



Peace & Sustainability Through Yoga

International Online Yoga Festival
18th – 20th June, 2020

Peace & Sustainability Through Yoga

Peace & Sustainability Through Yoga is a global initiative conceived and executed by Ritambhara, in collaboration with the Centre for Soft Power, to promote yogic tradition in a holistic way on the occasion of the International Day of Yoga on 21st June.

The inception of the idea for this collaboration began in 2019 which led to the organising of *Yoga for Peace (YFP)* by Ritambhara and CSP. YFP saw the participation of 19 trainers from 14 countries who received training in Antaranga Yoga from the Ritambhara team led by Sri Raghu Ananthanarayanan. The team of trainers facilitated over 30 events across US, Europe and Asia in the run up to the International Day of Yoga.

In 2020, in the wake of the worldwide COVID-19 pandemic, yoga has proved to be more important than ever in preparing humanity to lead a healthy life. Keeping this context in mind, Ritambhara and CSP are collaborating to offer the *Peace & Sustainability Through Yoga* initiative.

Peace & Sustainability Through Yoga will be a three days International Online Yoga Festival from 18th to 20th of June, 2020. As part of the three days online festival, the Ritambhara team will offer several inner work through yoga explorations for students of yoga delivered online. There will also be dialogues and conversations on important themes from yoga and psychology between eminent yoga exponents during the festival.

The team of trainers who form part of this initiative will facilitate Yoga sessions exploring the principles of *Maitri* (Friendliness) and *Karuna* (Compassion) through both Bahiranga Yoga and Antaranga Yoga sessions.

The Ritambhara Way

Yoga consists of broadly two types of practices - Bahiranga Yoga (External) & Antaranga Yoga (Inner Work Through Yoga). The Ritambhara way which follows *the Krishnamacharya - Desikachar school of yoga* brings focus to both aspects.

Bahiranga yoga consist of the external practices one takes up to build strength, achieve flexibility, improve breath, etc. Antaranga Yoga consist of working with one's mind and psyche in a self-reflective manner to uncover underlying patterns of thoughts and behaviours in ourselves, and get insights regarding some of the fundamental questions of life like "Who am I?", "Where Am I?", "Why am I here?" and "In Doing What I Am Doing, What Am I Really Doing?"

The Ritambhara way of applying this in real life is through the use of India's rich mythology and epics like Ramayana and Mahabharata. The archetypal energies inherent in the characters of these epics are universal archetypal energies in each one of us. By training the mind to engage with these epics in a self-reflective manner, one is able to use them as a mirror to get insights into the one's own psyche and inner processes. This also makes the understanding of the Yoga Sutra easy. Bahiranga Yoga can help calm down the mind to a sufficient degree to prepare the ground from where such an inner work or Antaranga Yoga can happen for the individual.

Invitation to Yoga Teachers

Peace & Sustainability Through Yoga Resilience initiative is a beautiful opportunity for yoga teachers to learn and deepen their yoga sadhana. Trainers will receive 7 weeks orientation training from the Ritambhara team as part of this program. This training is completely free of any cost.

The training by the Ritambhara team in the run up to the Yoga Day will empower the trainers in learning how to integrate Antaranga Yoga into their practice as well as gives an understanding on how to approach Indian itihāsa-purāna traditions (Mahabharata) in a self-reflective manner.

Guidelines to join the YFP Team:

- The yoga trainers interested to be part of this global team is required to email Hariprasad from Ritambhara team at hariprasadvvarmaraja@gmail.com or message on WhatsApp at +919966900337.
- The trainers who become part of the team commit to attending all the live weekly video calls for the scheduled sessions. Non-participation can lead to termination from the team.
- The trainers who become part of the team agree to facilitate a 2 hours session in the run-up to the Yoga Day in their respective cities / studios in an online or offline format (depending upon how the COVID-19 situation).
- The trainers who form part of the YFP team agree to promote the event as a Ritambhara and CSP initiative organised in collaboration with their respective studios or Yogaśālās.

Program Design:

Antaranga Yoga Sadhana is working at looking at our deeper layers of our mind, thoughts and patterns that can help bring us one step closer to Nirodha state which is the goal of Yoga. Below we have shared the program design for this initiative.

- 7 weeks training in Antaranga Yoga Sadhana for yoga teachers.
- Trainers to anchor a 2 hours session (online / offline) in the run up to the International Yoga Day on 21st June, 2020.
- Theme of session is Maitri (Friendliness) and Karuna (Compassion), mentioned in Yogasutras of Patanjali.
- First hour of the session will be Bahiranga Yoga exploring Maitri and Karuna in Asana and Pranayama practice.
- Second hour of the session will be an Antaranga Yoga session based on curated stories from Mahabharata.
- The entire program is completely experiential and is based on contemplative dialogues and self-reflective sharing by the participants.
- The trainers will also get an opportunity to be part of the other Ritambhara offerings and contemplative dialogues that will be part of the three days Online Yoga Festival.



Ritambhara is a space for contemplative conversations fostered by a community of seekers, who are attempting to engage with the question of '*What does it mean to live meaningfully in today's times, along the path of Yoga?*' The members share a common concern for the current ecological, socio-cultural and political state of the world, and find deep wisdom and hope in the teachings and praxis of Yoga as a way forward from these crises. The activities of Ritambhara include active co-learning through inner work, group study and practice of the various aspects of the *Ashtanga Yoga*, exploratory dialogues on the different facets of the Indian tradition, and facilitating learning spaces and opportunities for others on a similar quest.



Center
for
Soft
Power

India Foundation's Center for Soft Power aims to give an impetus to the study of soft power, an area of increasing global significance. The Center seems to engage with practitioners, academics, policy makers and other stakeholders to study, promote and disseminate knowledge, with an emphasis on an India-centric view of soft power. The Center, apart from carrying out research, also proposes to map the various elements of India's soft power such as Ayurveda, cinema, cuisine, design, handicrafts, sports, literature, music, performing arts, spirituality, tourism, visual arts, and yoga.