

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
<https://bit.ly/48aoZIH>

Contact:

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

Jogesh - sriurobindodhama@gmail.com/ 9480870091

Beloo - beloo.mehra@aurosociety.org/9786457648

YOGA in EVERYDAY LIFE

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



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