



Parenting Inside-Out: *Insights from yoga*

December 23, 10 AM - December 26, 1 PM, 2017

Achalam Farm, Tiruvannamalai, Tamil Nadu

INTRODUCTION

As parents, we have the responsibility of caring for our children's physical, emotional, social, and intellectual development. While we may have the best intentions we are not without our concerns and fears. [Ritambhara](#) offers a four-day family retreat that explores our role and responsibility as parents in today's world using yoga practice and philosophy as the basis. Together we will enquire into questions like:

- What am I doing well as a parent, what can I do better? What are my needs as a parent?
- In what ways can I listen to and support my child better? How can I help my child to grow and be his/her own person
- What is the relationship between my well-being and parenting?

This program brings together two important streams for exploration - yoga and parenting. It is relevant for those who are trying to find a way to live meaningfully and support our children to do the same now and in the future. It is a step towards creating a space for contemplative engagement using yoga philosophy and experiential work.

The program takes participants through experiential and reflective exploration of our relationships with our parents and children, our emotional life, our health and behavioral patterns. We will be using a variety of methods like drawing, group sharing and games in addition to asana, pranayama, and chanting. These explorations have the potential to help each of us identify the underlying patterns in our role as parents.

We invite parents to attend the retreat along with your children. Each day consists of sessions where parents and children are doing some activities together and sessions where the adults and children are engaged in two separate groups. We can accept 15 adult participants for the retreat at the venue. Please read further to help in deciding if you want to bring your children along (we strongly recommend that you do bring them).

ABOUT THE VENUE:



Achalam farm is an organic and permaculture farm just outside of Tiruvannamalai. Home of Gowtham and Sandhya and their daughters age 8 and 1, Achalam has facilities to host small workshops and explorations for up to 15 people and enough outdoor space to for walks and for children to engage in creative play.

Comfortable shared accommodation, with mats/ sheets will be provided during the retreat, both in Achalam and at the homes of other friends in Tiruvannamalai. Food is simple and vegetarian.

Bringing children with you

1. There is plenty of open space at the venue and it would be a good opportunity for your child to be in a farm environment. We will have a facilitator to do some activities with children who are 7 years and older, such as cooperative games, small walks. You can also bring books, games, puzzles etc. that will keep them engaged. The venue does not have television or internet connection.
2. You will be fully occupied for about 5 hours per day in sessions that will not include children. During this time you will not be able to attend to your child's needs actively. If your child is 6 years or younger, another adult will have to accompany you to care for your child while you are in these sessions.

FACILITATORS

Anita Balasubramanian

Anita enjoys and is drawn to hold space and create processes for moving inwards (antaranga sadhana). Her study with teachers at [Ritambhara](#) and [YogaVahini](#) has led her to learn and use yoga philosophy and practice as the basis for living life and her work. She creates, teaches and facilitates courses for inquiry and personal development. She is also a yoga teacher and training to be a yoga therapist following the Krishnamacarya tradition. She lives on a farm in Sholayoor with her family and is a parent to two girls 8 and 6 years old. She blogs at www.anitabala.com

Radhika Rammohan

Radhika is a student and practitioner of sustainable and healthy ways of living -- both at the physical plane, and in deeper dimensions of individual and society. She is deeply inspired by the Yoga tradition of Krishnamacarya as a basis for health and self-reflective inner work in the various roles we play. She is training to be a yoga therapist at Yogavahini Chennai where she facilitates programs for personal development. For the last nine years she has been working in the organic food movement, via reStore - a collective bringing direct-from-farmer produce to urban citizens. She has a 13-year old daughter, with whom she enjoys music, watching and discussing films, and doing yoga.

APPLICATION PROCESS

Register for the program at <http://bit.ly/2fWue5u>. If you have any further questions send an email to learn.ritambhara@gmail.com. Once you register we will send you details for making payment.

Fee for participants from outside Tiruvannamalai (includes stay, food, and facilitation):

1. Rs. 8500 per participating adult.
2. Rs. 4500 for children 7 years or older, and non-participating adults.
3. Rs. 2500 for children below 7 years.

Fee for local participants from Tiruvannamalai (includes food and facilitation)

1. Rs. 7000 per participating adult
2. Rs. 2500 for children and non-participating adults

We request you to pay us the fees for your family by cash during the retreat.

WHAT TO BRING WITH YOU

(For those traveling from outside Tiruvannamalai) Apart from your clothes and toiletries, do bring

- Quick drying towel
- Warm clothes (light jacket or sweater)
- Long pants and long sleeved light shirts (to protect from mosquitoes)
- Insect repellent
- Yoga mat
- Notepad, pen
- One sheet and shawl or blanket per person
- Medications you need and basic remedies for common ailments.
- Books, puzzles, etc. for children

TRAVEL DETAILS

Tiruvannamalai can be reached by

- a) Bus from Chennai (5 hours) or other places, and also by train from Bangalore.
- b) Directly by car (about 4 hours drive from Chennai or 4.5 hours from Bangalore).

We plan to start the retreat at 10 AM on Dec-23 and end by lunch time on Dec-26. Please arrive at the venue the previous evening or by 9 AM on 23rd morning so we can start by 10 AM. We will have breakfast available on 23rd morning at the venue.