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Ritambara



Watercolor Painting by Gayatri Iyer

Dear Friends and Well-wishers,

Life moves on, inexorably. It is now 6 months since Covid-19 made its first, evidenced appearance, and possibly 3 months or so since it became a global, household name.

The lock-down has been extended a few times over in countries across the world, and the virus affected cases seem to be increasing according to the news. However, shops are opening up, educational institutions are moving online, food camps and shelters have sprouted for migrants and people on the road, all over, and people are finding newer ways to connect. We are not anything, if not resilient. For we are

made of that very Life-Force that moves on, carries on. How can we recognise this again and again?

Ritambara's approach of understanding our reality and our self finds expression in many programmes this month. Do join in for **contemplative conversations, experiential sessions, and dialogues** around

- peace and sustainability,
- corona times,
- seeding the new, and
- building a personal practice.

All of this online of course! So while you are at it don't forget to get up from your seat and take a walk, stretch those limbs and strike up a conversation with a sun-

bird, peacock or whatever form of life that is knocking at your door or window.

Warmly,
Ritambhara Acharya Sangha (RASA)

And I found a Starfish.

Contemplation in the Time of Corona



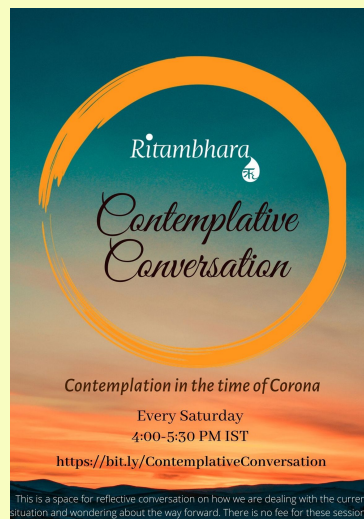
Collective drawing on the White Board during the online contemplative conversation

Our weekly **Contemplative Conversations** has been continuing for over 2 months now. Week on week, people from different walks of life have come to rest themselves in this safe space where they can voice what seems to be sitting just under the surface - their experience, questions, reflections and much more. Somehow, each participant receives something valuable, something they needed at that point in time. We have also held these sessions specifically for an IT professionals women's group, and young adults. We have heard from business owners about their struggles and dilemmas around keeping things sustainable.



Photo by Emre Kuzu from Pexels - shared on the blogpost mentioned below

It was been a moving experience to hear -- the stories of hope, the moments of fear, the questions around uncertainty, and the comforts as well as discomforts of not knowing what lies ahead of us. We see this as a ***practice*** to come together as a community and share from our personal spaces. Each person's sharing belongs not to him or her alone, but also to the group, and even the larger collective. We deeply believe that if this practice is upheld in as many places as possible in the world, it will show us a meaningful way forward.



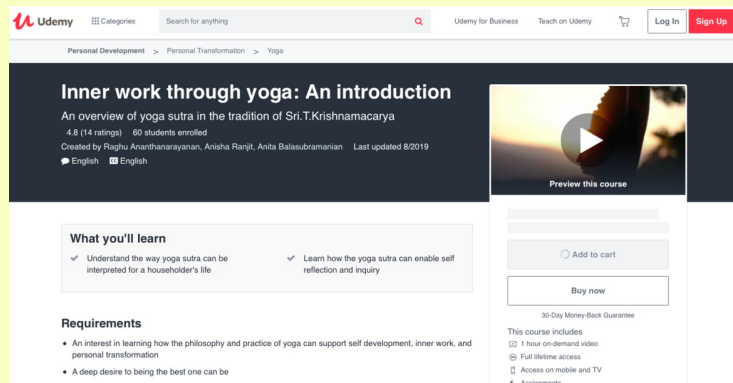
One participant shared in [her blog post](#):

"...It seems too big, what lies ahead and what "I can do" seems often small and insignificant. As you can probably see from this meandering, it's been a difficult few days, and I was looking for something to center myself. **And I found a starfish...**"

[Register here to join us on Saturdays](#) for these contemplative conversations.

Inner Work Through Yoga - An Introduction

A course from Ritambhara available on Udemy



Inner Work Through Yoga: An introduction, course available on Udemy

Inner Work Through Yoga: An Introduction is an online, self-paced, 6-video course, listed at Udemy. This self paced program will give you an idea of the design & process of working with the Yoga Sutra as we do at Ritambhara. If you have questions about yourself, life & if you're interested in understanding the nature of human mind & transforming it, then this course would be an exciting beginning. In this course Shri Raghu Ananthanarayanan speaks about what the Yoga Sutra is, its relevance for everyday living & how it can guide us. The only prerequisite for this course is an open and curious mind.

