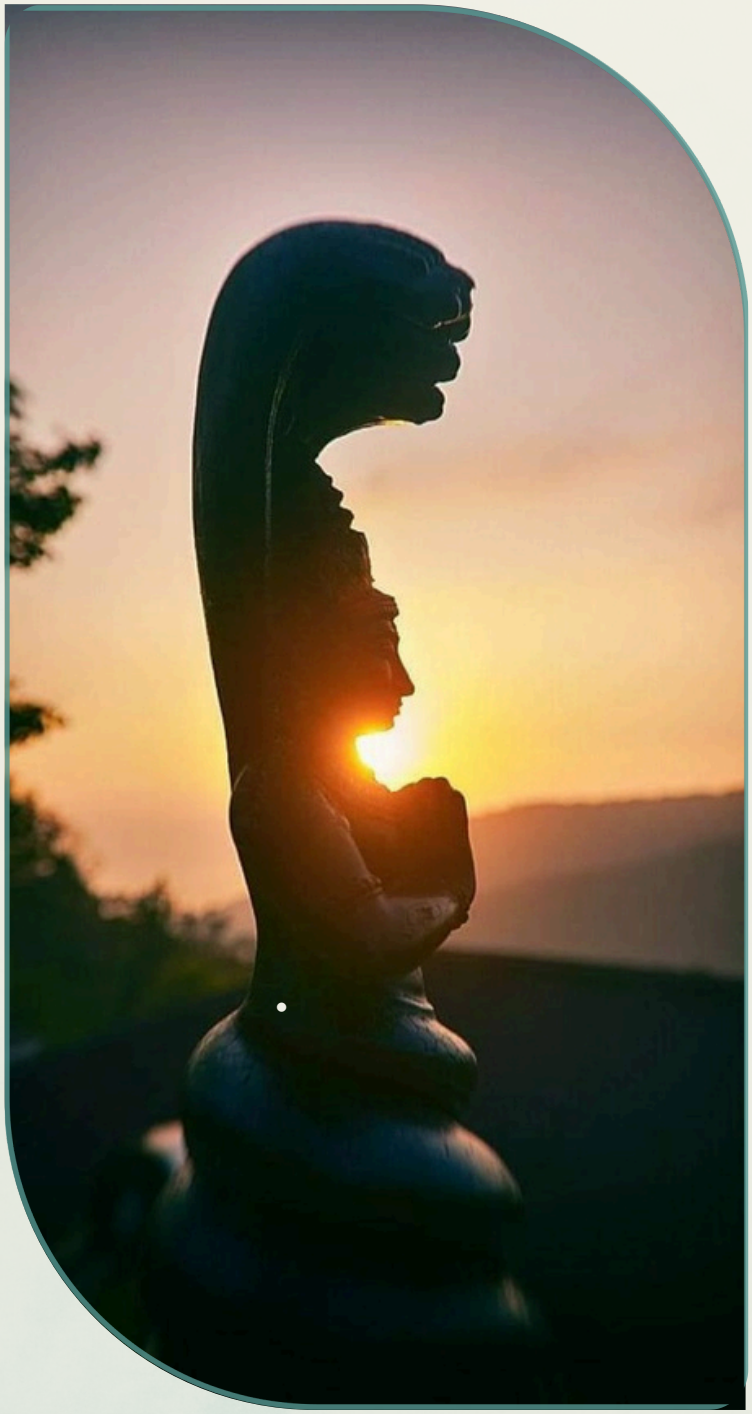


Ritambhara ashram

Deepening Process Work

through

Citta vidyā

Koodam 3

February through August 2027

Kotagiri (two in-person retreats) and

10 Online sessions

Citta vidyā is...

Ritambhara ashram

A set of coherent, powerful and deep practices for inner healing and transformation, essential for process workers, formulated by Raghu Ananthanarayanan, based on his discipleship with Yogacharya Krishnamacharya, Shri Desikachar and Pulin Garg.

This immersive journey will take us on a path of exploring *Patañjali's Yoga Sūtras* as the foundation of *Citta vidyā* with inputs from *Indic Śāstra* and *Antaraṅga Yoga*.

Citta vidyā starts with practices that enable an understanding of the cognitive processes involved in perception. These practices uncover the patterns of feeling, thinking and doing that come from conditioned responses and which perpetuate *duḥkha* (inner constriction). The practitioner is able to access the profound capabilities of the psyche such as self-healing, intuition and intelligence leading to anchoring oneself in one's true nature and understanding the nature/ origin of *duḥkha* so that one can transcend it.



An Immersive Journey

For Whom...

