



|| Jyotiṣāmayanam Cakṣuḥ ||
(Vedic Astrology is the Eye of Wisdom)

Sri. Sankara Bhagavadpada's

|| **Amanaska Yoga** ||
(International Immersion Retreat)

Dates: January 31st to Feb 9th, 2020

Venue: The Accord Metropolitan Hotel, Chennai.

Organized By: The Tat Tvam Asi Trust,

Regd. Off: 'Ashirvad', No:2/507, III Cross St, Sunrise Avenue, Neelangarai,
Chennai-600 115, Tamil Nadu, India.

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The Tat Tvam Asi Trust, which is Organizing this Intl Retreat.

The Process and Tenor of the Amanaska Yoga Retreat:

This is an International Retreat, primarily in English, but for the benefit of the Spanish speaking seekers from Latin America under the leadership of Ricardo Bravo, there will be Spanish translation fully in step with the English proceedings. Ricardo Bravo will also be doing the Spanish translation through the translation system which comes with the headsets.

The teacher is Sri. Sankara Bhagavadpada. The curriculum will also have a *video* part, appearing as Power Point (PPT) slides with a synchronous *audio* component. The *video* part will be mostly in the form of *sutras* (principles), diagrams, metaphors and mythic pictures, intended to enrich and enliven the teaching. The *audio* part will be in the form of profound conversations and dialogues between Sri. Sankara Bhagavadpada and Dr. Prema Shanker and may also include various mantras and chanting, meditational music, pertinent to the Retreat.

Sometimes with a view to enliven the retreat, there will be live discussions between Sankara and Ricardo and other seekers and leaders.

Apart from listening (*Sravana*) to the various teachings coming into your ears; you will be given time to contemplate (*Manana*), followed by time for discussions (*Samalochana*) and finally, as a culmination of this four-fold process, also time for abiding in the *Atma* (Hindu Meditation or *Nidhidhyasana*).

Then there will be small group discussions (*Samalochana*) and whole group discussions (*Samalochana*), to facilitate assimilation of the various *sutras* on *self*-Knowing. Apart from the *audio* part of the teachings which stream into the ears, Sankara will drive you to discover the As to the various Qs, posed by Participants. So, the sessions after *Sravana* and *Manana*, become intense, replete with one question following another question. It is the same method of discovery through enquiry, dialogue and insight.

The profound process of *self*-Knowing will be systematically approached, so that, Participants understand, assimilate and begin to gain mastery through original insight, through their understanding, intensity, dedication and determination to go to the end. *Once this final milestone is crossed, Participants will have access to limitless Inner Freedom, Clarity, Intelligence and Joy.*

Our varied human problems will be enquired into in great depth, to understand, through *self*-Knowing, their self-same common cause and common ground, which is the *self*. These varied human problems are:

- ❖ boredom and restlessness,
- ❖ loneliness, insecurity and despair,
- ❖ fear, inhibition and alienation,
- ❖ lack of self-confidence in life and in relationships,
- ❖ inability to face failures,
- ❖ every kind of sexual abnormality and problem,
- ❖ feeling of humiliation and emotional hurts,

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- ❖ death of loved ones and/or disease,
- ❖ perennial conflict in relationships, compulsive habits,
- ❖ guilt and inability to accept the shadow part of the personality,
- ❖ wandering attention,
- ❖ comparison with others, dishonour and disgrace,
- ❖ despondency and depression because of unfulfilled ambition,
- ❖ ambition, cruelty, insensitivity, anger and hatred,
- ❖ lying, dishonesty, corruption and hypocrisy as a way of life,
- ❖ infidelity in relationship and marital disharmony.

The troublesome self:

So, this *self* has to be understood, calmed and silenced. Then there will be true freedom and salvation, inner and outer peace. This is the actual process of **Amanaska Yoga**. Knowing of the common cause: an inscrutable destiny driving the *self*, will happen through the process and power of the **‘Choiceless Awareness of What Is’**, which we recognize to be the well-spring of this genre of teachings on *self*-Knowing.

