

# *Parenting Inside-Out*

***May 10<sup>th</sup> (9am) - 13<sup>th</sup> (3pm), 2018***

## REFLECTIVE PARENTING

As parents, we have the responsibility of caring for our children's physical, emotional, social, and intellectual development. We may have the best intentions but we are not without our concerns and limitations. Ritambhara offers a **four-day family retreat** that explores our role and responsibility as parents in today's world using ideas and conceptual frameworks from the Indian tradition and texts.

Inspired by and grounded in the work of Raghu Ananthanarayanan and Sashikala Ananth over many decades, the program will enable participants to understand the inner landscape from which we act as parents, and thereby make changes as relevant for us.

We will use ideas from Yogasutras, upanishads, Natya Sastra and the Mahabharata to delve into some fundamental questions that we inevitably ask ourselves, in our role as parents. We will begin to find answers from within for questions such as

- What am I doing as a parent? What is it that I really want to do?
- How can I enliven my life, my child's and the context of my family?
- How can I listen to and support my child to grow and be his/her own person?

The program takes participants through experiential and reflective exploration of our relationships with our parents and children, our emotional life, our health and behavioural 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.



## **EXPERIENTIAL EXPLORATION**

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In the words of a previous participant of Parenting Inside Out, learnings from the retreat included:

- Understanding how we see and respond to the world.
- Learning to connect to one's emotions and listen to children's emotion
- Increased awareness of the parenting context that I am in today
- Reflection & Clarity towards where I am and my next step in my life from the parenting context.



## BRINGING YOUR CHILDREN WITH YOU

We invite you to attend the retreat along with your children. Each day consists of sessions where parents and children do some activities together, and sessions where the adults and children are engaged in two separate groups.

Ritambhara is situated in the heart of Nature without the distraction of television or the internet. Children aged 7 and above will be attended to by a resource person, who will involve them in activities such as cooperative games, walks in nature etc. You can also bring along books, games, puzzles, etc that will keep them engaged. As a participant, 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 children's needs actively. If your child is 6 years or younger, another adult will have to accompany you, to care for your children while you attend the sessions.

We can accept 15 adult participants for the retreat at the venue and we strongly recommend that you do bring your children as well.

# Workshop Contribution & Registration

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**Program Fee per participating adult : Rs. 15,000/-**

(additional 18% service tax)

(covers food, accommodation, materials and facilitation)

**For adults accompanying to care for children: Rs. 6000/-**

(additional 18% service tax)

(covers food and accommodation)

**Children 12-17 yrs: Rs 2000/- (additional 18% service tax)**

(towards food. Accommodation is free.)

**Children 7yrs and above: Rs 2,000/-**

(towards resource person honorarium, can be paid in cash.

Accommodation and food is free.)

**Children 6 and below: No charge**

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Register at <http://bit.ly/2fWue5u>.

If you have any further questions send an

email to [learn.ritambhara@gmail.com](mailto:learn.ritambhara@gmail.com).

Once you register we will send you details

for making payment.

# Faculty

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**Anita Balasubramanian** is a yoga teacher in the tradition of Sri. T.Krishnamacarya. She enjoys and is drawn to hold space and create processes for moving inwards. Her study with teachers at Ritambhara and YogaVahini has led her to 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 and is also training to be a yoga therapist in the same tradition. She lives on a farm in Sholayoor with her family and blogs at [www.anitabala.com](http://www.anitabala.com)



**Radhika Rammohan** is a student and practitioner of sustainable and healthy ways of living - both at the physical plane, and in deeper dimensions of the individual and society. Deeply inspired by the Yoga tradition of Krishnamacarya, she is training to be a yoga therapist at Yogavahini Chennai, where she facilitates programs for personal development.

For the last ten 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 14-year old daughter, with whom she enjoys music, watching and discussing films, and doing voga.



## Venue

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Ritambhara Ashram,  
Kanuhatty, Kothagiri  
[www.ritambhara.org.in](http://www.ritambhara.org.in)

For more information  
write to :

Sashikala Ananth at  
[ashram@ritambhara.org.in](mailto:ashram@ritambhara.org.in)

The Ritambhara Ashram is a small meditation centre situated near Kotagiri in the Nilgiris, nestled in a valley surrounded by shola forests and graced by many beings of the wild. The main purposes of the Ashram is to help foster contemplative conversations, inspire authentic inner work and a reverence for the Earth. It provides a much needed retreat from the hustle-bustle of modern life, and a nurturant context for rest and regeneration.

Accommodation is simple and comfortable. Food is vegetarian.