



# HERITAGE HARMONY

**A Weekend Retreat for  
Young Hearts & Minds  
At Swar-Sadhana Tapovan  
Where Music Meets Values, &  
Joy Meets Wisdom**

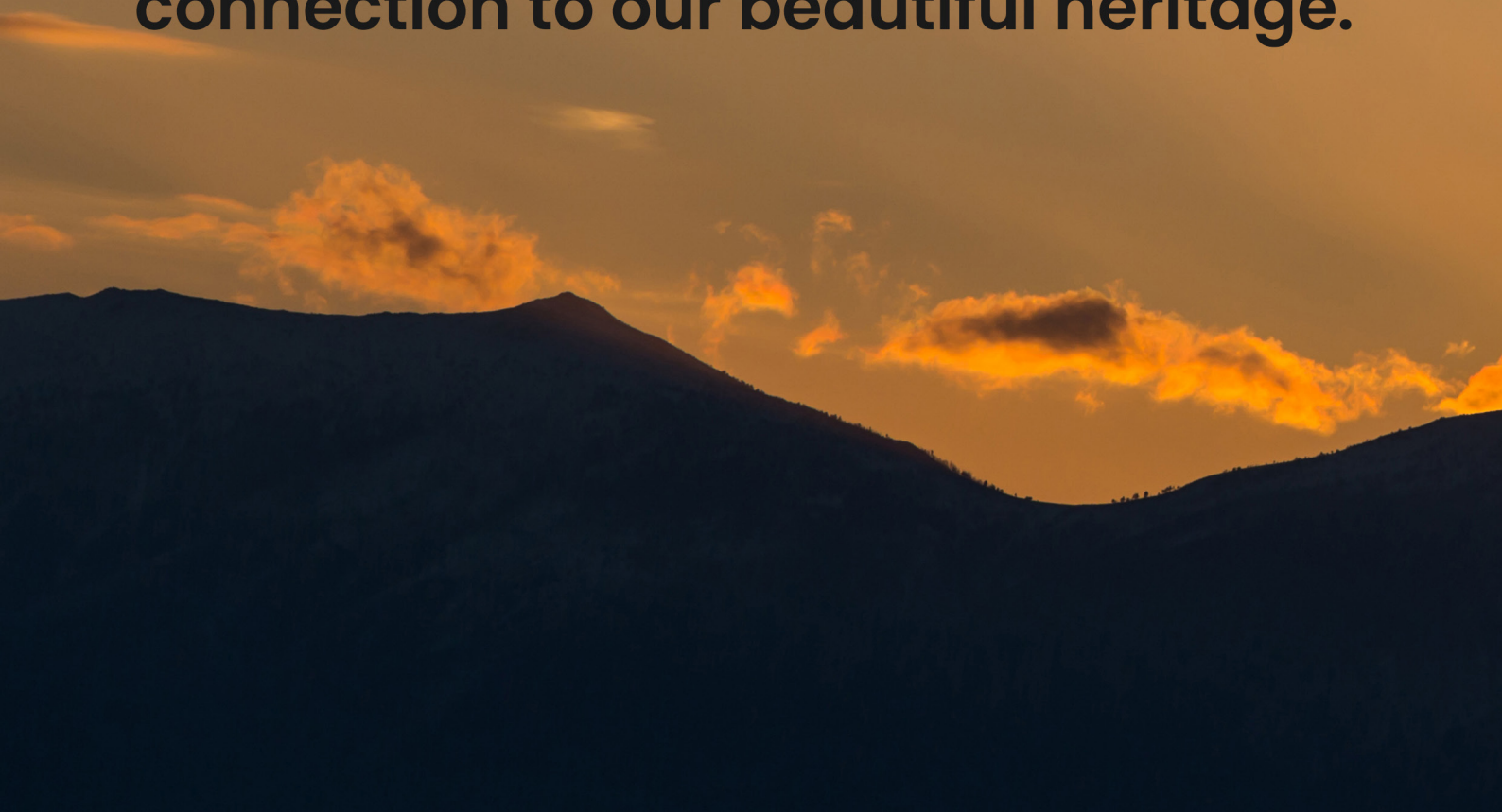
**A Magical Weekend Journey for  
Children (Ages 5-15)**



# **Why Heritage Harmony?**

**In a world of screens and speed, give your child a gift that lasts forever – roots, rhythm, and radiance.**

**Heritage Harmony is not just a camp; it's a journey into India's timeless treasures, designed specially for young, curious minds. Through music, games, stories, and sacred traditions, children discover their inner strength, creativity, and connection to our beautiful heritage.**





