



UNDERSTANDING THE SACRED QUEST

A 2 Days Online Exploration



Temple Chariot- Parthasarathy Temple by SridharRao75



Medium

Online Zoom Video Call



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OVERVIEW

The Sacred Quest defines India. This search has endured the ravages of time. The insights that have come out of this search have influenced human development in innumerable ways. It embraces technological progress in its stride. As the world races forward, anchoring oneself in this quest will be essential to provide a person with an inner compass that will guide them through volatility and uncertainty.

Through this programme Ritambhara will provide a key to unlock the secrets of the quest. The authors of this programme are direct disciples of Yogacharya Krishnamacharya and Ganapati Sthapati and are renowned teachers of Yoga and Vastu traditions. The design of this offering is inspired by the central idea of the Yoga Sutra namely Kriya Yoga. tapas, the processes of preparing the body and senses for the journey, svAdhyAya, the process of self-enquiry and contemplation and IshvarapraNidhAna, the process of surrender to the Divine are the critical components of Kriya Yoga.

TAPAS

This module will comprise of Asana and prANayAma practice sessions as well as discussions on the theory of Yoga.

SVADHYAYA

Introspection and contemplation lies at the heart of the Indic way. This two-days online exploration is an experiential module that will open the windows of the mind to the key concepts that underlie the Yogic Quest. These concepts are drawn from the Yoga Sutra, the Upanishads, Bhagavad Gita and the Artistic traditions. Ritambhara has developed a unique experiential way of enabling the participant to go on an inward journey.

ISHVARAPRANIDHANA

Ishvarapranidhana is the third critical idea of Kriya Yoga. The entire process will be brought alive in a contemporary context by combining experiential learning modes and dialogues.



KRISHNAMACHARYA'S YOGA

Yogacharya Krishnamacharya is recognised as the father of modern yoga. Shri. T.K.V Desikachar and B.K.S Iyengar are his more well-known disciples.

Krishnamacharya was well versed in the Vedas as well as all aspects of the Indian tradition. His approach to yoga was therefore grounded with deep insight into the philosophy, theory and the practice of yoga. He looked at yoga as a way of integrating thought feeling and action.



Yogacharya Krishnamacharya's approach to Asana practice is nuanced and deeply integrated with breath control and intelligent variations. It is therefore profound in its effects while being simple. prANAyAma practice builds on the Asana and becomes a bridge to self-reflective work.



SAPTASWARA

The **seven** essential practices for the spiritual quest

How does one live a life where one can act with honour and live in peace while pursuing an inner quest?

How can a person re-envision oneself in response to a radically changing world?



All of us are confronted with questions like this. We turn to various traditions, their wisdom and practices. The personality of the individual can be enhanced through the practices based on the comprehensive frameworks of the traditional seers.

One of the modules developed by Raghu and Sashi is based on the quintessence of Dharmic traditions known as *Saptaswara*.

maitri

understanding ones' relationships

dharma

action based on courage and conviction

ramya

action that is inspiring and joyous

abhyAsa

continuous collective practice

karma

actions that enliven the context

jnyAna

learning and enquiry

yoga

personal alignment



ABOUT



Sashikala Ananth & Raghu Ananthanarayanan

are spiritual seekers who have dedicated themselves to the study of Yoga for more than four decades. They are mentors to many Yoga teachers and serious practitioners of Yoga around the world.

A profound engagement with J Krishnamurti and his teachings initiated them on the journey and these teachings continue to be the bedrock of their search. An intense period of learning with lineage teachers took them on intertwining but independent paths: Raghu studied the philosophy and practice of Yoga with Yogacharya Krishnamacharya (often referred to as the father of modern Yoga) and his son Desikachar while Sashi apprenticed with Shri Ganapati Sthapati (considered the most authentic practitioner of temple architecture in the 20th century).

Their spiritual journeys have been strengthened through their engagements with other teachers notably Swamy Tathaata, Maitri Ritodgata, Pulin K Garg and Papanasam Swamy. Sashi is an architect from the School of Architecture, Madras and Raghu holds a post-graduate degree in Engineering from IIT Madras. They are also accomplished behavioural scientists. Sashi and Raghu therefore blend the insights from the Indic traditions with modernity in a unique way. They have published several books and made films on the tradition that have won awards.

For more details look up
www.ritambhara.org.in

