

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

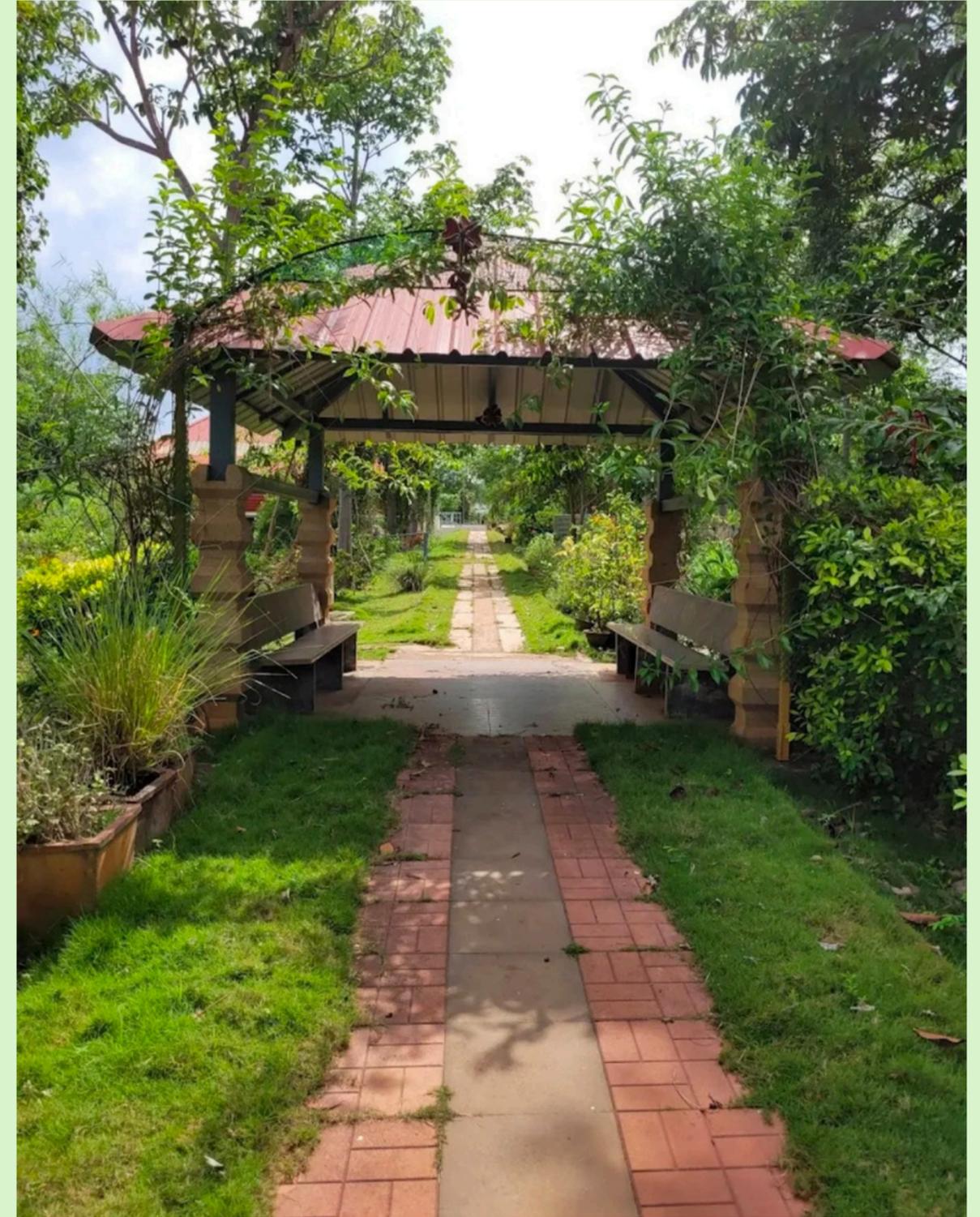
ANTAHKARANA

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/NwC4xuhJopc2BswE9>

For details contact

+91 91481 05050 / +91 82773 89840

Thank you