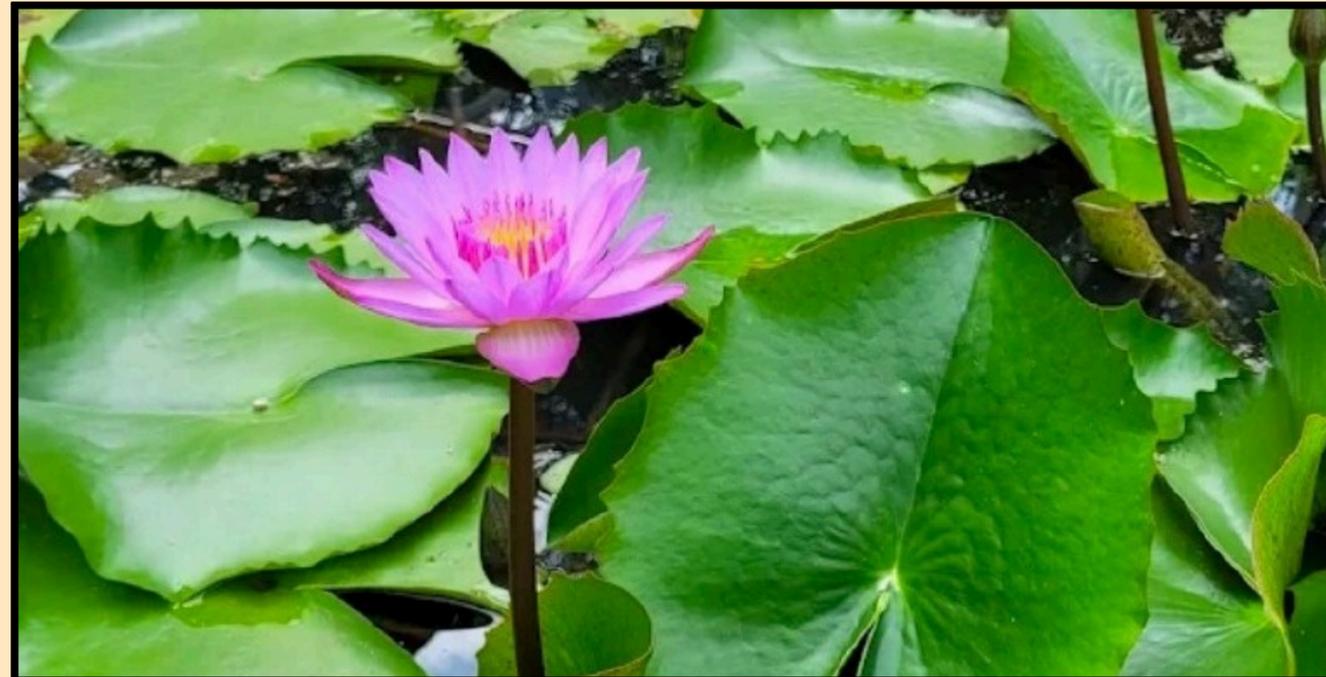


**KATHALAYA'S INTERNATIONAL ACADEMY OF STORYTELLING  
PRESENTS**

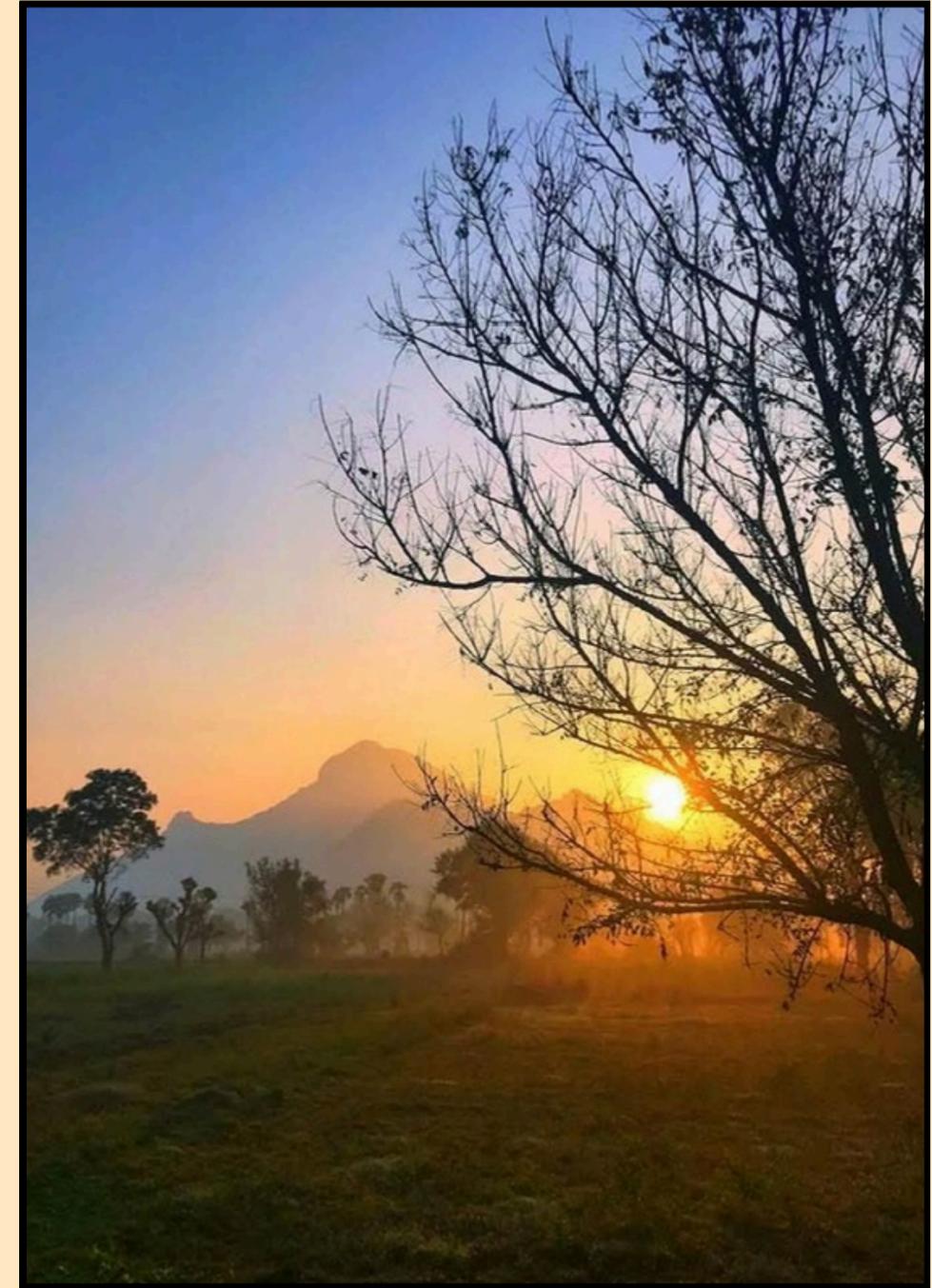
# **ANTARDHWANI**

THE VOICE OF CONSCIOUSNESS

*Residential Spiritual Retreat*



*Step into the serene sanctuary  
created for seekers,  
storytellers and  
anyone longing to explore  
deeper truths*



Antardhwani invites you to journey inward — to pause, listen, sit in stillness, engage in meaningful conversations, and rediscover your authentic self through stories and soulful practices.

This transformative weekend offers a sacred space for renewal, helping you move beyond fears, doubts, and limiting patterns. Through deep listening, conscious movement, and creative expression, you'll step out of old narratives and into a more expansive version of yourself.

Meditation, yoga, and therapeutic storytelling gently guide you to tune into a quieter, more profound rhythm within.

# KEY MOMENTS OF SELF DISCOVERY



- *Guided silence & mindfulness*
- *Expressive arts: music, movement, voice & non-verbal exploration*
- *Heart-to-heart storytelling*
- *Journaling your inner reflections*
- *Deep introspection & transformative dialogue*

# RETREAT EXPERIENCES

- *Yoga*
- *Deep Listening*
- *Crystal Transformation*
- *Meeting the Roommate Within*
- *Heartful Story Circles*
- *Expressive art & movement sessions*
- *Silent, reflective walk around the mountain*
- *Sacred visit to Ramanashram*



*RETREAT DATES*

*July 24-26 2026*

*RETREAT VENUE*

*Shivalaya Asram, Adi Anamalai,*

*Thiruvannamalai,*

*Tamil Nadu*





*Program Facilitator*



**GEETA RAMANUJAM**

*Master Facilitator, Trainer,*

*Author, Director,*

*Kathalaya's International Academy of Storytelling*

## RETREAT FEE

INR 30,000 per person

Inclusive of Food and twin Accommodation

Click to register <https://forms.gle/HvrmVh5fNCilt4MC9>

For details contact

+91 8277389840

+91 6364559840

Thank You