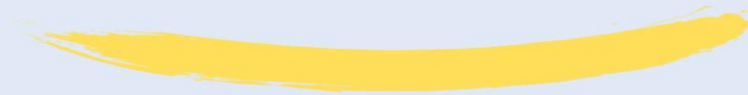




Ritambhara
presents



family
RETREAT



30th April 2020
to
3rd May 2020

Kotagiri, TN

Family Retreat 2020

Ritambhara Ashram, Kotagiri -- April 30 to May 3, 2020

Introduction

Our families are the foundation of our aspirations, explorations and successes. Today, we live in a context where the health and well-being of a family space is being challenged in many ways. Families could accumulate wear and tear, breed functional and dysfunctional parts. Therefore, just as creating anything beautiful requires our time and attention, the family space also needs our care.

Keeping this in mind, the **family retreat** program has been designed to energize and nourish the individual, as well as the family space. Through the program we explore how to receive the gifts that a family has to offer for self-reflection, self-growth and thereby make deeper and more meaningful connections with self, family and the world.

This program is for:

Those who are looking to find a way to live meaningfully and support our children to do the same as they grow up in our world today. Over the four days of this program we will slow down, pause, and inquire into the joys, struggles and possibilities of parenthood in today's world.

You can expect to:

- Explore our role and responsibility as parents in today's world using ideas and conceptual frameworks from the Indian tradition and texts including Itihasa puranas, Yoga, Upanishads, theatre and others.
- Begin to understand how we see and respond to the world.
- Learn to connect to our own emotions and listen to our children's emotions
- Increase awareness of the parenting context we are in today
- Reflect and have clarity on where we are and our next step in life from the parenting context.



Program design

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.

The program is designed with many components such as stories, theatre, games, art, yoga and other activities that nourish the seeds for a meaningful inner and outer life. Reflective and experiential activities, walks, mindful eating, and introduction to relevant ideas from Indian philosophical texts, will form the basis and guiding posts for the contemplative engagement in the presence of nature and children.

There will be two kinds of sessions daily

1. Sessions for parents and children together
2. Sessions for parents and children (age 7-12 yrs) *separately* -- about five hours per day.

The rest of the time would be distributed between group activities, meals, resting, daily routines etc. For children younger than 7 years, we suggest that one parent be available to care for the child while another is in sessions. You can also bring another non-participating adult for child-care. It would be a good opportunity for your child to be in a natural environment with open spaces, close to forest land.

Curious to know more?

Read blog posts about previous programs at

1. <https://ritambhara.org.in/2019/05/23/the-family-saptaswara-a-rasatmik-moment-of-togetherness/>
2. <https://ritambhara.org.in/2017/08/13/parenting-inside-out-a-contemplative-space-for-parents/>
3. <https://ritambhara.org.in/2018/01/27/taking-a-step-further-in-parenting-inside-out/>
4. <https://ritambhara.org.in/2018/02/03/insights-from-parenting-inside-out/>
5. <http://www.anitabala.com/2017/06/parenting-inside-out-part-ii.html>

Logistics and donation

Dates: Apr 30-May 3, 2020

Venue: Ritambhara Ashram, Kotagiri

Suggested donation (Includes food & accommodation):

Family of 4 = Rs. 25,000

Family of 3 (2 adults, 1 child OR 1 adult 2 children) = Rs. 20,000

1 adult and 1 child = Rs. 15,000

1 participating adult = Rs. 12,000

1 non-participating adult = Rs. 8000.

Facilitators

Gowtham Balaji is a father of 2 daughters, husband to a loving wife, an Entrepreneur, farmer, Yoga Teacher from the tradition of Sri.T.Krishnamacarya & a Yogic Coach for entrepreneurs. Inspired by Indian wisdom & its many facets, Gowtham spent the last 5 years in learning yoga & living it. His teaching, coaching and facilitation is inspired by the tradition of Ritambhara & Yogavahini which brings together behavioral sciences, psychology & the Yoga Sutras.

Anita Balasubramanian is a yoga teacher and therapist in the tradition of Sri.T.Krishnamacarya and Sri T.K.V. Desikachar. Her study with teachers at [Ritambhara](#) and [YogaVahini](#) has led her to learn and use yoga philosophy and practice as the basis for her life and work. She enjoys creating, teaching and facilitating programs that blend process and content and support deeper inquiry and personal development.

Priya Nagesh is a yoga teacher and therapist in the tradition of Sri.T.Krishnamacarya and Sri T.K.V. Desikachar and a Reiki practitioner. She has over a decade of experience using yoga therapy for a wide range of chronic and acute conditions. She is committed to organisations such as Yogavahini and Ritambhara that have praxis of Yoga at their heart. She loves teaching children, writing poetry and the great outdoors.

Radhika Rammohan is a yoga therapist working at Yogavahini, Chennai. She has had a longstanding passion and interest in holistic health integrating the elements of food, lifestyle, and Yoga. Besides offering yoga classes one-on-one, she enjoys facilitating workshops for families and small organizations towards healthy collaborative relationships.

