

# YOGA in EVERYDAY LIFE

**A RESIDENTIAL RETREAT TO EXPLORE AND REFLECT**

*Talks, discussions, silent contemplations amidst beautiful, serene natural surroundings*



SCAN TO REGISTER  
Limited seats!

**“Whatever may be done by other world-shunning or heaven-seeking disciplines, this is the difficult but unavoidable task of the integral Yoga; it cannot afford to leave unsolved the problem of the outward works of Life, it must find in them their native Divinity and ally it firmly and for ever to the divinities of Love and Knowledge.”**

*~ Sri Aurobindo*

## VENUE

**Sri Aurobindo Dhama**  
**Sangama- Mokedatu**  
**Kanakapura Taluk, Ramanagara Dist.**  
**Karnataka - 562117**

**DECEMBER**  
**27-29, 2024**

Registration mandatory

*On the banks of Cauvery river,  
nestled amidst green forests*

Contact:  
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## RESIDENTIAL RETREAT AT SRI AUROBINDO DHAMA

Let us grow together as we explore in the light of Sri Aurobindo these topics:

- Human Relations & Self-growth
- Right Attitude towards Money
- Yogic Approach to Work
- Growing Wise with Humour

Chanting/Savitri Reading

Presentations

Q & A and Discussions

Creative Games

Reflections and Contemplation

Group Work

**DECEMBER**  
**27-29, 2024**

### FACILITATORS

- Beloo Mehra
- Narendra Murty
- Biswajita Mohapatra
- Runalika Roy

START: FRIDAY, 27, 7:00 PM

CLOSE: SUNDAY, 29, 1:30 PM



SCAN TO  
REGISTER

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