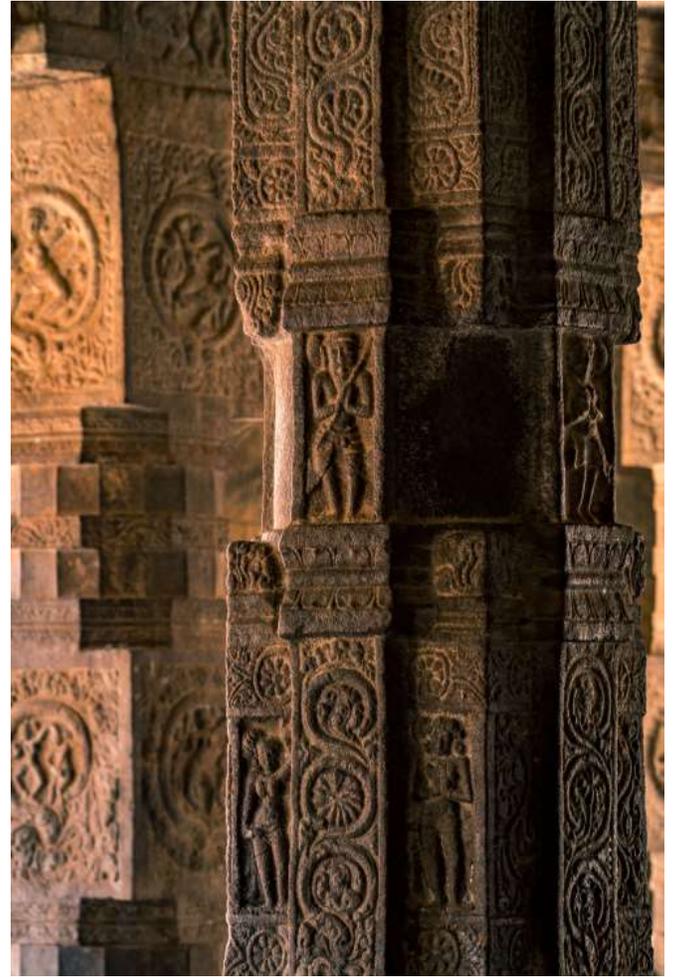
Facilitated by *Sashikala Ananth*

## THE APPRECIATION OF TRADITIONAL KNOWLEDGE

We invite you to a 4 day 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.

### **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 **Sri-shti vAstu**; additions to existing buildings known as **Vardhamana vAstu**; healing or correcting built spaces known as **Chikitsa vAstu**.

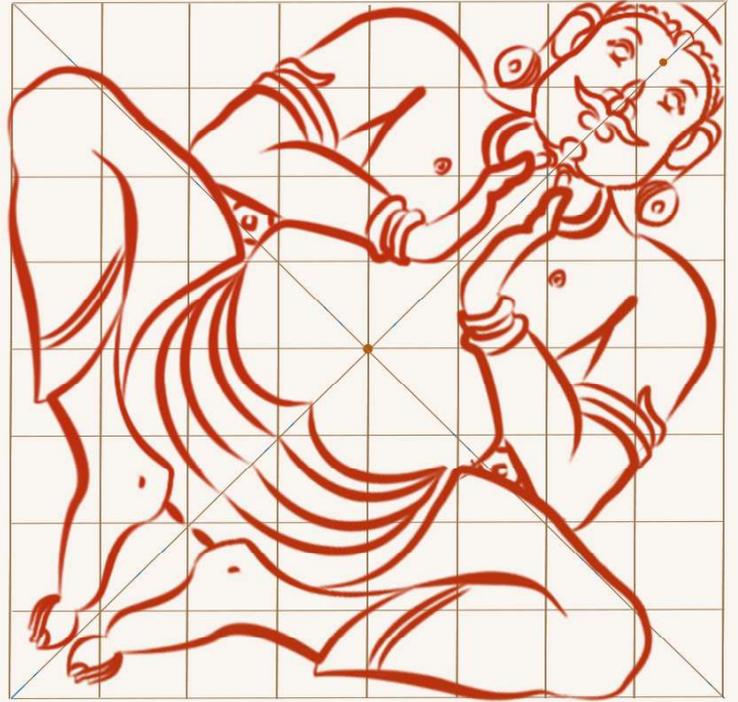


### DESIGN PRINCIPLES ENUNCIATED IN THE SHASTRAS

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 16<sup>th</sup> 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. She brings to you the interconnected disciplines of traditional knowledge and contemporary relevance.



## SASHIKALA ANANTH

She is an architect, vAstu expert and 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 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.



## WORKSHOP DETAILS & REGISTRATION

Please visit our website for further information on course and to register -  
[www.ritambhara.org.in/offerings/vastu1](http://www.ritambhara.org.in/offerings/vastu1)

You can also write to us at [vastu@ritambhara.org.in](mailto:vastu@ritambhara.org.in) for further clarifications