

# “VHAH FEST 2018”

VEDAARANYA HERITAGE ARTS AND  
HEALING FESTIVAL, 12-15 JANUARY 2018



FOR FREE FESTIVAL REGISTRATION VISIT [www.vedaranya.com](http://www.vedaranya.com)  
FOR PRE AND POST FESTIVAL VEDAARANYA WORKSHOPS AND ACCOMODATION,  
Please Contact; [nadavibronics@gmail.com](mailto:nadavibronics@gmail.com); [vedaaranya@gmail.com](mailto:vedaaranya@gmail.com)  
Phone: +91 9810078925; +91 124 4235684  
[www.vedaranya.com](http://www.vedaranya.com); [www.shrutifoundation.org](http://www.shrutifoundation.org); [www.shrutinada.com](http://www.shrutinada.com)

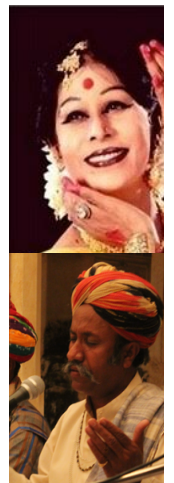
## FREE

### FESTIVAL OFFERINGS

- VEDIC CHANTING WITH SHRUTI
- TRADITIONAL INDIAN GAMES
- FOLK AND SUFI MUSIC
- INDIAN MASK MAKING
- KITE MAKING AND FLYING
- INDIAN HERBAL MEDICINE
- VAASTU – INDIAN SCIENCE OF BUILT SPACE
- HERITAGE BUILDING RESTORATION WITH LIME (CHUNA), STONE AND BRICK

### PERFORMANCES

- **KATHAK PERFORMANCE** BY STUDENTS FROM SHEKHAWATI
- **KALARIPAYATTU FROM KOCHI- ORIGINAL INDIAN MARTIAL ARTS**
- **AMAZING LAVANI** –MUSICAL MAHARASHTRIAN FOLK THEATRE
- **MANGANIYAARS** WORLD FAMOUS SINGERS - **WITH KAALBELIYA** FOLK DANCERS
- **CHHAU** – BENGAL - MASKED RELIGIOUS DANCE SPECTACLE





# Vedaaranya Haveli

## Retreats At Ramgarh Shekhawati, Rajasthan



The Heritage Retreats and Hospitality at Ramgarh Shekhawati and Adjoining areas are unprecedented experiences for seekers of artistic delight. Magnificent architectural homes with beautiful arches, high walls, intricately carved doors and windows and stunning frescoes, temperas and etchings on its walls, arches and ceilings. A place where you can relax. Do Yoga and Heal. Enjoy Chanting and Meditation with Shruti Nada Poddar.

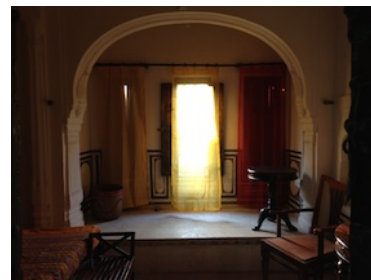
Where you can drive out to watch the deer at sunset. Or enjoy a ride on your own adorned camel in the day and dance with the folk dancers in the evenings



A place where you can Read. Create, Learn, And be mesmerised by the stunning structures and wall paintings in the surrounding habitats from your own heritage room window.

We welcome you to Vedaaranya Living at Ramgarh Shekhawati. A space for joy and life transforming experiences.

Call +91-9810078925; Website: [www.vedaaranya.com](http://www.vedaaranya.com)  
Email: [nadavibronics@gmail.com](mailto:nadavibronics@gmail.com); [vedaaranya@gmail.com](mailto:vedaaranya@gmail.com)



# KALARIPAYAT THE ORIGINAL INDIAN MARTIAL ARTS PRE-FESTIVAL - THREE WEEK WORKSHOP 21<sup>st</sup> DECEMBER 2017 - 11<sup>th</sup> JANUARY 2018



The Rooster Posture

## VENUE:

**DEEPCHAND KISHANLAL PODDAR HAVELI  
WARD No. 9, RAMGARH SHEKHAWATI, 331024  
SIKAR DISTRICT, RAJASTHAN**

KALARIPAYAT, the Indian "SCHOOL OF FIGHTING" is a Vedaaranya Workshop organized by Shruti Foundation at Ramgarh Shekhawati.

