Integral Sadhana Retreat

It's Body's Turn Now

Mind held in Gentle Light

Psychic Flame in Heart

Subtle Flow within Sensations

Sacred Substance within Body



Facilitator : Arul Dev

9^{th} to 12^{th} January 2027

Saturday 10:00 am to Tuesday 12:00 pm IST

Venue: Sharanam, Sri Aurobindo Society

(Near Ousteri lake, the main water body of Puducherry)

FOR WHOM?

FOR PRACTITIONERS AND ASPIRANTS ACROSS ALL PATHS.

This retreat is for anyone who chooses to dedicate three days to inner practice, to discover:

- depth of true substance within the body
- natural flow of breath, will, and consciousness
- process of transforming thoughts, emotions, energy, sensations, and the body itself

Whether you walk the path of Healing, Meditation, Mysticism, Somatic work, Conscious Breathwork, Tantra, Bhakti, Nāda Yoga, Raj Yoga, Kriya Yoga or Cellular transformation this retreat deepens your practice by helping you integrate the essence of your own paths with the body's substance. Many seekers explore powerful traditions — yet the transformation remains partial until the body becomes the ground of sadhana.

The Vision

Purify · Aspire · Receive · Grace

To empower people to do Deeper Body Sadhana on a daily basis to unite their body's substance, sensations, emotions and thoughts to In-Flow from Higher Consciousness

Deeper Body Work

The practice of the deeper body work has three key ingredients. First it is the art of journeying within the substance of our body. Second is the Grace of being within Source. Third is the joyful waiting with double concentration in a posture of Surrender. When we do this trifold sadhana several experiences have been unfolding for practitioners.

Integral Sadhana

When we pursue our body's transformation naturally an integral transformation of our being unfolds. Transformation of brain cells allows the higher mind to descend and operate it. Transformation of the cells in our heart region invites our inmost psychic divinity to come forward. From body’s depth thoughts and sensations are seen as external and they are easily observed, accepted, rejected or offered for transformation depending on their qualitative charge.

Secret of Transformation

For something to transform, there has to be both an ascent (the upward triangle), and the descent (the downward triangle). The ascent is the part itself aspiring or calling for something higher. The descent is the higher responding, and sharing its qualities. This descent can be fully received in a part, if the part remains conscious, aspiring and receptive. Then a new rhythm is established in the part.

The entire deeper body work and integral sadhana unfolds in this manner.



CLING TO A SOURCE

True change begins when the body is linked to a living Source — a field of consciousness that carries qualities far beyond our habitual mind and emotions. In this retreat, we learn to stay connected to at least one of three foundational Sources:

1. Above the Head — The Descent:
Vastness, Silence, Peace, Light, Joy, Love. A higher consciousness that premeates within receptive parts.

2. Below the Feet — The Golden Ground:
Stability, Sacredness, Depth, Union. A discovery that initiates the transformation of our subconscious & the inconscient and opens us to New Creation.

3. Cave of the Heart — Seat of The Psychic Being:
A luminous space where aspiration rises. The place where surrender becomes natural & transformative.

By staying open to a Source as a felt presence, we learn to receive Their Higher Qualities within us.

INNER CAPACITIES

This retreat fine-tunes the subtle capacities that make integral sadhana possible:

- Awareness: Awareness flowering within body, mind, heart, and sensation
- Sensory Acuity: Detecting entanglements, resistances & subtle shifts through inner senses.
- Sound & Vibration: Using OM, short mantras, and nature sounds to soften cellular rigidity.
- Substance Sensing: Entering the secret life of the body and discovering free matter.
- Breath–Awareness Union: Breath opening to the descending Light.
- Will & Aspiration: Offering personal will to the Psychic Inner Flame's guidance.
- Micro-Movements: Zooming into pores, points, and cells intuitively.
- Surrender & Receptivity: Offering, waiting, receiving and assimilating Grace Light.
- Condensation & Expansion: Kneading subtle substance, making body more receive.
- Source Connection: Be within a Source, identify and allow Its qualities to permeate you.

RETREAT EXPERIENCE

A FIELD OF PRACTICE, PRESENCE & GRACE

Each day unfolds through a rhythm of practice, rest, reflection, and subtle discovery.

What the days look like:

Inner Practice Sessions

Collective Sadhana

Conscious Dynamic Movements

Personal one to one guidance

Practice of Silence

Dialogues and Q&A

Conscious Living

Nourishing food

Soaking in Nature

WISDOM LINEAGES

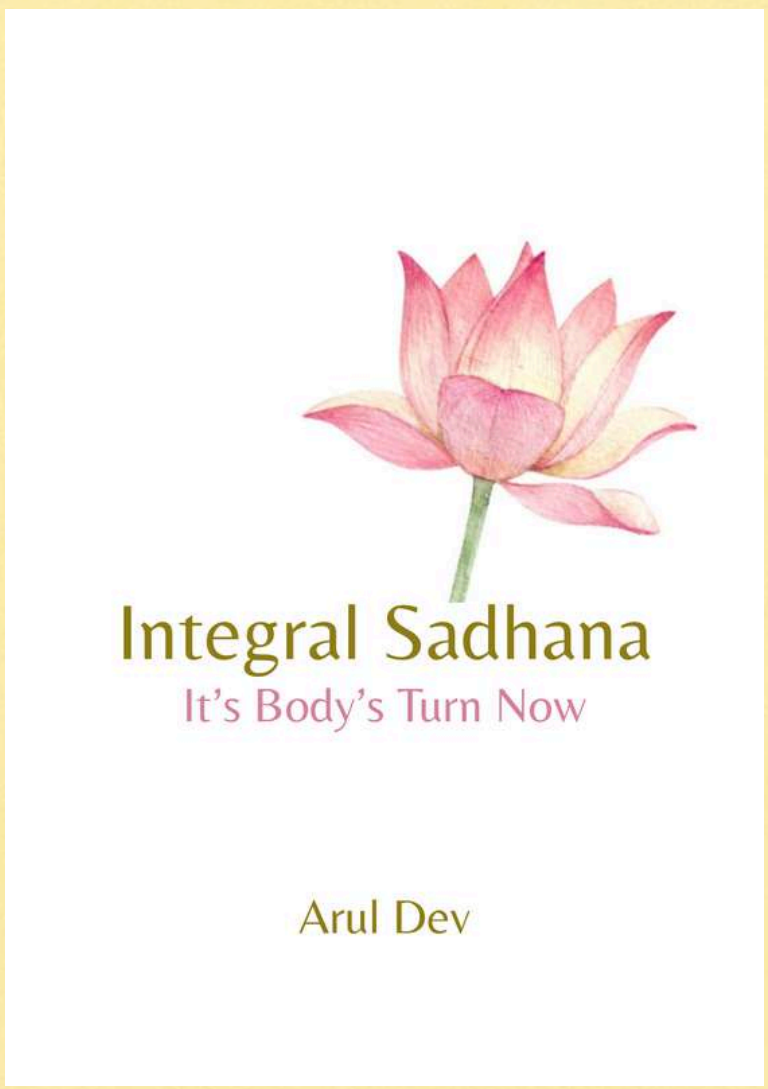
Rooted in Ancient & Evolving Knowledge

The practices draw from:

- Integral Yoga of The Mother & Sri Aurobindo: Awakening consciousness in the body and cells.
- The Mother's Agenda: Direct explorations calling, opening to The Supreme will of transformation within the substance of body.
- Siddhar Wisdom: Subtle bodywork, breath, and minute observation of inner alchemy.

These converge into tiny conscious practices that can be done with eyes open and closed.

All the practices and insights that have emerged over the last 8 years in our retreats have been shared in this book. This book is a reference material for our retreats and for our individual sadhana.



REGISTER

DATES: 3 day residential retreat program

9th to 12th January 2027

Satruday 10:00 am to Tuesday 12:00 pm IST

VENUE: Sharanam Community Training Centre
Sri Aurobindo Society, Poothurai Road, Ousterimedu,
(Near Vazhudavoor Road), Vanur Taluka, Villupuram,
Tamil Nadu - 605111. (Sharanam is located near Ousteri lake, the main water body of Puducherry.)

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CONTRIBUTION

Shared Occupancy:
New Participants : Rs. 15,000/- | Repeaters - Rs. 11,000/-

Single Occupancy:
New Participants : Rs. 18,000/- | Repeaters - Rs. 14,000/-

For Foreign Nationals:
Single Occupancy : Rs. 25,000 | Shared : Rs. 20,000

This is inclusive of retreat experience, accommodation, meals & refreshments.



Facilitator — Arul Dev

Post his BITS Pilani Engineering in 1994, Arul Dev formed his startup People First Consultants. For 31 years and ongoing he serves as the Founder CEO guiding the Talent Hiring, Leadership Development and Holistic Coaching solutions.

His unique offering in 'Coaching with Ease' Retreats. He supports beginner and advanced coaches, facilitators and leaders in the areas of Human Development to identify their own niche and build their frameworks, models, practices and offerings. He is a trustee of Eyes Trust, which facilitates Integral Education initiatives, and President of Aurora Trust, which focuses on Integral Transformation projects across India.

Arul has explored deeply:

- Communication and Results Management mentored by Kichu Krishnan
- Deep processes of Neuro Linguistic Programming mentored by Richard (Dick) Mc Hugh
- Transformative Coaching mentored by Peter J Reding

All these earlier paths are now being integrated within the light of Integral Yoga since 2008. The deeper body work and The Delight Matrix are received from The Mother and Sri Aurobindo's sadhana path of Yoga of perfection and transformation, and is inspired to be shared with the aspirants of a higher, integrated, and Divine life.

His signature retreats and courses include:

- Integral Sadhana - It’s Body’s Turn Now
- Purification to Surrender - Deeper body work of the Cells
- Connecting to Source Consciousness
- Delight Matrix — Synchronizing eight parts of being, one pair at a time
- Your Golden Purpose - Remembering your soul's contract
- The Mother’s Symbol — embodying Her twelve qualities and four soul forces
- Holistic Education - For students, teachers and parents

He has authored three books:

- Into Great Depth of your Being, published by Auro Publications
- The Flame Within, published by Soulscapes
- Integral Sadhana, It’s Body’s Turn Now by People First Consultants

Arul’s vision is to inspire people to taste the joy of inner practice alongside outer work — to evolve and excel in whatever they do.

With Grace

EVOLVE
PROGRESS
MANIFEST