# **Brought to You By Dr. Sangeeta Shankar**

**Eminent Violinist &  
Visionary Educator,  
Sangeet Natak  
Akademi Awardee  
(2021)**





# What Makes This Retreat Special?

## Classical Indian Music

- ♪ Learn age-appropriate ragas and rhythms
- ♪ Fun introduction to instruments (tabla, harmonium)
- ♪ Group singing and musical games
- ♪ Experience the joy of creating music together

## Sattvic Living Experience

- ♪ Pure, delicious vegetarian meals prepared with love
- ♪ Learn the connection between food and mood
- ♪ Simple yoga and pranayama for children
- ♪ Understanding nature's rhythms and seasons

## Stories & Wisdom

- ♪ Enchanting tales from Panchatantra and Hitopadesha
- ♪ Stories of young heroes from our epics
- ♪ Moral lessons wrapped in adventure and fun
- ♪ Interactive storytelling sessions

## Nature Connection

- ♪ Explore the beautiful surroundings of Swar-Sadhana Tapovan
- ♪ Learn about sacred plants and trees
- ♪ Nature walks and outdoor activities
- ♪ Understanding our role as Earth's protectors





## Ancient Indian Games

- ♪ Pachisi (traditional Ludo)
- ♪ Chaupar
- ♪ Ganjifa card games
- ♪ Lagori (seven stones)
- ♪ Traditional outdoor games that build teamwork and joy

## Life Skills Through Tradition

- ♪ Morning rituals and their meaning
- ♪ Respect for nature and all beings
- ♪ The art of gratitude and mindfulness
- ♪ Simple meditation techniques for young minds

## Sacred Atmosphere

- ♪ Home to the rare Blue Sapphire Shivalinga
- ♪ Temple dedicated to Lord Shiva
- ♪ 60 ft Mandapam as an open air classroom
- ♪ A serene space for children's spiritual growth



# **Camp Schedule Highlights**

## **Day 1 – Friday**

Welcome & Ice-breaker activities

## **Day 2 – Saturday**

- Sunrise Yoga & Pranayama
- Music Session: Introduction to Sur & Taal
- Traditional Games Tournament
- Bonfire & Story Circle

## **Day 3 – Sunday**

- Sunrise Yoga & Pranayama
- Cooking Workshop: Make your own prasad
- Music & Dance: Learn a group song
- Closing Ceremony

**Detailed schedule on arrival**



# What Your Child Will Take Home

**Skills:** Basic music fundamentals, traditional games, simple Sanskrit shlokas

**Values:** Respect, discipline, gratitude, compassion, and cultural pride

**Memories:** New friends, joyful experiences, and stories to cherish

**Confidence:** From performing, participating, and discovering their own potential

**Connection:** To their roots, to nature, and to their inner peace

## What Parents Say

*My daughter came back singing and with such calmness. She keeps talking about the games and the stories. This retreat gave her something no gadget ever could.*

*— Parent from previous retreat*

*Finally, a camp where children learn about our culture without it being boring! The blend of music, food, and activities was perfect.*

*— Happy Parent*



## **Practical Details**

**Dates:** 28, 29 & 30 November 25

**Venue:** Swar-Sadhana Tapovan, Samanur Village, Tamilnadu

**Location:** 50 km from Hosur, 36 km from Dharmapuri, 2.5 hrs from Bangalore

**Age Group:** 5 to 15 years

**Maximum Capacity:** 30 guests

**Parent Accompaniment:** Each child must be accompanied by at least one parent/guardian. Alternatively, one parent can supervise up to 3 children (siblings/relatives/friends)

## **What to Bring**

**Comfortable traditional or casual clothes**

**Personal toiletries and medicines (if any)**

**Water bottle**

**Enthusiasm and open heart**



# About Dr. Sangeeta Shankar

Dr. Sangeeta Shankar is a world-renowned violinist from a seven-generation musical lineage, recipient of the prestigious Sangeet Natak Akademi Award (2021) presented by the President of India for her exemplary work in music and education.

## Key Achievements

Ph.D. in Music from Banaras Hindu University with Gold Medals in both B.A. and M.A.

Daughter and disciple of the legendary Padmabhushan Dr. N. Rajam, pioneer of the 'Gayaki Ang' (Singing Violin) technique  
Founder & Former Head of the School of Music at Whistling Woods International (2015-2021)

Founder of the Sharangadev School of Music and Culture (2023 onwards) & Swar-Sadhana Tapovan (Gurukul)

The Shankar family represents eight generations of musical excellence, with Dr. Sangeeta Shankar continuing this illustrious tradition along with her daughters Ragini Shankar, Nandini Shankar and son-in-law Mahesh Raghvan, all acclaimed musicians in their own right.

