



invites you to
A Nature Retreat at Arunachala



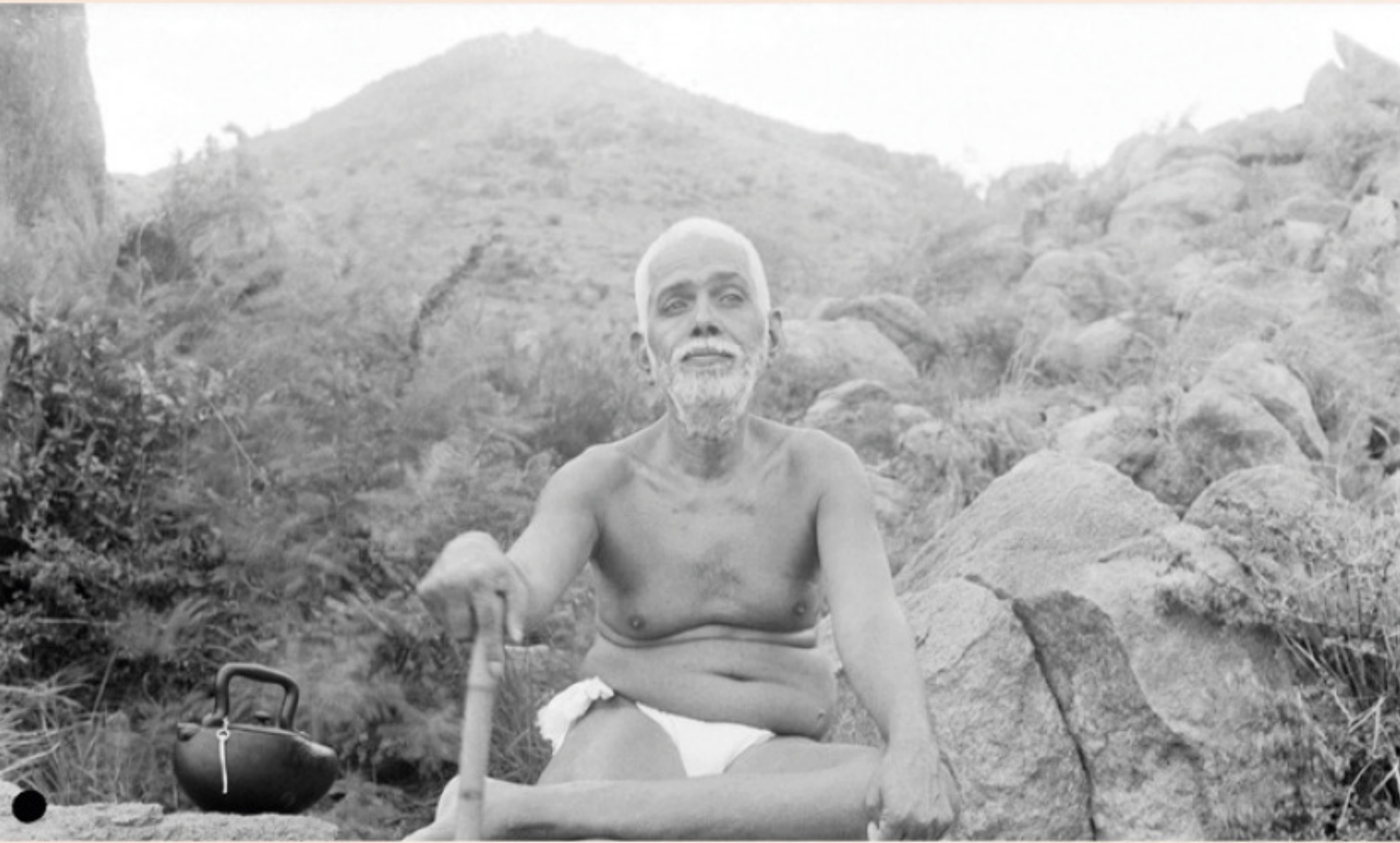
a 3-day residency/workshop on
Yogic Exploration
Sonic Experience
Pranic Exchange

+ Circle of Listening & Conversations on The Essence

4/5/6 FEBRUARY 2022

SRI ANANTHA NIKETAN, TIRUVANNAMALAI

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The Story of Arunachala Ramana

Ramana Maharshi was born in Tiruchuli, Tamil Nadu, India. In 1895, an attraction to the sacred hill Arunachala and the 63 Nayanmars was aroused in him, and in 1896, at the age of 16, he had a “death-experience” where he became aware of a “current” or “force” (avesam) which he recognized as his true “I” or “self”, and which he later identified with “the personal God, or Iswara”, that is, Shiva. This resulted in a state that he later described as *“the state of mind of Iswara or the jnani”*. Six weeks later he left his uncle’s home in Madurai, and journeyed to the holy mountain Arunachala, in Tiruvannamalai, where he took on the role of a sannyasin, and remained for the rest of his life.

Among the spiritual centres of India, Tiruvannamalai (Arunachala) represents the most direct, the most formless and the least ritualistic of paths, the path of Self-enquiry, whose gateway is silent initiation. This is expressed in the old Tamil saying: *“To see Chidambaram, to be born at Tiruvarur, to die at Banaras or even to think of Arunachala is to be assured of Liberation.”* The Maharshi called Arunachala the spiritual Heart of the world. Aruna, which means ‘red, bright like fire’, does not signify the mere fire that gives off heat. Rather, it means Jnanagni, the Fire of Wisdom, which is neither hot nor cold. Achala signifies hill. Thus, Arunachala means *‘Hill of Wisdom’*.



