Yoga of Ganga and Kaveri: Spirituality & Arts / Crafts

5 Days of Yoga, Meditation, and Creativity
3rd – 7th February 2020
9:00 am – 12 Noon

Bengaluru

Ancient Connections
Let’s meditate together upon and for life-giving rivers

GANGA & KAVERI
- The (Western) Ganga dynasty of Talakadu that ruled Karnataka from 350 CE were named after Ganga.
- Sandhyavandhana mantra, the oldest extant liturgy in world faiths, begins with a homage to Ganga and ends with Kaveri.
- When farmers in south India dig a well and if they get water, they perform “Ganga Puja”.
- Richard Hieram Sankey, a British civil engineer spent few years in Haridwar and made the painting shown above.
- Then he came to Bengaluru and made the Sankey Tank.

SPIRITUAL MATERIALS FOR PARTICIPANTS
- Ganga water from Har-ki-paidi in Haridwar and from Gangotri
- Rudraksh from trees in Haridwar - ashram where Shiva came for betrothal and ashram containing memorial of Guru of Guru of Paramhans Yogananda.
- Beil leaves, lotus seeds, sandalwood of Mysuru
- Sphatik, the natural rock quartz
- Participants may optionally bring any additional materials

CO-CREATE
- Writing names of ancestors with ater-colour painting using Ganga Jal
- Making bracelet and mala with Rudraksh
- Motifs with Beil leaves
- Spiritual writing
- Spiritual art

CONTRIBUTION (Per person)
1 Day (3 hours) Rs. 2500
2 Days (6 hours) Rs. 4500
3 Days (9 hours) Rs. 6000
4 Days (12 hours) Rs. 7000
5 Days (15 hours) Rs. 7500

More information -
https://azimvth.org/2020/01/18/yoga-of-ganga-and-kaveri/

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