**‘Choiceless Awareness of what is’,
is the original name given by the Illustrious Master Sri J. Krishnamurti.**

***Amanaska Yoga is Sankara’s understanding & assimilation of the life-time work of the
Master Sri. J. Krishnamurti and kindred Advaitic Teachings.***

Beyond, *self*-Knowing, the time-tested four stages of the Hindu meditative process of ***Sravana, Manana, Samalochana*** and ***Nidhidhyasana*** will be followed.

Attending this Retreat, you will be gaining the priceless jewel of *self*-Knowing, so that you may ‘settle down’ as a ***Sthitha Prajna***, as described in **Chapter II of the Bhagavad Gita**, and you even *unknowingly and innocently* enter into the kingdom of Self-Realization. *This is the only enduring solution to every human problem.*

For Whom : If, you are a spiritual seeker or a *mumukshu* (seeker of *moksha*); or are about 60-65 years of age; or have had misfortunes in life which you could not assimilate; or are seeking to end sorrow in your life; or have a thirst for Peace, Clarity and the mysterious Divine; or have been into *Yoga sadhana*; then, this retreat will enormously help you in your search. *Siddhi* (attainment) will depend on your sincerity, dedication, and intention.

This is fundamentally a spiritual journey beyond the milestone of faith.

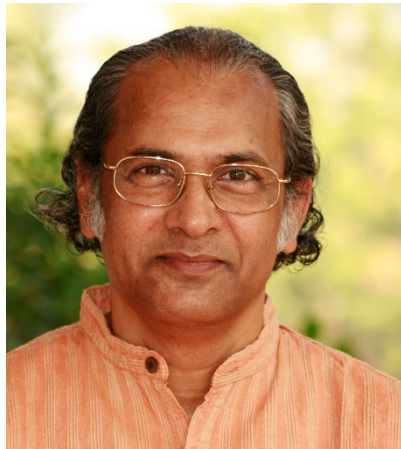
Intention of the Amanaska Yoga Retreat:

‘To ennoble and inspire all Participants, to be a Light unto themselves. To inspire them to help themselves - by turning inward, by understanding and assimilating these profound teachings on *self*-Knowing (***Revelations of the Illustrious Master Sri. J. Krishnamurti***); so that there is the decisive ending of conflict & sorrow in life; and living intensely the new life of intelligence, innocence and freedom, becomes the easiest and the most natural thing.’

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Hosts and Organizers:

Sri. Sankara Bhagavadpada & Dr. Prema Shanker and the Entire ‘Tat Tvam Asi’ Team

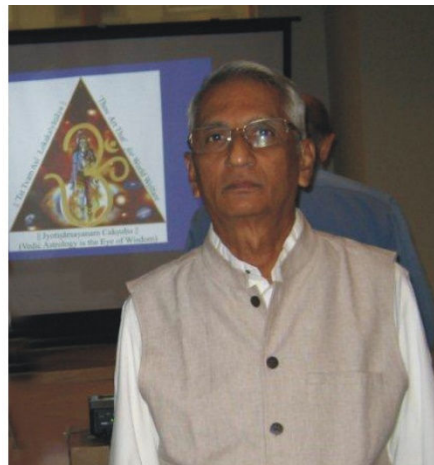


Tat Tvam Asi’s Alliance Partners and Collaborators:

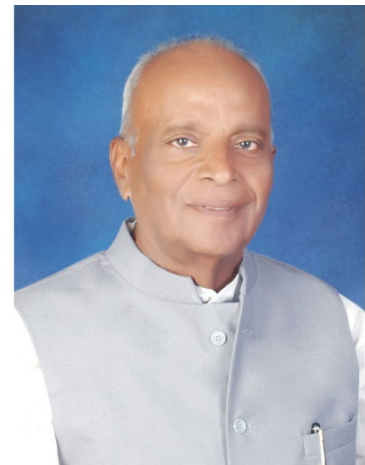
The ‘Tat Tvam Asi’ Chennai core-group supporting Sankara Bhagavadpada, consisted of Dr. Prema Shanker, Devika Dorai, Kannan Subramanian, Dr. P. Ramakrishna (Vizag, Andhra Pradesh), Arun Krishnan, Sambasiva Ramanananda, and Suresh Kumar. They have all put this retreat together for the welfare of the world.



