

RISE RETREAT (for WOMEN)

Take a step of faith, a step beyond fear and limitation, towards your essence - and RISE....

3 days in the lap of nature, followed by 3 months of online support



A personalised, transformative experience with Garima - social changemaker, leader, life coach.

It's time to pause, nourish yourself, reset your limiting patterns, and step into a thriving you.

APPLY HERE



**SWASTH YOG
INSTITUTE**

RISE RETREAT (for WOMEN)

Let's Rise

Inviting the emergent woman... *you*
who wants to rise
into a new way of Being,
into who you were always meant to be.

you who doesn't want to be trapped anymore
by your patterns, social conditioning,
your fears that keep you small

It's time...
to come in the driver's seat of life,
to gently let go of old ways of Being,
and rise...

It's time...
to be in peace, love and joy – within and without
to powerfully shake up the world – outer and inner.

It's time...
To re-member, re-define, re- nature,
To re-claim your life
and rise...

a poem, a call, by Garima

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WHAT:

- R:** Reconnect to Self, Nature, Each other
- I:** Invite a new way of Being that supports you
- S:** Safety, so you can move from surviving to thriving
- E:** Emerge into a new you, in the driver's seat of life
- N:** Nurture the process, for you to have RISEN

FOR WHOM:

A personalized experience for women of age 25-65, with fitness for a nature-based retreat, and with a strong desire to rise towards the potential of their essence.

WHERE: Various nature-based locations

- India (1-4 hour drives from Delhi/NCR, Bengaluru, Chennai, Mumbai, Pune)
- US (West Coast, East Coast)

WHEN: Calendar to be announced (fill "Apply Now" form to stay posted)

- Friday morning to Sunday early evening
- Followed by 2.5 months of online support (5 group fortnightly sessions)
- A personalized 1-1 with Garima in the 3-month period post Retreat

BY WHOM:

Garima - Co-founder of Swasth, accomplished social changemaker, leader and sustained wellbeing coach

FEE:

- Includes in-person & online sessions, coaching, shared accommodation, meals
- INR 22,000 for early birds, INR 25,000 thereafter. US Fee to be announced
- Scholarships available for deserving candidates

*If you feel insignificant, you better think again
Step out your estimate
Step in your essence
and know that you're excellent, Rise
(Bigger, by Beyonce)*

Small Batch Size for a Personalized Experience

Apply HERE

Whatsapp Sujata at +91 93244 85887 to start talking...

RISE RETREAT (for WOMEN)

Who is holding space for your gentle transformation?

An accomplished social changemaker, coach and leader, Garima Gupta Kapila masterfully **integrates ancient wisdom and modern sciences** to empower busy professionals and householders to cultivate harmony in the body, mind and spirit. Her transformational workshops and personalised coaching unleash the power of **yoga, psychology, nutrition and nature connection** to take participants towards their full potential by being their full, authentic self.



During 15 years at prestigious institutions such as **IIT, McKinsey & Co., Teach For India and Swasth Foundation**, Garima experienced how outer success without inner fulfilment can lead to feeling lost, ill-health, depletion, overwhelm and relationship conflicts. Her quest for inner joy led her to study, contemplation, training and practice of multiple disciplines, which cumulatively transformed her inner and outer life.

In 2017, to enable health and joy for the world at large, she founded Swasth Yog Institute (SYI) which, till date, has delivered **75,000 person-hours** of well-being services and training to people across continents, income segments and languages, with a service quality of **4.8 stars** (out of 5). Participants have reversed chronic diseases, gained mental peace and found harmony in relationships. SYI is affiliated to the **Indian Yoga Association** and **VYASA University**. Its learnings have been documented into 5 books, shared at forums such as **Association of Coach Training Organizations**, researched with the support of the **Harvard School of Public Health** and adopted by **Swasth India Medical Centers**, India's largest NGO-run network of primary health clinics serving low-income households.

Apply NOW

To step out of the tyranny of a limiting paradigm of life, re-wire your patterns, and come closer to your true nature

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Message from Garima

After delivering 75,000+ person-hours of sustained well-being services, I'm glad to announce RISE as Swasth's first in-person, residential offering exclusively for women.

Why RISE? Selfishly, for me too! After 6 years of consistently delivering impact, as we decided to take bigger steps for the Institute to rise to its potential, I went into the dark places of despair and selfdoubt. It struck me that I'm not alone in this. Many of us women are bound by our patterns, beliefs, judgements, and conditioning that keep us small. I hope RISE is a space for all of us to do our 'work' together, with a sense of play.

As we embark upon a new way of Being, I invite you, the emergent woman, to join me. Let's RISE...

I invite emergent women who aspire to show up as their full selves at work, home, and in life to take a step with me - a step of faith, beyond fear and limitation—toward your essence.

Let's rise...



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What experiencers of Garima's offerings are saying

"Garima is an ocean of wisdom and intuition! She is so patient, understanding, so loving, and so keen to make a difference... She does not hurry you up... each session with her has been a blessing to me and I am so grateful that I have someone who I can reach out to! I am certain I will be doing more courses with Swasth to gain from Garima's knowledge and experience. I am her fan "

"I must say this is the best course I have attended because it's well planned and laid out and explained in a simple manner. [...] Garima explains everything in detail and makes it easy to understand. Everyone whom I have encountered is very helpful and encouraging. I have become more knowledgeable and aware of important topics related to health and body. Thanks to all "

"Garima is very grounded and knows the subject really well. She is mindful about sharing enough information and letting participants choose their journey. She appreciates small wins and encourages others to do so for themselves."