Sri Anantha Niketan

Sri Anantha Niketan is situated in a village adjacent to Tiruvanamalai, in the lap of Arunachala, the abode of Sri Ramana Maharshi. The ashram has humble stays that are original to the place. The food is cooked out of devotion by the staff that resides in the same village.

sriananthaniketan.com



Exploration, Experience, Exchange

ASANA

Start your day with energetic practice of Hatha-style Asana and Pranayama leading to a meditative state, using techniques of building awareness of body, breath and mind.

CONSCIOUS MOVEMENT FOR EMOTIONAL INTEGRATION

Movement has immense potential for dissolving our emotional patterns. With subtle movement we begin to notice how our emotions are linked with our body and thinking. A safe awareness of our emotional, physical and mental body arises and helps us to let go of emotions that no longer serve us.

CEREMONIAL HEALING

Shamanic healing rituals by Pragyan using sounds and crystals.

AATMASPHERE

The experiment uses music as a means to healing and connecting souls. Exploring the sonic and spatial possibilities of an ancient symbol, the Enneagram, the idea behind the experience is to create a timeless state of pure awareness.

TIRUVANNAMALAI EXPLORATION

The stay will include excursions around the hill visiting the temples and ashrams that dot the 14-km circumambulation of the hill.





Program of Activities

Day 0

Thursday

5 PM Introduction and welcome ceremony

7 PM Dinner

Day 1

Friday

6 AM Wake up

7:00 AM – 8:30 AM Asana

9:00 AM Breakfast

10:00 AM Sound Therapy (Aatmasphere)

11:00 AM to 12 PM Karma Yoga

12:00 PM to 1:00PM

Conscious Emotional Movement

1:00 PM Lunch

2:00 PM Circle of Listening

3:00 to 6:00 PM Tiru adventures

7:00 PM Dinner

8:00 PM Conversations on the Essence

Day 2

Saturday

6 AM Wake up

7:00 AM – 8:30 AM Asana

9:00 AM Breakfast

10:00 AM Sound Therapy (Ceremonial Healing)

11:00 AM to 12 PM Karma Yoga

12:00 PM to 1:00PM

Conscious Emotional Movement

1:00 PM Lunch

2:00 PM Circle of Listening

3:00 to 6:00 PM Tiru adventures

7:00 PM Dinner

8:00 PM Conversations on the Essence

Day 3

Sunday

6 AM Wake up

7:00 AM – 8:30 AM Asana

9:00 AM Breakfast

10:00 AM Sound Therapy (Aatmasphere)

11:00 AM to 12 PM Karma Yoga

12:00 PM to 1:00PM

Conscious Emotional Movement

1:00 PM Lunch

2:00 PM Ending Ceremony



Facilitators



VISHNUDEV

Vishnudev is an Asana instructor, student of Yoga and Seeker of the Truth. He is currently researching on Pranic energy building practices. Arunachala has been a huge portal in his journey. He has curated the program and will be involved with all the activities and logistics.



SIRISH

Sirish's journey as an intuitive energy healer for the last 15 years has helped him release and integrate his own "negative" emotions and the resulting severe physical body illnesses. His own transformation has transformed all his relationships through awareness of communication-blocks held deep within the body.



PRAGYAN

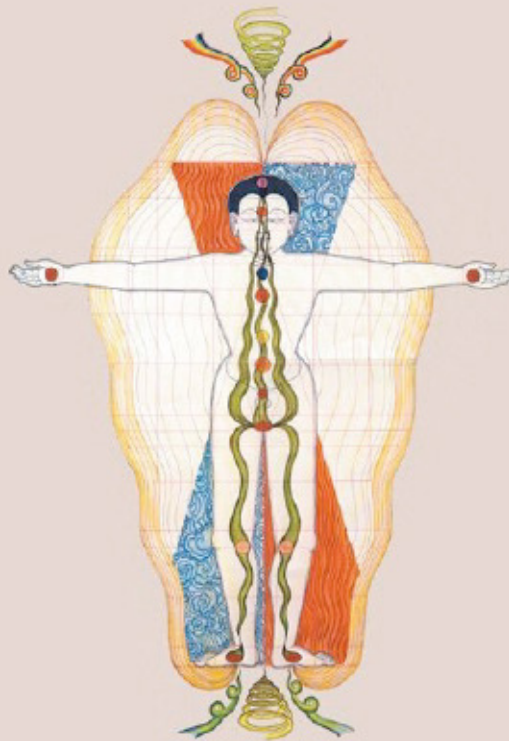
A multimedia artist, poet and sound explorer, Pragyan is interested in ceremonial rituals and sacred gatherings. In her experiments with Tibetan Bowls, Bells and nature sounds, she creates a sublime metaphysical realm of inner awareness and being.



DARA

Exploring the sonic realm as a means to transformation and transcendence, Dara's project *Aatmasphere*, is an experiment in music, movement, meditation and memory. At its core is the idea of connecting souls and creating a timeless state of calm.

YOGA



For more information,
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WHO AM I?