



Join us for a two-day self-reflective & interactive workshop on

YOU & YOUR SPACE - A VASTU PERSPECTIVE

Over the past few months, our lives have been centered around one space - our home

How can we achieve a healthy work/life balance and adapt our space to support it?

What are the different factors influencing our spaces?

How can we enliven our spaces and improve our sense of well-being?

vAstu is a 3000 year old tradition that can equip us with the tools and knowledge to navigate our current times. This workshop will be facilitated by-

Sashikala Ananth

An architect by training, her life-long passion has been the study of the vAstu shAstrA (for over 3 decades) and adapting the profound insights to contemporary living. She brings together her unique confluence of learning and experience with yoga, behavioral work, fine arts, mythology, craft, vAstu shAstrA, architecture and human psychology. She has innovated and designed many programs to enable people to connect the outer and inner aspects of life and bridge the traditional and the modern in insightful ways.

Co-facilitator - Chandana Reddy

As an architect, Chandana has been exploring community-centric design and architecture. In vAstu, she sees the rich convergence of Indian art, philosophy, architecture, yoga & inner work. With this foundation, she looks forward to creating spaces for healing and self-reflection and assisting others in embracing harmonious and sustainable lifestyles.

WHEN - 4th and 5th, July (Sat & Sun)

TIME - 6 to 8 30 pm (IST)

WHERE - Zoom (Online Video call)

CONTRIBUTION - Rs. 750

To register, please write to us at vastu@ritambhara.org.in