

**SRI AUROBINDO DHAMA, SANGAM  
IN COLLABORATION WITH  
KATHALAYA'S INTERNATIONAL ACADEMY OF STORYTELLING  
PRESENTS**

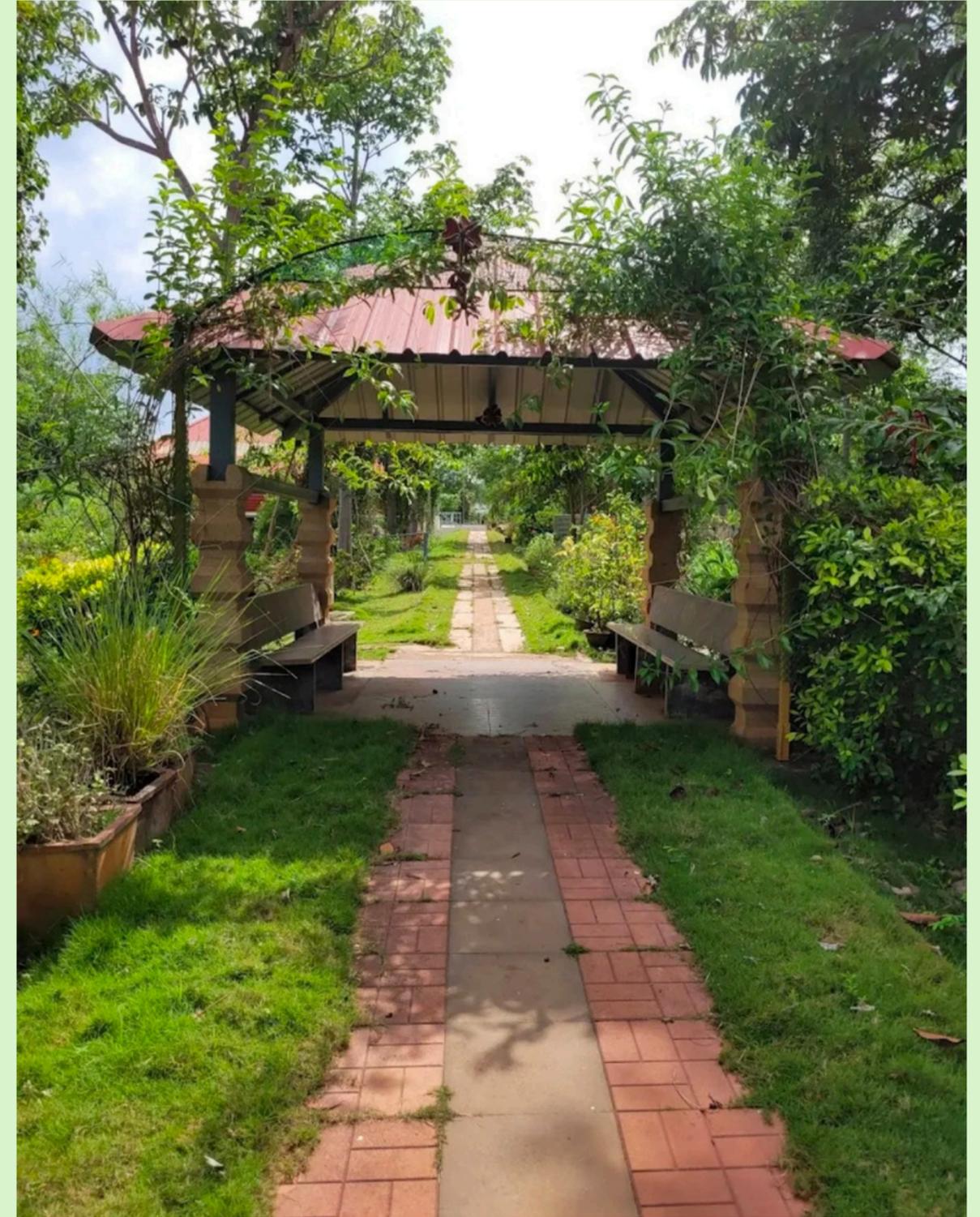
# **ANTAHKARANA**

THE VOICE OF CONSCIOUSNESS

Residential spiritual retreat



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



Antahkarana 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
  - DeepListening
  - Crystal Transformation
- Meeting the Roommate Within
  - Heartful Story Circles
- Expressive art & movement sessions
  - Silent, reflective nature walks

## Retreat Dates

January 23-25, 2026 (Friday to Sunday)

## Retreat Venue

Sri Aurobindo Dhama, Mekedatu, Bangalore  
(Approximately 3 hours' drive from Bangalore)

<https://maps.app.goo.gl/BGkSx1wZXVnuN7A76>

Pick-up and drop facility available

from Silk Institute Metro Station  
(Green Line - last stop, Kanakapura Road)





Program Facilitator

**GEETA RAMANUJAM**

Master storyteller,  
Trainer, Author, Director  
Kathalaya's International Academy of  
Storytelling



## Course Fee

₹10,000 per person

(Inclusive of twin-sharing accommodation and food, Tea /Coffee  
from Jan 23rd, 3:00 PM to Jan 25th, 3:00 PM)

To register click <https://forms.gle/NwC4xuhJoppc2BswE9>

For details contact

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Thank you