"I love the care, love, and devotion around making it a truly one- of- a-kind experience - the gentle pace, the insights it brought about, the way the space was held for us, and just the group field... this can be a very long list."

"I liked how Garima brought in lightness in the content, held the space for open sharing by all participants, encouraged self-sufficiency in learning, supported each one in their individual journeys."

LIMITED SEATS - 8 participants only

Apply [HERE](#)

Whatsapp Sujata at +91 93244 85887 to start talking...

RISE RETREAT (for WOMEN)

Answers to common questions

How will we RISE?

R I S E N

Re-connect Invite Be Safe Emerge Nurture

- In today's fast-paced world, while we are connected through the internet, whatsapp, social engagements, office meetings and get-togethers, it's often at a superficial level. We will **re-connect** to self, nature, each other. That's where the answers will come from. There's no life-changing content that you haven't come across before, that will lead to enlightenment!
- We will **invite** the energies and state of Being that will support us in stepping into a new way of Being. This will be unique for each person. For someone, it may be courage to become actionoriented while for another, it may be compassion for self to rest more.
- To be **safe**, we will recognize that we ARE safe for these 3 days, in this collectively co-created nonjudgemental space. When we are safe, we can come out of our fight-flight-freeze reactions and respond to life in the moment. We can move from surviving to thriving.
- **Emerge**. A plant doesn't become a tree overnight. We don't need to take massive and scary leaps, we can take small and exciting steps towards our vision. Within the safety of this container, we will have experiments for you to practice the new way of being that you've invited. A new way of Being may feel unfamiliar initially, and so, we will take gentle steps to emerge.
- **Nurturing** means repeating all these steps when we go back into our lives. The more we continue the process, the more we can say that we've 'risen'

RISE RETREAT (for WOMEN)

Why women aged 25-65?

For most of my life, my best friends and guides have been men. In the recent years, as I understood the limitations of only my masculine side being in charge, I have come to value the presence of women. All genders have the masculine and feminine within them, and so a version of this retreat could be open to all. That said, gender-specific circles have their own value, due to shared experiences, a sense of safety and freedom to be oneself.

Please note: We have NO intention of this becoming a cribbing session about the state of women or the comforts for men. We acknowledge that men have their own trauma and challenges to face. Again, while this could be for all age-groups, the selected time is one where a woman is still finding her sense of Self and juggling many responsibilities - as a daughter, sister, life partner, professional, mother, caretaker. But along with the limitations, there is a solid pool of life energy within, to manifest something new and bigger than they can imagine.

What's the selection criteria?

- Age, health, logistics permitting (as per Application form)
- Clear personal intention to RISE
- Alignment with our process to RISE

I am suffering from some health conditions. Can I attend?

This program assumes participants are able to manage their body, energy, mind and emotions to be functional, without requiring support. In a rural farm-house setting, it includes walking, climbing moderately steep terrain, enduring diverse climates (hot, rainy, cool), sitting on the floor, and participating in sessions from 6:30 am to 8 pm with breaks. If your physical or mental health requires medical or therapeutic or personal attention, we recommend setting up a consult with us to explore our other offerings or other Institutions that can help you at this stage.

(<https://www.swasth.org/consult>)

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I would like a private room / I have some special needs.

Can they be taken care of?

Some single room options may be available for an additional fee, but the availability is limited, so contact us as soon as possible. In general, this program requires stepping out of routine comforts to embrace a wilder connection with nature. This isn't a luxury resort vacation with constant connectivity, a carefully manicured and controlled environment, or all your needs catered to. We encourage you to discuss your special needs with us, and if this program isn't appropriate, we'll work with you to suggest online offerings that you can do from the comfort and privacy of your home. (www.swasth.org/workshops)

How can I reach the venue?

We'll be at beautiful nature-based venues within 1 to 4 hour drives of the major cities. This will enable you to drive in on Day 1 and Drive out on Day 3.

Post registration, we will add you on a Whatsapp group where you can co-ordinate carpooling and other options with your peers.

Can I get accomodation support for early arrival / late departure?

Yes, we may be able to support you with accomodation and meals for upto 1 day before and 1 day after. Since this is subject to rooms being available, we recommend contacting us immediately, to discuss your needs and the charges.

What is your refund policy?

This offering has been crafted as a personalised experience and requires much planning. There are no refunds.

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I'm not able to afford your program fees. How can I access this?

At Swasth, we believe in spreading health and joy to all, without finances coming in the way. This is an exclusive, personalised offering, priced to enable us to recover our organizational costs, so that we can continue on our mission of serving all segments of society. If you are not able to afford this offering, don't worry! We have a scholarship option in the application process – apply and we'll collectively figure out how we can support you.

I'm all set to apply. Where do I make the payment?

Great! Fee payment is part of the registration process.

For participants from India

Below are the bank and UPI details. You will be asked to upload a unique photo ID and proof of payment as part of registration. We recommend completing pre-work as needed (e.g. setting up a beneficiary for bank transfer) before you begin the application.

Name - Swasth India Foundation
Bank Name- State Bank Of India
Branch- Gokuldham (Goregoan- E)
Branch Code- 6055
Account No: 42529704517
IFSC- SBIN0006055
UPI ID: SWASTHINST.836@SBI

For participants outside India

Please remit payment at <https://www.paypal.me/SwasthInc>

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