



मधुरं अन्तरंगसाधना Madhuram - antarangasAdhana

108 Hours of Immersive Learning

Facilitated by Raghu Ananthanarayanan & Team



108 Hours

Starting May 16th, 2021



Sundays

7:30 - 9:30 PM (IST)



Platform

Zoom

For details, contact: madhuram@ritambhara.org.in

Madhuram - antarangasAdhanA

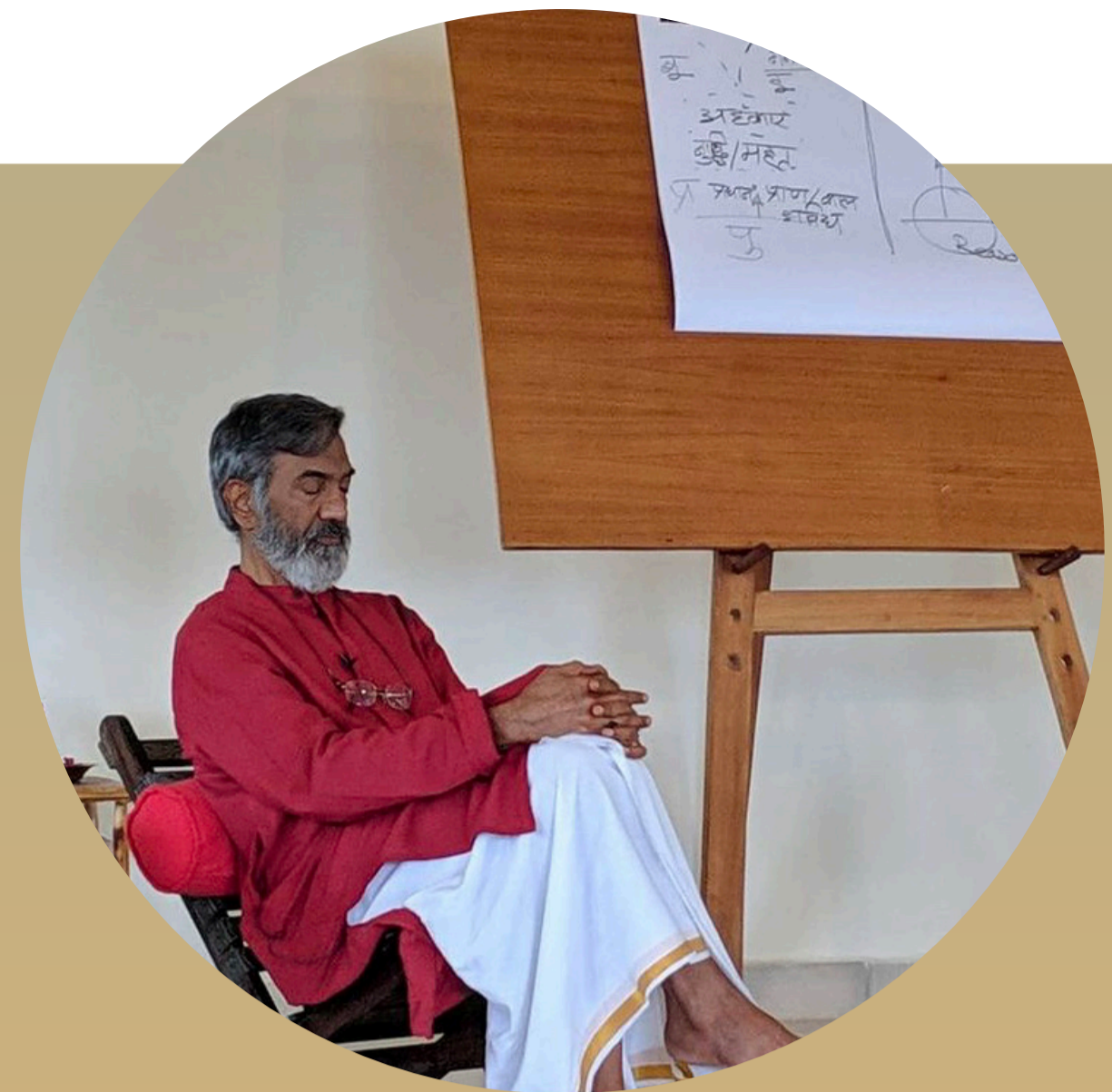
INTRODUCTION

This is an in-depth 108 hours of immersive learning programme anchored to Patanjali's Yoga Sutra. The study enables the participant to gain profound personal insights through contemplation and dialogues.

