

Retreat in 'Amanaska Yoga' (Tat Tvam Asi)

Sponsored by the Life in Yoga Foundation, MD, USA.

Dates: 16th - 19th Sept, 2016, Timings: 9:00 am to 6:00 pm.

Venue (Home of Veena and Satish Bhatia):

9227, Farnsworth Drive, Potomac, MD-20854.

Course Teacher: Sankara Bhagavadpada (from, Chennai, India).

For whom is this Course intended?

Spiritual seekers, *mumukshus*, *yoga* practitioners and teachers, Hindu and non-Hindu spiritual teachers, healers, those recovering from serious diseases, those in misfortunes and seeking peace, grace and the ending of their sufferings, those looking for guidance in the pasturing and ennobling of their inner life, those seeking to rediscover their 'lost' religion, those who love the timeless spiritual ethos of India, philosophers and Indologists.

Stages in the Course:

Day 1: Introduction, *Jiva (self)* and *Paramatma*.

Day 2: By Being the *Atma*, to identify, observe and understand the *Jiva (self)*.

Day 3: By Being the *Atma*, knowing and taming the *Jiva (self)*.

Day 4: By Being the *Atma*, calming and silencing the *Jiva (self)*.

Fruits from the Course:

Clarity, *self*-Knowing, awakening to sorrow in life, awakening of the senses, awakening of *Prajnya* (*Atmic* intelligence), awakening of sensitivity, peace, harmonious relationships, ending of a sense of division between *self* and 'other'.

Tenor of the Retreat:

Till date, the *nascent and virgin (practically)* continent of *self*-Knowing and the *ancient and haloed* continent of Self-Realization have stood apart. Through these retreats, Bhagavadpada, emphasizing that Sri. J. Krishnamurti's *self*-Knowing is *sine qua non*, proceeds to bridge the gulf between these two kindred continents of spiritual life. The master Sri. J. Krishnamurti's *choiceless awareness of what is*, is shown to lead to the calming and silencing of the *self* and this according to Bhagavadpada is *Amanaska Yoga*. It is *Atmajnana* or *Jnana Yoga*, but, approached

from the never-before considered starting point of self-Knowing. He frequently crosses-over to the country of Patanjali's Yoga sutras, to order to assure listeners that Amanaska Yoga has a natural resonance with traditional Jnana Yoga as well as Yoga Shastra.

The entire Retreat comes as an audio sound track accompanying every slide of the PPT (Power Point Presentation). It is in the form of a *samvada*, or question-answer dialogue, so that the contents of each slide, reveals itself to the fullest.

Bhagavadpada has given the freedom to all participants to stop at any slide, at any point and seek clarifications from him. In this way, greater personal attention is placed on all learners, and the traditional barrier between the teacher and taught is completely done away with.

More Info on Sankara Bhagavadpada's work:

www.tat-tvam-asi.org www.hinduworldastrology.net and www.amanaska.yoga

He and his wife, Dr Prema Shanker are very grateful to Dr C. Rajan Narayanan of the Life in Yoga Foundation and Institute, MD, USA, for sponsoring his work in 2016. They are also grateful to their hosts: Satish and Veena Bhatia (Potomac) and Dr Ratna and Sri Nandakumar (Newark, DE).

C. Rajan Narayanan, PhD, Executive Director,

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