

## More Information and Contact Details:

1. Last three Amanaska Yoga Intl Retreats conducted by Dr. Sankara:
  - (i) Four Day Amanaska Yoga Retreat in Maryland, Potomac area, USA, in Sept 2016 (16 seekers); organized by the Host, **Dr. Rajan Narayanan, Founder of the Life in Yoga Foundation.**
  - (ii) Seven Day Tat Tvam Asi Intl Retreat in Feb 2016, Pondicherry, India (26 seekers)  
[In Partnership with 'Vedic Flower Foundation' of Sri Ricardo Bravo, of Santiago, Chile];
  - (iii) Ten Day Amanaska Yoga, Intl Retreat, in Chennai in Feb 2017 (23 seekers)  
[In Partnership with the 'Panchaasya Yoga Foundation', Tampa, FL, USA, of Subramanian M. Kumar].
2. Pl see these websites of Dr. Sankara for more information  
[www.tat-tvam-asi.org](http://www.tat-tvam-asi.org);  
[www.hinduworldastrology.net](http://www.hinduworldastrology.net);  
<https://www.neelankarai.org>
3. Indian and Foreign Participants coming to this Retreat through Dr. Sankara, may make all further enquiries with the Office Bearers of the Tat Tvam Asi Trust: Ms. Devika Dorai, Sri Sankara Bhagavadpada, Sri Kannan Subramanian.
4. E-mails; [devika.dorai@gmail.com](mailto:devika.dorai@gmail.com);  
[bhagavadpada@gmail.com](mailto:bhagavadpada@gmail.com)  
[Skannan1944@gmail.com](mailto:Skannan1944@gmail.com)  
Tel:  
Devika Dorai: +919444379888;  
Sankara Bhagavadpada: +919884010548  
Kannan Subramanian: +91 98403 08087

5. Participants coming to this Retreat through **Sri Madhuji and his FHB**, may contact **Sri Madhuji and the office bearers of the Foundation for Healing Beings**.

The Website: [www.healingacademy.org](http://www.healingacademy.org)

6. Sankara Bhagavadpada's latest work, is now available in <https://www.amazon.in/Self-Realization-Through-Self-Knowing-Enquiry-Dharma/dp/9382742530>  
Book: 'Self-Realization Through *self* - Knowing', published by Yogi Impressions Books Pvt Ltd, Mumbai, India.
  7. Other open Qs such as tariffs, accommodation for overseas participants, will be covered will be shortly announced by **Sri Madhuji, of the FHB**.
  8. A short 'post-Retreat' 'Nature-Pilgrimage' for two days into the mysterious mountainous regions surrounding Kamloops and to certain spiritual centers therein, is being planned by the **Host Sri Madhuji**. How this will develop will depend upon the number of participants who get interested. Pl await further intimations in this regard.
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