



**S-VYASA**  
Deemed to be University  
Bengaluru, India



Short-term  
Online Course

# Ashtavakra's Teaching & Efficient Life Management

The Ashtavakra Gita is a spiritual text from ancient India that presents the teachings of Advaita Vedanta, a school of Hindu philosophy. The aim of the Ashtavakra Gita teaching is to guide individuals towards enlightenment or self-realization, where one recognizes their true nature as the pure, eternal, and indivisible Self. The text emphasizes the importance of transcending the limited identity of the body, mind, and ego to experience the infinite consciousness that pervades everything.

## Highlights of the Course:

- To help individuals understand the illusory nature of the world and the importance of detachment.
- To provide guidance on the practice of meditation and self-inquiry to realize the true Self.
- To emphasize the need for surrendering the ego and embracing humility and compassion.
- Session Recordings will be available for three months
- E-certificate will be distributed after the completion of the course

## Details of the Course:

- Course Duration: **16 Sessions** from **8<sup>th</sup> May 2023**
- Day: **Monday to Friday**
- Time: **6:30 pm to 7:30 pm** (IST)
- Course Fee: **₹ 1000/-**
- Registration Link: <https://forms.gle/mCxQQUvBjBH4Fu1k6>
- Whatsapp Contact: **+91 79759 27219**
- Email: [onlineyogacourses@svyasa.edu.in](mailto:onlineyogacourses@svyasa.edu.in)

Course By:

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PhD in Theoretical Physics from  
IISc, Bengaluru, India.

Research Experience  
in mathematical and  
computational biology  
at the Pierre and  
Marie Curie University,  
Paris in France, Kyoto  
University, Kyoto in Japan,  
Utrecht university, Utrecht in Holland,  
University of Helsinki, Helsinki in  
Finland and Santa Fe Institute, Santa  
Fe in New Mexico, USA.

Author of multiple publications,  
patents and book chapters.

Interested in Western philosophy,  
Indian philosophy and spirituality  
since 1986

Experience of higher consciousness  
following meditation practices for  
about three decades.

[www.svyasa.edu.in](http://www.svyasa.edu.in)