Devika Dorai



Kannan Subramanian



Putchala Ramakrishna



Arun Krishnan



Sambasiva Ramanananda



Suresh Kumar

There are many more overseas supporters, and well-wishers of ‘Tat Tvam Asi’ in the US, Canada, Chile, and Mexico, but their names are not mentioned specifically here, even though their contributions have been significant. The core-group members, despite enormous professional pressure in their respective fields, worked with great dedication for six continuous months to make this retreat a reality.

Alliance Partners and Collaborators in Latin America and Spain:

Ricardo Bravo, Life Coach, Director: *Vedic Flower Foundation*, in Santiago and Buenos Aires, **Latin America (Chile, Argentina, Brazil, Uruguay)**.

International Collaboration in 2020:

Amanaska Yoga Intl Immersion Retreat in Chennai in Jan-Feb 2020 is a collaboration between ‘Tat Tvam Asi’ (Chennai, India) and ‘*Vedic Flower Foundation*’ (Santiago, Chile). Ricardo Bravo, founder of the *Vedic Flower Foundation* is not only collaborating with Sankara Bhagavadpada, he will also be doing the Spanish Translation of the English Retreat. Spanish is the mother tongue of the Latin American seekers, who will come as a group, under the leadership of Ricardo Bravo.



Ricardo Bravo



Ricardo Bravo translating Śankara's talk in Brasilia, Oct 2013

Alliance Partners and Collaborators in North America:

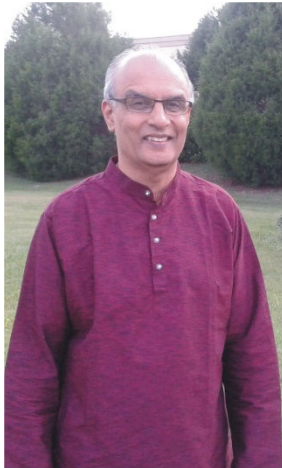
United States:

Subramanian M Kumar, Founder-Director and CEO; Marsha Dawn Giel, Director on the Board & CFO, **Panchaasya Yoga Foundation, Inc**, Tampa, FL, US.

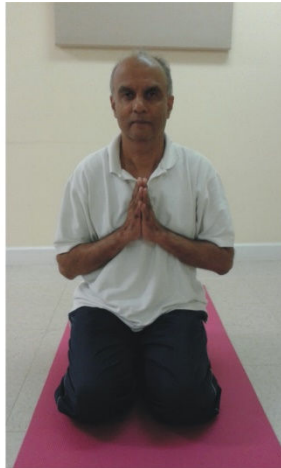
Yoga Sadhana in the Early Mornings:

Inhouse Participants will have the wonderful benefit of *Yoga sadhana* in the mornings between **6:00 am and 7:15 am**, every day of the Retreat. One of the Inhouse collaborating Participants, either, Subramanian M Kumar, or Marsha Dawn Giel, who are excellent experienced teachers in *Yoga*, will offer these morning *Yoga sadhana* lessons.

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Subramanian M Kumar



Vajrasana



Bhujangasana



Marsha Dawn Giel

Canada:

Madhu Sai Deevanapalli, Life Coach, Founder-Director, **The Happyness Center**, Kamloops.
Lakshmi Kumar (Software Architect, Technology Consultant, Toronto) and
Vasugi Paramasivam, (The Treasury Board of Canada Secretariat (TBS), Toronto).



Lakshmi Kumar



Madhu Sai Deevanapalli



Vasugi Paramasivam



Mexico:

Sandra Morfin
(Director, International Investment Banking),
Mexico City, Mexico.

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Venue:

Hotel Accord Metropolitan, No. 35, Gopathi Narayanaswami Chetty Road, Parthasarathy Puram, T. Nagar, Chennai, Tamilnadu - 600017, India.

Phones : **Call** : 44-2816 1000 / 4391 1000; **Fax** : 44-4354 6796,

Toll Free : 1-800-1234-100; **Website** : www.theaccordhotels.com

Dates and Timings:

Jan 31st to Feb 9th, 2020, 9am to 6pm. Buffet: Breakfast, Lunch, Dinner and Tea/Coffee with cookies in the forenoon/afternoon will be provided each day for all Inhouse Participants. The forenoon and afternoon Tea/Coffee and cookies will be available for Day Scholars as well. Those Day Scholars who wish to have lunch at the Hotel, will also be provided lunch.

