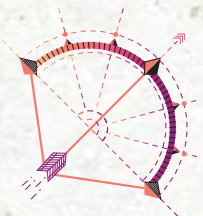




journeyswith.in

Introduction	<p>Welcome to this expedition with Ravi Ravindra.</p> <p>Module 1 has 12 lessons. Each lesson is around 5 -15 minutes long. The lessons, mostly videos, will focus on one aspect of the inner search.</p> <p>A comprehensive glossary of Sanskrit words and other references used in the lesson is included.</p> <p>You are welcome to watch the videos at your own pace. We recommend working with 1-2 videos each week.</p>
Workbook: Insights & Explorations	<p>This is a course aimed at practical application of the teachings of the Bhagavad Gita.</p> <p>Each lesson is accompanied by a PDF file that includes core insights and questions to help you in your personal exploration. Kindly try to answer these in your private journal. If you wish you can share these with your fellow students in our online forums.</p> <p>We recommend that you maintain a private journal of your experience of this course as well as of your personal insights as you engage with the material. Please pay particular attention to and note how you feel in your body and your breath as you write these questions and the responses to them.</p> <p>Kindly ensure that this journal is kept safe, private and handy as it is going to be a helpful resource for you. It will serve as a manual that you can refer to for marking the shifts that take place within and around you.</p>



The Journey Begins

Sangha/Online community & webinars with Ravi Ravindra

The experience of a journey is assimilated and understood when fellow pilgrims sit around the fireplace at night exchanging stories and sharing insights.

To facilitate this, online forums will soon be made available for anyone willing to share thoughts, ideas and questions about the course or specific lessons.

Along with the above, you will have access to the webinars where Ravi will have live Q&A sessions with students of the course.

You can submit your questions, insights and thoughts at share@journeyswith.in. Some of these will be selected to be answered live during the webinars with Ravi.

