



4. To understand the process of transformation of self-system as a simultaneous phenomenon
5. To appreciate the Indic approach to inner work
6. To understand the ground from which many Western advances in psychology have built their approaches
7. To enable the freedom from divisive and anthropomorphic understanding of the world

For whom

Open to anyone who has done at least one lab conducted by Sumedhas/Aastha/ISABS/GRC

Dates: November 19th to 22nd 2017 & July 8th to 11th 2018

Programme timings: This will be a nine-month programme with self-learning through exercises based on video learning material. It will be triggered off by a residential programme in November and end with a residential programme in July.

Venue : Ritambhara Ashram, Kotagiri, Nilgiris

Fees:

For further details please write to

raghu@totallyalignedorganization.com

vandana@totallyalignedorganization.com

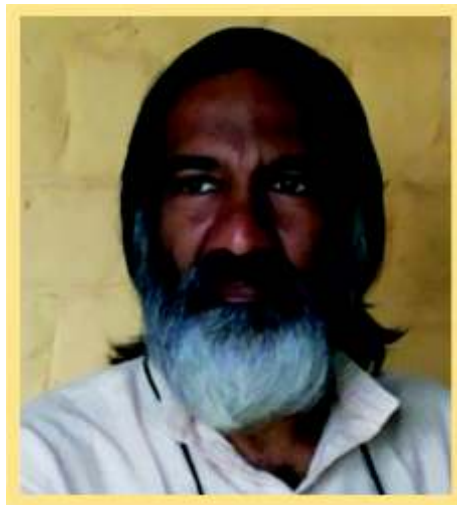
To register click [here](#).





Faculty Profile

Raghu Ananthanarayanan



Raghu is a post-graduate from IIT Madras who has focused on human behaviour. He is a direct disciple of Yogacharya Krishnamacharya and T.K.V. Desikachar. He has taught Yoga at the Krishnamacharya Yoga Mandiram for over a decade. He has also had the benefit of a long association with Prof. Pulin Garg and J. Krishnamurti. Raghu has enabled the development of many craft groups, as well as a Tamil theatre group called Koothu-p-Pattarai. He has pioneered an approach to process work that brings together the laboratory learning method with Yoga and theatre.

He brings together his Yoga Saadhana and understanding of technological systems to bear on his central quest: how can each of us be the best that we can be? He uses theatre and the Puranas to enable people to realise their deepest aspiration. He is now engaged in creating a coaching academy "Awakening Arjuna".

www.raghuananthanarayanan.com

<https://www.linkedin.com/pulse/tedx-talk-mahabharata-mirror-self-raghu-ananthanarayanan?published=t>