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

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 8 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:
Farmouse in the lap of nature at Kamshet
2.5-3 hour drive from Mumbai, 1-1.5 hours from Pune

WHEN:
8:45am*, Fri, 26th Jan to 4:45pm* Sun, 28th Jan (residential)
Followed by 5 weeks of online support (group and individual)
*Being a long weekend, we recommend leaving early to avoid heavy traffic

BY WHOM:
Garima - Co-founder of Swasth, MSc Yoga, accomplished social changemaker, leader and sustained wellbeing coach

FEE:
- Includes in-person & online sessions, coaching, shared accommodation, meals
- INR 22,000 for early bird payment till 31st Dec, INR 25,000 thereafter
- 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)

LIMITED SEATS - 8 participants only

Apply HERE
Whatsapp Sujata at +91 93244 85887 to start talking...
To step out of the tyranny of a limiting paradigm of life, re-wire your patterns, and come closer to your true nature

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
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...

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
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."

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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 action-oriented 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](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 a beautiful farmhouse on a mountainous terrain overlooking a lake in quiet Kamshet, nestled between Mumbai and Pune. The exact venue will be shared closer to date.

For travel, Ola/Uber are available from Mumbai/Pune for a Kamshet drop. For the return journey, these are NOT available. Local cab drivers can be contacted, we and the hosts can support. Some contacts are here – Nitin at +91 95527 47504, Amrish at +91 98224 85421 and +91 93724 11089.

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

What is your refund policy?
This offering has been crafted as a personalised experience and requires much planning. There are no refunds.
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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