Guidelines for International Participants, as well as Day Scholars:

- 1.** As this is an International Retreat, all overseas Participants are kindly requested to arrive in Chennai, latest, by Jan 30th, ideally, after 12:00pm. Some of you may prefer to arrive in the forenoon of Jan 30th, or even on Jan 29th itself, in the afternoon or evening. *Such well-timed arrival is quite welcome. However, all overseas Participants/overseas group leaders must inform us, their arrival time and date well in advance, so that we may make arrangements in advance for their air-port pickup and comfortable stay at the Hotel-prior to the Retreat Days.*
- 2.** There will be a *Pre-Retreat Gathering* in the Hotel on Jan 30th in the evening, where both Inhouse Participants as well as Day Scholars will have an excellent opportunity to informally meet in a group and get to know each other.
- 3.** Both Inhouse Participants as well as Day Scholars are to submit the fully completed Registration Forms to the Organizers, prior to the commencement of the Retreat, on Jan 31st.
- 4.** For all Participants: Please arrive a few minutes early each day of the Retreat to settle in quietly, so that we may start every day punctually at 9:00 am.
- 5.** All Participants are requested also switch off their cell phones during the Retreat hours.
- 6.** No audio or video recording of the Retreat is permitted.
- 7.** Please note that consumption of alcoholic beverages, intoxicants and smoking during the Retreat hours is strictly not permitted. It is recommended that even outside the Retreat hours, that Participants abstain from these activities.
- 8.** *Please speak softly at all times when the occasion warrants it. In the Seminar Hall, let us follow the simple rule of only one individual speaking at a given time, and all others listening to that speaker. It is important to respect all Participants, maintaining sensitivity and decorum at all times. There will be a Tat Tvam Asi Organizer, who will co-ordinate the Qs and As.*

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9. One of the Tat Tvam Asi Organizers will be always available to you for addressing your complaints and difficulties.
10. The entire Ten-Day Intl Event will be uninterruptedly Videographed for creating Video support materials for Sri. Sankara Bhagavadpada's upcoming **Amanaska Yoga Online Course**. There will be one Tat Tvam Asi Organizer, who will work closely with the Videographers.
11. Participants may note that, if someone needs to cancel their Registration, they should do so through a written request (not later than Jan 1st, 2020), so that they may receive the refund, according to the stipulated terms and conditions. Please find these on page 2 of the Tariff Card.
12. *Conversations and dialogues, outside the Retreat timings are welcome and encouraged, but please ensure that they are largely centred on the themes of the Amanaska Yoga Retreat, specifically, and on the life of the spirit, in general. To secure the highest benefit from this Retreat, even outside the specified timings (9:00am to 6:00pm), choose to be contemplative and meditative, rather than extroverted and given to much talking.*
13. One of the Inhouse Participants will offer *Yoga Sadhana*, every morning, between 6:00 am to 7:15am in the Hotel itself. This is primarily for the benefit of the Inhouse Participants.
14. Such of those Inhouse Participants who wish to be out in the open and who would like to walk amidst lush green nature, may take a walk in a nearby Public Park, details of which may be got from the Organizers.
15. The Accord Metropolitan Hotel has a SPA and Gym, as well as a Swimming Pool, for the benefit of all Inhouse Participants.
16. Such of those Day Scholars, who wish to have breakfast and/or lunch at the Accord Metropolitan Hotel, may inform the Organizers in advance, so that arrangements may be made accordingly.

