

‘Tat Tvam Asi’ Feb 2017 Retreat,  
Course taught in the Retreat:  
‘Amanaska Yoga’ (self-Knowing)  
Dates: Feb 2<sup>nd</sup> to Feb 11<sup>th</sup>, 2017, Chennai, India.  
Venue: Hotel Accord Metropolitan,  
No: 35, G. N. Chetty Road, T. Nagar, Chennai

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Time Table for February 2<sup>nd</sup>, 2017:

From 9:00 a.m. To 6:00 p.m.

Daily Yoga lesson for ‘in house’ participants & certain ‘day scholar’ participants.

From 6:15 a.m. To 7:30 a.m.

I. 9:00 am to 9:30 am: (i) Either, Morning Prayers (as Chants), or, Sacred Recitations. (ii) Followed by some announcements for the day.

II. 9:30 am to 10:30 am: (i) The Audio-Visual Teaching (AVT) from Slides SI 1 to SI 11 (with the exception of slide SI 5 (which comes later)). These are the first ten slides. (ii) This takes 45 mts. (iii) Additional 15 mts allotted for *impromptu* questions and discussions.

Themes covered: 1) Introduction, 2) *Jiva (self)* and *Atma*; 3) ‘Tat Tvam Asi’ metaphor, the Ocean and Wave. 4) Getting ready for the *Amanaska Yoga* Course.

III. 10:30 am to 11:00 am: Full House Colloquium (*Samalochana*).

IV. 11:00 am to 11:30 am: Refreshment break.

V. 11:30 am to 12: 45 pm: (i) AVT from slides SI 12 to SI 16. This takes 65 mts. (ii) Additional 10 mts allotted for *impromptu* questions and discussions. Themes covered: 1) Goals of life in ancient Hindu society: *Artha* (Professional achievement in life) & *Kama* (Enjoyment of life); *Dharma* & *Moksha* (spiritual/moral life and spiritual salvation).

2) Checking our Intentions.

VI. 12:45pm to 1:30pm: (i) 30 mts, Full House Colloquium (*Samalochana*), (ii) 15 mts, small group-discussions.

VII. 1:30 pm to 2:30 pm: Lunch break.

VIII. 2:30pm to 3:30 pm: (i) AVT from slides D1M1 17 and SI 5. This takes 40 mts. (ii) Additional 20 mts allotted for *impromptu* questions, discussions, comments. Themes covered: 1) Krishnamurti’s Meditation.

2) Importance of awakening to sorrow in life. 3) How the nascent and virgin Amanaska Yoga (self-Knowing) differs from Jnana Yoga and Bhakti Yoga. 4) self-Knowing gives understanding and dissolution of sorrow.

IX. 3:30 pm to 4:30 pm: (i) 45 mts, Full House Colloquium (*Samalochana*), followed by, (ii) 15 mts small group discussions.

X. 4:30 pm to 5:00 pm: Refreshment break.

XI. 5:00 pm to 5: 15 pm: Qs on ‘Amanaska Yoga’ (self-Knowing).

XII. 5:15 pm to 6:00 pm: 'Nidhidhyasana' (Meditation) - Abiding in the *Atma*. Meditation with Music in the background.

XIII. 6:00 pm to 6:10 pm: Evening Prayer.

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Notes:

1. Participants at this Retreat and Course will fall broadly into two categories. 'In house' participants will be those, who will be staying in Hotel Accord Metropolitan itself. 'Day scholar' participants will be the other category, they will be either residents of Chennai city, who will come to the Hotel from their homes, and who will go back to their homes in the evening. Some of the 'day scholar' participants could also be from other Indian cities and they may be staying in other Serviced Apartments, close to the Hotel.
2. The Yoga lesson in the morning from 6:15am to 7:30am, offered by Sri S. M. Kumar of the 'Panchaasya Yoga Foundation' (Tampa, USA) is intended for 'in house' participants and certain other 'day scholar' participants who desire to have the Yoga lessons on a daily basis.
3. There will be a 'Time-Keeper' for every day of the Retreat. His/her job will be to ensure that, all items, scheduled to flow, at the appointed times, do flow in the same scheduled manner. It will also be good, if every participant is 'time conscious' and takes the pains to adhere to the above Time Table.
4. The details of the Time Table will vary from day to day. Format is the same.
5. Active participation in the full house Colloquiums (*Samalochanas*) is very essential for benefiting from the course in *Amanaska Yoga*. Likewise, active participation in the small group *Samalochanas* is also very essential for 'digesting' and internalizing the *Amanaska Yoga* course.
6. The word 'Colloquium' is of Latin etymology, it means, many people talking with each other. The Sanskrit equivalent is, *Samalochana*, which actually means, 'thinking together', 'exploring together', 'examining together', learning together'.
7. It is very important to notice that the *Amanaska Yoga* course, moves in a helical cycle, rising upwards, as does a helix.  
*Each cycle (i.e.; each day) of the Retreat, the course goes through one cycle or sometimes, two cycles even. Each cycle has four beats or four quarters ('padas'):*

(i) **Sravana**, is the first beat, first quarter ('pada'). This means listening to (and watching) that particular module of the AVT (Audio Visual Teaching).

(ii) **Samalochana** (full house and small group **Colloquiums**) is the second beat, second quarter ('pada'). This means, 'thinking together. 'pondering together', learning together, 'exploring together', 'understanding together'. What is normally called, conversations, dialogues and discussions.

(iii) **Manana** is the third beat, third quarter ('pada'). It means, the participant, thinking in a complete way, with a view to examine, digest and understand, what went before in earlier two quarters ('padas'), (i) and (ii).

(iv) **Nidhidhyasana** is the fourth and last beat, last quarter ('pada'). It means, Meditation, abiding in the *Atma sthana*, or in the Inner Self, so that, everything is understood in an original way and through original insights and realizations, so that there is no more any necessity for superficial beliefs or superficial faith.

*After one full cycle is completed, in the same day, another cycle may also begin and be completed. Thus each day, may see one or two complete cycles.*

