



*Ritambhara*



**SAPTASWARA**

**Empower your self and inspire the child**

**A course for parents and educators !  
Starting November 2023**

**Registrations are now  
open!!**

**Last day for registration is 20th  
October 2023**

**For more details/queries contact:**

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## About the program

As parents and educators, we often find ourselves confused, helpless and sometimes in a very stagnant space of how to inspire and enable our children to anchor in their inner space amidst the chaos that is around.

The Saptaswara framework will help us educators and parents, practice deep listening and find that inner rhythm from which we can empower the children.

Based on the Yoga Sutra, Vastu Shilpa Shastra and Natya Shastra, this program enables experiential learnings and self-reflective practices through art, theater, stories and group dialogues.

We will be exploring our own world and context through the 7 practices of:

**maitri** : understanding one's relationships

**karma** : action based on courage and conviction

**dharma** : actions that enliven the world

**jnyAna** : learning and enquiry

**ramya** : action that is inspiring and joyous

**yoga** : personal alignment

**abhyAsa** : continuous collective practice

We together will explore these 7 spaces within ourselves through a self reflective process using stories, art and theatre.

The aim of the program is to bring a profound understanding of ourselves so that we can pass on the learnings to our children from a deeper inner wisdom and conviction.



# Facilitators

## Raghu Anantanarayanan

Raghu Anantanarayanan is a behavioural 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. This quest has led to him studying with Yogacharya Krishnamacharya, 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. His collaborative yoga work includes therapy for special children, performance enhancement of sports-persons, and healing injured dancers among others.

## Kavitha Elango

Kavitha is a Holistic Wellness Facilitator, a Yoga practitioner and teacher for the last 20 years. She has studied from different Yoga schools and teachers and currently teaches in the Krishnamacharya tradition in Bangalore. She is the founder of Yoga Center "Yoga Earth". Through the years, she has been conducting group and individual yoga classes bringing the essence of Yoga to many students globally. Through Ritambhara, she facilitates workshops and retreats enabling inner work in group processes. She is also a healer, who helps individuals in their emotional healing journey. Her vision is to bring Yoga as a way of life and inner transformation to many people. She is a Reiki master and also teaches vedic chanting.

## Kamala Chiravurri

Kamala is an IAYT Certified Yoga Therapist and has been a dedicated practitioner of Yoga Therapy for over 11 years through her association with Yogavahini. Kamala, is also a Reiki master since 2010. Kamala's role extends to co-facilitating programs such as Yoga Teacher Training, Pranayama workshop, IWTY( Inner Work Through Yoga ), and more, seamlessly merging the realms of yoga and energy work for self-empowerment. Kamala's hallmark lies in providing tailored experiences, fostering a safe space for emotional expression without judgement, and integrating breath and practice for daily well-being. Kamala's career spans 19 years in fitness and health.

## Co-Facilitators

Rajitha Rao and Sahithi Reddy have been working in the field of alternative education for the past 18 years and have been exploring the Indic wisdom with Ritambhara.



## **Format of the program**

**This program is for a duration of 6 months.**

**Monthly 3 Fridays online sessions ( 7:00 - 9:00 p.m )**

**We close the program with a 5 day in-person learning theatre at Ritambhara Ashram, Kotagiri. (More details will be given at the orientation)**

## **Program Fees**

**6 month course fee : Rs 36000**

**Amount needs to be paid at the time of registration for course.**

**[This fee does not include the fee for the in-house Learning Theatre module at the Ritambhara Ashram, Kotagiri]**

**Please register using the link below:**

**Indian Participants :**

**<https://rzp.io/l/fuukj31>**

**Foreign Participants :**

**<https://rzp.io/l/6vLtBvlyuX>**