Coaches, counsellors, mentors, therapists, psychologists, analyst, facilitators HR professionals and People Leaders / Managers of sensitivity labs, whether they work with individuals in a one-to-one setting or in a group, all are Process Workers if they are involved in facilitating the exploration of self through experienced reality rather than a constructed reality of self.

What does it cover

The importance of *antaraṅga sādhana* (inner exploration and self-reflection) and *sādhana* (sustained practice of a spiritual nature) as the key to personal transformation.

The inner map of the psyche, practices and broad indicators along the path of personal transformation. The path of personal transformation that leads from dysfunctionality to functionality and further to self-actualization, peak capabilities, self-realization and finally to self-transcendence.

Selective exploration of *Patañjali's Yoga Sūtra's* through experiential exercises.

Design - broad elements

Immersive design that allows for deepening in a step by step process. Focus on a central theme or idea and allow the exploration through guided work both individually and in a group. Concept introduction and experiential work to explore its application at the individual and group level. *Yogāsanas*, body and breath work *(prānāyāma)*, creative methods to assist in subtle exploration.

Methodology

Webinars/ Thematic Sessions

In-person retreats

Case Study

Triadic work

Self - work involving svādhyāya, Dream work

Art work

Reading and discussions

Phase, Dates, Duration

Phase 1and 2:

A webinar of 2 hours- Monday, February 9th 2027, 7.30-9.30 pm.

An in-person experiential workshop - laying the foundation of *Citta vidyā* - February 21st to 25th 2027 at Kotagiri, India

A series of 9/10 on-line thematic sessions of 2 hours each (2 sessions a month- bi- weekly every Monday) on selected themes supported by connected yoga *sūtras* exploration (starting mid March through July 2027, dates TBA).

Phase 3:

Webinar of 2 hours, two weeks prior to the closing retreat. A closing workshop, mid-August (Aug 10th /11th to 14th / 15th 2027) at Triple E resorts, Kotagiri, to study the application of the learnings gained in process work.

Facilitators

Raghu Ananthanarayanan's central quest has been: "How to continually look within, transform, be the best and inspire?" This seeking led to a decade long discipleship with Yogacharya Krisnamacharya and TKV Desikachar, dialoguing with J Krishnamurti and collaborating with Prof. Pulin K Garg. An alumnus of IIT Madras, Raghu is a behavioural scientist, yoga teacher and an author. He has pioneered the use of *Yoga Sūtras,* traditional theatre, and the Mahabharata in experiential learning and developed a unique methodology called "*Citta vidyā*". He has dedicated his life to the study and application of Yogic traditions to guide the inner transformation of individuals and shape leadership and culture building of organizations. He has authored several books and built several institutions.

Anuradha Prasad, a lifelong learner and inward explorer, is committed to integrating body, mind, and spirit in her work and life. She is a human process, leadership, and institutional development consultant, facilitator, and coach with over four decades of experience in the social development sector. Her work integrates diverse process-oriented approaches to nurture individual, group, and organizational transformation. A passionate dream worker, she facilitates the exploration of dreams and unconscious processes as pathways to insight, healing, and growth. A dedicated practitioner of the Satyam Yoga tradition for over twelve years, Anuradha is currently deepening her study of Indic Psychology and *Citta vidyā* through her association with Ritambhara Ashram, exploring indigenous pathways to self-understanding and inner transformation.

Ritambhara ashram

Deepening Process Work

About Ritambhara Ashram

Ritambhara is a community of seekers engaged in the quest of rasatmik living. The members share a common concern for the current ecological, socio-cultural and political state of the world, and find deep wisdom and hope in the teachings and praxis of Yoga as a way forward from these crises. The framework for this lab's process is developed by Ritambhara co-founder Raghu Ananthanarayanan

Registration

Phase 1 and 2: Tuition fees for Retreat + 10 Online Thematic Sessions
Fees to be paid to Ritambhara Ashram by Feb 5th 2027 :
Rs 45,000 + 5% GST / ($575)

Phase 3 - Tuition fees for Retreat TBA

Retreat (Lodging and Boarding) - for Opening and Closing Retreat the participant to pay Triple E Resorts directly per person on single / twin / triple sharing basis.

Venue: Triple E Resorts Kotagiri
https://share.google/EJZwa1IyhwNgAaojo
246/5-20, V.O.C. Nagar, Milidhane Post, Nedugula, Kotagiri, Tamil Nadu 643217

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To register and pay,

please reach out to
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Tuition fees payment once made is not refundable nor transferable to another program. The fees does not cover food, stay and the transport. All travel has to be arranged by the participants.