Yoga is one of the primary schools of Indian philosophy that explores the underlying structure of the world, oneself and reality. It goes beyond the popularly held image of Yoga as Asana & Pranayama. Yoga tradition holds the Yoga Sūtra of Patañjali to be one of the foundational texts of classical Yoga philosophy. This is a collection of Sanskrit sutras on the theory and practice of yoga. It was compiled sometime around 500 BC by the sage Patanjali in India who synthesized and organized knowledge about yoga from much older traditions.

Patanjali is considered a psychologist par excellence by knowledgeable scholars in the field. The Yoga sutra reflects his profound understanding of the human psyche. He takes one through an introspective journey into one's mind. Starting from a mind that is disturbed through to a unitary state of Being, the Sutras provide a fascinating view into one's psyche.

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FACILITATOR

Raghu Ananthanarayanan is a behavioral scientist, yoga teacher and an author. He has dedicated his life to the study and application of Yoga and Indic traditions to guide the inner transformation of individuals and shape leadership and culture building of organizations.

The central quest in Raghu's work has been the classic Indic enquiry: "How to continually look within, transform, be the best and inspire?" This seeking led to studying with Yogacharya Krisnamacharya, dialoguing with J Krishnamurti and collaborating with Prof. Pulin K Garg. Raghu understood the bridge between the body and the mind, individual and the group, the traditional and the modern, which has shaped his self-enquiry throughout his life. Using Patanjali's Yoga Sutra as the guiding light he developed an experiential self-learning process through reflective conversations, meditative practices and dialogues in groups. Over the past four decades, he incorporated ancient texts & folk theatre enabling others to look within. He combined this process work with knowledge of management systems to develop an unique methodology "Totally Aligned Organization" and the "Tensegrity Mandala" model to guide corporations and cultural organizations. His collaborative Yoga work includes therapy for special children, performance enhancement of sports-persons, healing injured dancers among others.

Raghu holds a Bachelors and a Masters degree in Engineering from IIT, Madras. His books include Learning Through Yoga, The Totally Aligned Organization, Leadership Dharma, Arjuna the Timeless Metaphor, and he co-authored Organizational Development and Alignment: The Tensegrity Mandala. He co-founded the Sumedhas Academy of Human Context and Barefoot Academy of Governance with TISS. He is one of the Directors of the Centre for Consciousness and Inner Transformation and the Director of Flame Tao Knoware Pvt Ltd and serves on the board of many organizations. He is actively engaged with building Ritambhara, a collective for inner transformation, as it's Chief Mentor. He lives in Nilgiris, South India.

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COURSE METHODOLOGY

The purpose of this course is not to transmit just an academic translation of the Yoga Sutras.

This is a self-reflective course where your personal life will be the ground for exploration. As such, deep introspection and personal sharing will be encouraged and often expected. True to the Indic tradition, the course weaves together contemplative conversations, meditative practices and interactive dialogues as well as learnings from other ancient texts. Raghu Ananthanarayanan and team will guide the participants of this course through the following six-fold engagement using sutras.

- Study of selected texts and watching Yoga Sutra discourses
- Practice of breathing and meditation techniques suggested in the class
- Contemplation of life events, relationships and beliefs
- Sharing of insights from the above in small groups
- Listening as a friend and as an observer to others' reflections
- Engaging with the facilitators in the class

For the past four decades, Raghu has used the Antaranga approach to enable participants to view one's aspirations, disappointments, compulsions, patterns with greater clarity and thereby create meaningful ways of being and engaging with the world and oneself. We welcome participants across cultures and timezones.

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COURSE STRUCTURE & FEES

Duration

108 hours (1 year), starting on May 16th, 2021

We meet every Sunday: 7:30 - 9:30 PM IST

Platform

Zoom

Recordings of classes will be available once a week at specific times (TBD) for reviewing

Prerequisite

Participants must have attended at least one experiential learning program offered through Ritambhara.

Overall Course Fees

1. Indian Participants Residing in India - INR 90,000
 2. International Participants Residing Outside India - USD 2000
- Payments can be made on a quarterly basis.

Initial Payment

1. Indian Participants Residing in India - INR 30,000
2. International Participants Residing Outside India - USD 600