The Amanaska Yoga Pilgrimage in Vedic India - 2020

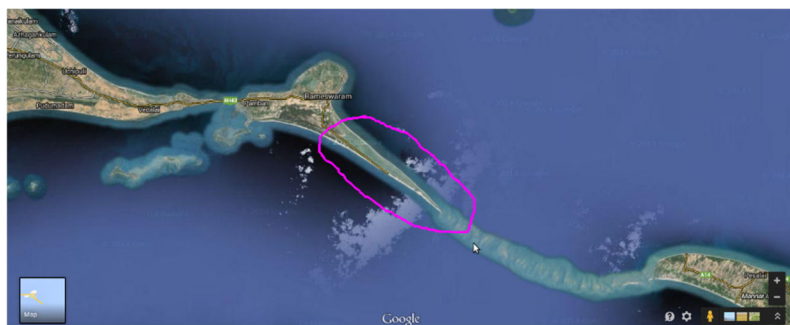
There has been keen interest in undertaking an educative and ennobling pilgrimage to sacred centres in South India. Chennai is the capital of the state of Tamil Nadu. The Organizing trustees of 'Tat Tvam Asi' did not want to organize a 'nominal pilgrimage' which is rushed and gone through thoughtlessly as distracted tourists do. So, they wanted the Amanaska Yoga Participants to really devote enough time for the discovery of the deeply spiritual soul and psyche of India. To achieve this spiritual goal, they are organizing a pilgrimage to Kalady, Trivandrum, Kanyakumari, Rameshwaram, & Madurai, which are sacred places situated in the southern deeps of South India.

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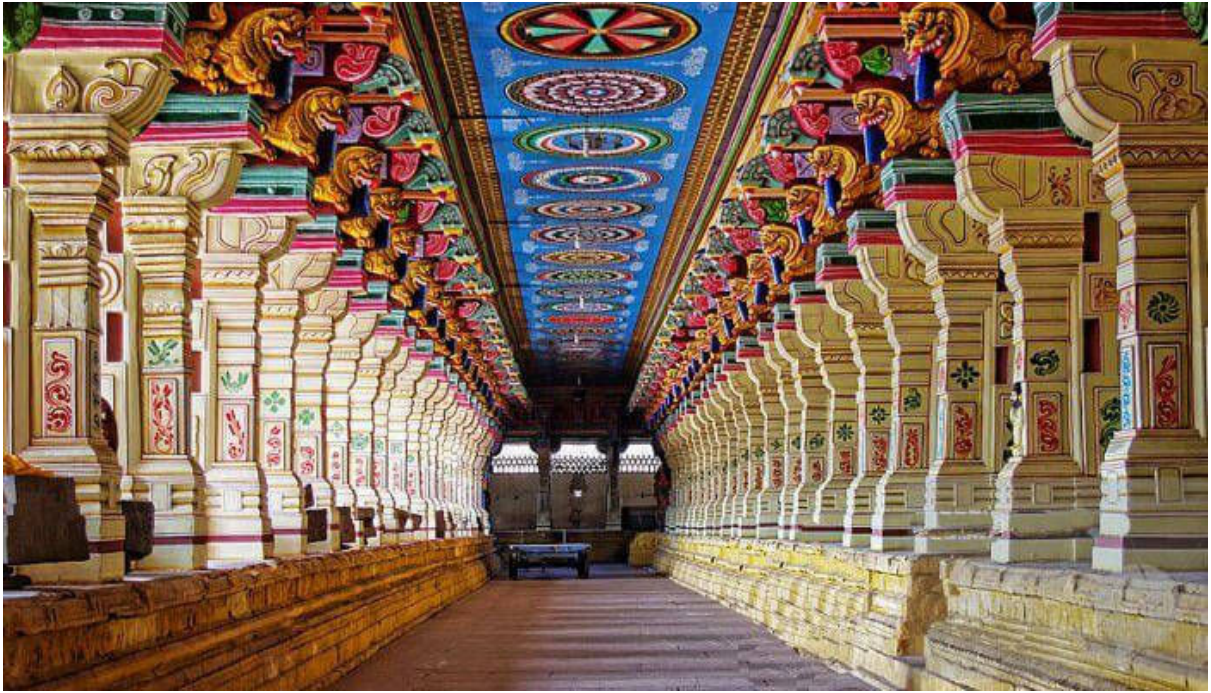