One of the students of the course says, "Such an inward journey I have taken after this course. I recommend this course to any student of Yoga".

Do consider recommending it to someone who maybe interested in taking first steps in inner work, especially in these changing times.

Announcements

Peace and Sustainability Through Yoga 2020

International Online Yoga Festival on the occasion of the International Yoga Day



Ritambhara invites you to register for a 3 days Online Yoga Festival from 18 to 20 June, 2020 on the occasion of the International Yoga Day.

This online festival includes:

- Dialogues with experts in fields of sustainable development, psychology, science, gender and alternative voices.
- Experiential, contemplative conversations and explorations to understand one self and our reality

We hope that through the online festival participants will discover the importance of a personal practice in creating a peaceful and sustainable world.

Registration link: <http://www.bit.ly/iyd2020>

Fee: Donation based (Pay from heart)

You can read more about the event [here](#).

New Emergence Film Festival

2nd Edition



Much of the old is crumbling and we are needing to rethink the old ways of organising our lives and lifestyles. How can we clear space for reflections and new stories to emerge?

Join us for the 2nd edition of the **New Emergence Film Festival**, (starting **May 30th**) after a successful inaugural run.

A participant writes in: "This film festival journey has been so enriching. It helped in asking more questions and how we can make a difference to the well-being of our mother Earth. It also prompted me to re-think where I want to be and what I want to do in my life. I looked forward to our weekly Saturday dialogue circle. Thoroughly enjoyed the interactions that Naveen made possible with his easy and smooth facilitation skills."

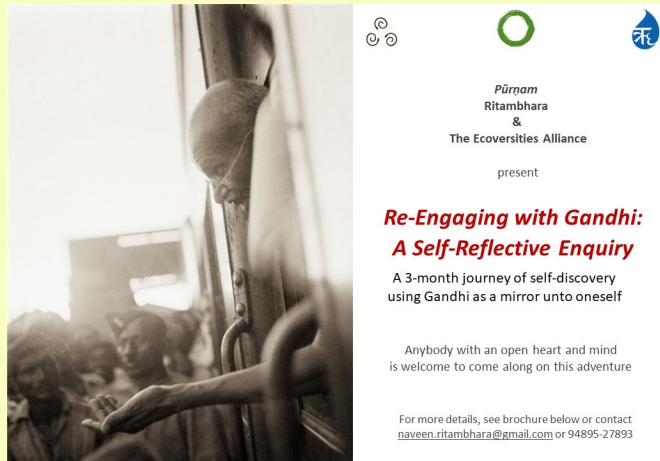
Brochure: <https://bit.ly/NewEmergence2>

Registration Form: <https://bit.ly/NewEmergenceREG>

Contact naveen.ritambhara@gmail.com for further queries.

Re-Engaging with Gandhi: A Self-Reflective

Enquiry



Join us for a **Study and Dialogue Circle** to enquire into oneself further, using Gandhi as a mirror.

One of the participants from the previous program shares: “I feel deeply touched by the experience that I had with the readings, the films, the articles, the sharings. This was a journey with my ancestors, my heart, spirit, soul, body, and mind that put more beauty and responsibility into my path. :)”

Starting **June 8th, 2020**

Brochure: <https://bit.ly/GandhiJun2020>

Registration Form: <http://bit.ly/Gandhireg>

For more details, please write to naveen.ritambhara@gmail.com

Understanding The Sacred Quest



Understanding the Sacred Quest is a unique 2-day online offering from Ritambhara. It delves into the sacred quest as a personal journey through tapas, svAdhyAya, and ishvarapraNidhAna. Participants will be introduced to the basics of vAstu shilpa shastra and explore the connection between the inner and outer spaces. Limited seats available.

■ **Dates:**

June
27th-
28th,
2020

■ Download
the

[Brochure](#)

■ **Register**

at

<http://www.bit.ly/sacredquest1>

■ For

more
details:

ashram@ritambhara.org.in

or

+919966933007

exploring the teachings and praxis of yoga, Indic texts and traditions and offering a reflective space for people to work with themselves and move towards a meaningful life.

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