

## **Sankara Bhagavadpada's US Programmes: Sept-Oct 2016:**

In this US pilgrimage, Sankara will be accompanied by Dr. Prema Shanker.

Their up and down travel and the Maryland Programmes have been inspired, sponsored, hosted and organized by **Dr. C. Rajan Narayanan, Founder and Exe. Director of the Life in Yoga Foundation and Institute, Maryland.**

Page | 1

Their gracious hosts in Potomac for the period, Sept, 14<sup>th</sup> to 20<sup>th</sup>, are:  
**Sri Satish Bhatia and Smt Veena Bhatia.**

Their gracious sponsors and hosts for the Huntsville, Alabama, Programme:  
**Prof. Inguva Ramarao and his wife, Smt. Inguva Bhagyalakshmi.**

Their gracious sponsor and host in Tampa, Florida:  
**Sri S. M. Kumar of the 'Panchaasya Yoga' Foundation.**

Their gracious host in Fort Lauderdale:  
**Sri Satyadev Gupta, Patron and Board of the Hindu University of America.**

## **Maryland and Delaware Programmes:**

Sept 13<sup>th</sup> Dep from India.

Sept 14<sup>th</sup> Arrival in Washington.

Sept 15<sup>th</sup> Day of Rest and Preparation.

Sept 16<sup>th</sup>-19<sup>th</sup> : Spiritual Retreat of '**Amanaska Yoga**' ( **Bhagavadpada's**)  
**[A Four Day Spiritual Retreat on *self*-Knowing, leading to Self-Realization].**

Venue will be the home of Sri Satish Bhatia and Smt Veena Bhatia:

9227, Farnsworth Drive, Potomac, MD-20854.

Their gracious hosts in Newark, on Sept 21<sup>st</sup> and Sept 22<sup>nd</sup> will be:

**Dr. Ratna Nandakumar and her husband, Sri. Nandakumar:**

No: 6, Woodshaw Road, Newark, DE-19711.

Between the dates Sept 20<sup>th</sup> to Sept 22<sup>nd</sup>, they will spend a day with their niece from SFO, **Ms. Nandini Balakrishna**.

Sept 23<sup>rd</sup> to 26<sup>th</sup>, they will participate in a four day,

**CME Yoga Course, organized by the Life in Yoga Foundation:**

The Course is called: **‘Introduction to Yoga Therapy for Medical Professionals’**.

Venue: Maritime Institute Conference Center, Linthicum Heights, MD 21090.

Here the Course teachers are:

**Dr. Sat Bir Singh Khalsa, PhD, Asst. Prof of Medicine, Harvard Medical School.**

**Dr. C. Rajan Narayanan, PhD, Executive Director, Life in Yoga Institute**

**Dr. Dilip Sarkar MD, FACS, CAP, Chairman of Board, Life in Yoga Institute.**

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Sankara will offer *Vedic* Astrology consultations on 20<sup>th</sup>, 21<sup>st</sup>, 26<sup>th</sup> and 27<sup>th</sup>.

Sept 28<sup>th</sup> Morning, Departure to Nashville from Baltimore.

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**Huntsville, Alabama, Programme:**

*Sankara and Prema are primarily going to Huntsville to meet Prof. I. Ramarao and his wife, Smt. I. Bhagyalakshmi and spend valuable time with them. Sankara knew Dr. I Ramarao in TIFR, 40 years ago. Dr. Ramarao was then Sankara’s senior, teacher and also friend. Their common interest then was Yoga, philosophy and research. They are meeting after an unbelievable span of 40 years, now as souls devoted to the spiritual life. The programme in this city has been sponsored and organized by Prof. I. Ramarao and his wife and their spiritual group.*

Sept 28<sup>th</sup>, Arrival at Nashville. Huntsville Hosts, **Prof. I. Ramarao and his wife, Smt I. Bhagyalakshmi** will arrange to collect them and take them to Huntsville.

Sept 28<sup>th</sup>, Evening at the Hindu Temple (6:30pm to 8:30pm):

**‘Samalochana’, following a Talk on:**

**‘Understanding Dharma, Artha, Kama and Moksha’**

This will be followed by dinner at the Temple Hall.

Sept 29<sup>th</sup>, Eve: *Vedic Astrology Consultations at the Hindu Temple.*

Sept 29<sup>th</sup> Forenoon: A *Samalochana* with a learned *Vedanta* group:

**Dr. Suryanarayana Murthy, Smt Gayatri Murthy, Dr. P. Narayan Bhat and Professor I. Ramarao and Smt. I. Bhagyalakshmi.**

The *Samalochana* (discussion) on *Vedanta* will be centered on:

**‘self-Knowing vis-à-vis Self-Realization in *Dharma* and *Moksha*’**

Sept 29<sup>th</sup> : Also a meeting with **Dr Prasada Rao Kakkani** (retired after having been a skilled and successful surgeon) **and his wife**, after lunch (around 2.00 pm). They are also spiritual seekers, who are deeply interested in *Advaita*, *Srimad Bhagavad Gita* and Meditation.

### **Tampa, and Fort Lauderdale Programmes, in Florida:**

Sept 30<sup>th</sup> : Their gracious Huntsville, Alabama hosts, Prof. Ramarao and his wife, Smt. I. Bhagyalakshmi, will have them driven from Huntsville to Birmingham, there they catch a flight to Tampa and arrive in Tampa by 5pm.

Sept 30<sup>th</sup> : **Dr. C. Rajan Narayanan**, arrives in Tampa in the forenoon.

Oct 1<sup>st</sup> and 2<sup>nd</sup> : **Dr. Rajan Narayanan’s ‘Measured Yoga Therapy(MYT) Course’.**

**Sankara and Prema** participate in this Course, along with S. M. Kumar, Marsha Dawn Giel and others.

Oct 3<sup>rd</sup> to 5<sup>th</sup> : Along with Dr. Rajan Narayanan, and S. M. Kumar, they go to Fort Lauderdale and spend one night there, so as to be able to speak leisurely to **Sri. Satyadev Gupta, a Patron and Board Member of the Hindu University of America.** They return to Tampa. Meet Marsha Dawn Giel, Anita Rao, Prof. Ann Debaldo, Madhavan and Uma and other seekers.

Oct 6<sup>th</sup> : Departure to India.

Oct 7<sup>th</sup> : Arrival in India, Chennai.