'Rama Sethu' Submerged under the Ocean

Rameswaram is absolutely unique in India - historically, geographically and even religiously. Here is situated the Temple to Lord Siva and also of Lord Rama, in a single unifying stroke. It is one of the 12 Sacred Jyotirlinga Temples in India. Also, the Avatar Lord Rama who belonged to the bygone pre-historic Treta Yuga, came to Rameshwaram, all the way from Ayodha in the North, on his way to Sri Lanka, where he confronted and vanquished the demon king, Ravana. The impossible miracle of the Arabian Sea yielding and withdrawing happened, so as to facilitate Rama's crossing over to Sri Lanka over a bridge, that was constructed more than 7000 yrs ago. The remnants of this submerged bridge (Rama Sethu) exists to this day, as Satellite pictures testify. The bridge connects the landmass of India to Sri Lanka. There is also an astonishing Train bridge over the sea, connecting India and Sri Lanka, apart from a road bridge for use of four wheeled vehicles, buses and lorries and freight carriers.



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Inside the Rameswaram Temple

In Kanyakumari, which is the very southernmost tip of Peninsular India, we have the Vivekananda Rock Memorial and the Kanyakumari Temple of Adi Parasakti [Temple of the Divine Mother as Virgin Goddess].



Vivekananda Rock Memorial

This pilgrimage is intended to take us back into the mists of time, to create a communion with the soul of India, the soul of Adi Sankaracharya, the soul of Swami Vivekananda, and the soul of Lord Rama, the Avatar of Hinduism, and the soul of Sri Ramana Maharshi. We have devoted a separate brochure for educating the Participants, before they embark on this extraordinary pilgrimage of a life time.

Our Pilgrimage Schedule [Feb 10th to Feb 16th]:7Days, 6 Nights

Places: Chennai-Cochin-Trivandrum-Kanyakumari-Rameswaram-Madurai-Chennai.

There is a separate brochure on this Pilgrimage for registration. Await the same.

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Further Information:

1. Previous Retreats Conducted by Sri. Sankara Bhagavadpada:
 - 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' Maryland, USA.
 - 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 (Founder), 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, Subramanian M. Kumar and Marsha Dawn Giel].
 - iv. Ten Day Amanaska Yoga Retreat in Kamloops, BC, Canada, in May 2018 (14 seekers); Organized by the Host, Sri. Madhu Sai Deevanapalli, Founder : 'The Happyness Center Foundation', Kamloops, BC, Canada.
 - v. Two Day Amanaska Yoga, Intl Retreat, in Mexico City, Mexico in Jan 2019 (20 seekers) [Organized by the Host : Ms. Sandra Morfin, CDMX, Mexico].
 - vi. Two Day Amanaska Yoga, Intl Retreat, in Tampa, FL, USA, in Jan 2019 (25 seekers) [Organized by 'Panchaasya Yoga Foundation', Tampa, FL, USA, Marsha Dawn Giel (Host) and Subramanian M. Kumar].
2. Websites of Sri. Sankara Bhagavadpada, you may want to visit:
www.tat-tvam-asi.org; www.hinduworldastrology.net;
3. You Tube Video of Dr. Bhagavadpada's 90 Mts Panel Discussion at the 2018 Parliament of the World's Religions, in Toronto:
https://www.youtube.com/watch?v=oehwrmYWQvI&feature=em-share_video_user
4. Books authored by Dr. Bhagavadpada which are available on www.amazon.com:
 - 'Sri Ramana Maharshi's Moksha' (2008)
<https://www.amazon.in/Sri-Ramana-Maharshis-Moksha-Astrological/dp/B006TAOHEU>
 - 'Self-Realization Through *self*-Knowing' (2016).
<https://www.amazon.in/Self-Realization-Through-Self-Knowing-Enquiry-Dharma/dp/9382742530>
5. Sri. Sankara Bhagavadpada's You Tube Channel:
<https://www.youtube.com/channel/UCXC6-3JHnwh-GwsSQAxZZFw>
6. Contact Details
Latin America: Ricardo Bravo
Websites: www.vedicflower.org; www.astrologiaindia.com
Phone: +549 11 2850 6767; contacto@vedicflower.org

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www.jnanajyothi.net



Amanaska Yoga Retreat at Le Pondy Feb, 2016



Amanaska Yoga, Chennai Feb, 2017



Amanaska Yoga, Brasilia Oct, 2013

AUM TAT SAT

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