Kalaripayat Masters from Kerala will teach these great Martial Arts to Students and Adult participants at Poddar Haveli for three weeks from 21<sup>st</sup> December 2017 to 11<sup>th</sup> January 2018 before the Vedaaranya Festival (VHAH FEST 2018). The students will go back with great physical and mental concentration power and the best students will perform along with the Masters on 12<sup>th</sup> January 2018, National Youth Day at the inauguration of VHAH FEST 2018!

Vedaaranya Experiences

Email: nadavibronics@gmail.com; vedaaranya@gmail.com

Phone: Shruti Poddar: +91 9810078925; +91 124 4235684

[www.vedaranya.com](http://www.vedaranya.com)

# VEDAARANYA RAJASTHANI FOLK MUSIC AND DANCE WORKSHOP

ONE WEEK WORKSHOP FROM 7<sup>th</sup> JANUARY 2017

AT RAMAYANA CHHATRI, RAMGARH SHEKHAWATI, 331024, RAJASTHAN

For registration contact: [nadavibronics@gmail.com](mailto:nadavibronics@gmail.com); [vedaaranya@gmail.com](mailto:vedaaranya@gmail.com); +91 98100078925



# VEDAARANYA WELLNESS AND NADA HEALING RETREAT

## SHRUTI'S NADA YOGA (VIBRATIONAL HEALING)

### and KAIVALYADHAMA HATHA YOGA – 16<sup>th</sup>-18<sup>th</sup> JANUARY 2018



- Shruti Poddar is the Pioneer of **NADA VIBRONICS YOGA (VIBRATIONAL HEALING)**, the ecosystem for wellness and cure of autoimmune health conditions.
- Individuals and institutions use her healing sound ecosystems worldwide.
- She has conducted clinical studies on the effects of Indian Sonic Sciences (use of Beeja Mantras) on children with asthma and other lung disorders
- Cultural consultant and heritage conservationist,
- Spiritual Musician, Vibrational healer with Nada.
- Global Wellness coach, exponent of Indigenous Knowledge and Wellness Sciences
- Policy influencer in wellness, heritage and education.
- Mentor, an educationist and faculty trainer
- Founder of Shruti Foundation

#### ***Essence of NADA YOGA AND HATHA YOGA***

- Cure of Disease, Holistic Well-Being and Personal Empowerment
- Simple and Practical Methods for Self-Healing
- Pranyama and Yogasanas for transmutation of Mind and Body
- Recognizing Our Energetics, Vibrational fluxand disorders
- Understanding Chakras and their Alignment with Human Body
- Effect of Mantra on the Brain and the Body
- Simple Techniques of Thought Transmutation
- Healing With SEED sounds
- Mudra Pressure Healing
- Nada And Visualization Therapies with SRI VIDYA
- Harmonization of Attitudes at Home and Work



- The inner journey, without mortal crutches, helped lift a veil to glimpse the final truth  
*- The Telegraph, Calcutta*
- With stress and tensions of the high tech age gripping our lives, Nada Empowerment is perhaps the alternative technique of the future  
*- India Weekly, U.K.*
- Shruti's AUM is a different experience altogether. This cassette has the feel of being a remedy for the tensions of modern age  
*- Life Positive*

Nada Empowerment, which emerged from the Vedas and withstood the test of time, is the alternative healing technique of the future  
*- Education Times, New Delhi*

- Sound has been rediscovered as a healing agent through the technique of Nada Empowerment!  
*- The Asian Age, New Delhi*

The technique of Nada ... rediscovered by Shruti, can be utilized to correct imbalances within oneself  
*Times of India*