

25-26th AUGUST 2018

Yoga as a Way of Living

Jointly organised by Sri Aurobindo Centre for Advanced
Research (SACAR) & NAMAH, The Journal of Integral Health

Day – One

25th August 2018

09.00 am

Invocation by:

Mrs. Deepshikha Reddy

09.15 am

Yoga and Life:

Dr. Debabrata Sahani

10.45 am

Tea Break

11.15 am

Living the Yoga of Love:

Mr. James Anderson

12.45 pm

Lunch Break

02.00 pm

Transforming Relationships:

Mr. Pulkit Sharma

03.30 pm

Tea Break

04.00 pm

Mamekam Sharanam Vraja

(Take Refuge In Me Alone):

Dr. Ananda Reddy

05.30 pm Close

Day – Two

26th August 2018

09.00 am *Invocation by:*

Mrs. Deepshikha Reddy

09.15 am

Living Within – At the

Workplace:

Dr. Yogesh Mohan

10.45 am *Tea Break*

11.15 am

Yoga and Evolution:

Dr. Alok Pandey

12.45 pm *Lunch Break*

02.00 pm

Taking Charge of Our Life:

Dr. Falguni Jani

03.00 pm

Samatvam Yoga Uchyate:

*A Deeper Insight into the Idea
of Oneness and Equality:*

Dr. Sampadananda Mishra

04.00 pm *Tea Break*

04.30 pm

Towards Immortality:

Dr. Soumitra Basu

05.30 pm Close

- What is our aim in Yoga? What do we mean by Yoga?
- What is the relationship between Yoga and well-being?
- What challenges do those in Yoga face from the usual way of living?
- How does our inner psychology benefit from the gift of knowledge?
- What happens when we walk the Yoga of Love?
- What do we realise as we progress along the Yoga of Works?
- How can Yoga transform our mundane existence?
- What is the action of this transformation?
- Can Yoga help with our family relations?
- How can Yoga enhance the quality of our human relationships?

Venue: SACAR, 39 Vanniar Street, Vaithikuppam, Puducherry, 605012
Camp Fee for residents at SACAR's Guest House: Rs. 2200 (incl full board)

Camp Fee for non-residents: Rs. 1500 (incl lunch & tea)

Mode of Payment: NEFT in favour of SACAR Trust.

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