

**Sri Aurobindo Centre for Advanced Research (SACAR), Puducherry**  
**A partner institution of Indira Gandhi National Open University, New Delhi for “Sri Aurobindo Studies”**  
**Looking Within: A symposium-workshop organized at Verite, Auroville**  
**November 2-6, 2011**

Date	9:00-9:15	9:20-10:30		11:00-12:30	LUNCH	2:30-3:30	3:30-4:15	4:15-4:45	4:45-5:30	Dinner: 6.30-7.15	Film Shows & Discussion	
Wed 2/11	Meditation	Introductions, Overview of the programme <i>Beloo</i>		Sri Aurobindo – The Future <i>Vladimir</i>		Indian Culture and a Globalized World <i>Beloo</i>	Q & A <i>Beloo</i>	TEA BREAK	Visit to the Ashram?			
Thurs 3/11	Invocation <i>Deepshikha</i>	Integration of Matter and Spirit <i>Ananda Reddy</i>		Q & A <i>Ananda Reddy</i>		Practices in Integral Yoga <i>Larry Seidlitz</i>	Q & A <i>Larry</i>		PhD student seminar <i>Sona Singh</i>		7:30 Film on SAICE	
Fri 4/11	Matrimandir Visit <i>Suhas Mehra</i>					Human Relationships in Yoga <i>Deepshikha</i>	Q & A <i>Deepshikha</i>		PhD student seminar <i>Narendra Joshi</i>		7:30 Film <i>The Adjustment Bureau</i>	
Sat 5/11	Meditation	9:20-9:40 Introductory	9:45-10:45 Looking Within: On the Individual level <i>Ananda Reddy</i>	11:15-12:30 Individual Reflective Exercises <i>Ananda Reddy</i>		Feeling the Sacred Within <i>Beloo</i>	Collective Contemplative Exercises <i>Beloo</i>		Chanting <i>Deepshikha</i>			
Sun 6/11	Invocation <i>Deepshikha</i>	Guidelines for Spiritual Living <i>Larry Seidlitz</i>		Participant Reflections on Spiritual Living <i>Larry</i>		Looking Within: On a Collective level <i>Ananda Reddy</i>	Journal Writing		Group Reflection <i>Ananda Reddy</i>			