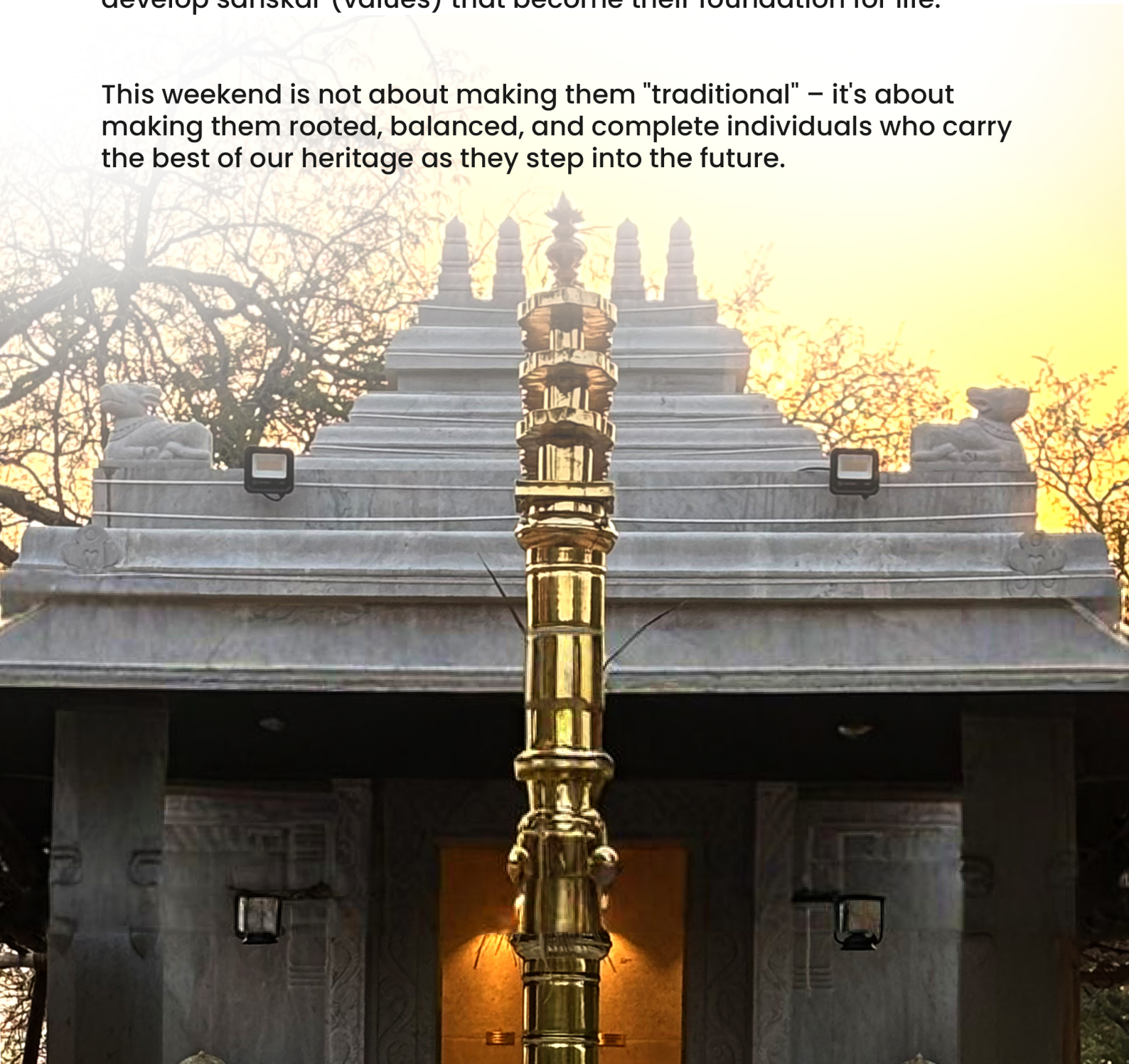


# A Message to Parents

In today's fast-paced world, our children are growing up disconnected from the timeless wisdom that has sustained our civilization for millennia. Heritage Harmony is our humble offering to bridge this gap – not through lectures or force, but through joy, music, play, and experience.

We believe that when children experience the beauty of our traditions – the melody in our ragas, the strategy in our ancient games, the wisdom in our stories, and the purity in our food – they naturally develop sanskar (values) that become their foundation for life.

This weekend is not about making them "traditional" – it's about making them rooted, balanced, and complete individuals who carry the best of our heritage as they step into the future.







**Shārangadev**  
SCHOOL OF MUSIC AND CULTURE

# HERITAGE HARMONY

Where every note creates a value, every game teaches a lesson, and every moment builds a better tomorrow.

From Swar (Notes) to Sanskar (Values)  
The Journey Begins Here

**Register Now**

**Limited Seats (30 Guests only) !!!**

**Contact Us**

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