

The Rainforest Retreat

For Parents & Children

This fully residential workshop is designed to be an immersive learning experience for parents & their children. Both parents & children participate in activities together to connect with oneself, with each other & with nature.



ART MEDITATION
STORY & MUSIC
MUD HOUSES



Age of Children 6-14 years



MINDFULNESS
NATURE WALKS
SKYWATCHING

11- 15 Aug 2022
is Option 1



17- 21 Aug 2022
is Option 2



TO REGISTER

<https://forms.gle/bDTBaSAkymPu8wjK6>



LOCATION

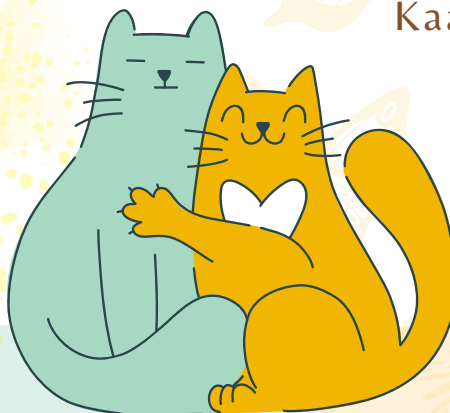
Kaaya Learning Center Dehradun



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The Rainforest Retreat For Parents & Children

We have a unique blend of experienced practitioners of Yoga, Astronomy, Naturalist, and Artists guiding us and taking along all of us in this immersive experience.



- 1. Develop Connection:** Soak in nature through forest-walks, birdwatching and skywatching will rekindle curiosity to achieve a heightened level of awareness and connectedness with nature. Observing the Sun, Moon and other celestial objects in the sky will help to develop a deeper connection with the larger universe.
- 2. Discover the creative you:** Discover the hidden creativity in each of us through play of colours, pottery, storytelling and painting. Experience the joy of creating something together with our children to nurture a stronger parent-child connection.
- 3. Be Aware and Mindful:** Practice yoga and guided meditation to help us integrate mindfulness in our daily lives. Developing self-awareness strengthens our attention, shapes our emotions and reaction towards the self and our children.
- 4. Conscious Celebration:** Participate in the joyful celebration of Raksha-Bandhan/ Independence Day/ Janmashtami, experience the rich tradition of community celebration and build collective consciousness.

We are immensely grateful to participants in the previous workshop who shared their joy and appreciated what we curated for them. We are delighted to have been part of their journey of reconnecting with nature and experiencing the joy of conscious parenting.



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Become part of the conscious parenting community and support each other.





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Chaitanya Conscious Parenting is about helping the parents and to-be-parents in their most exciting, rewarding and challenging journey of life. Specifically, we aim to:

- develop deeper connections between children and parents
- nurture compassion, creativity and capability in children

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- **Kaaya Learning Center** is not a hotel but an evolving nature ashram. The basic boarding and lodging facilities are run by a team from local community.
 - Kaaya and its architecture is hand built, earthly and generally raw by design. It helps to slow down a bit and fall in tune with nature 's rhythm of decay & regeneration.
 - Kaaya is located adjacent to Sal reserve forest and a water stream, which is source of drinking water to birds & other fauna too. Loud music and bright lights disturb them as well, we advise you to adjust to your surroundings keeping your footprints smaller.
 - Being with nature also means there may be insects and bugs around the campus, and sometimes in your room too, which is not a sign of lack of sanitation, but our integration with nature. We do utilize natural insect repellents but, in a way, not to take away their natural habitat.
 - We hope the time you spend in Kaaya will be used to unwind, engage and learn from nature. If you feel the need to get on-line, we have wi-fi available as well as off-line books at the library



Notes for Participants

- The workshop is for four nights and five days. Each workshop to accommodate seven families.
- Every family of participants to have at least one child & one parent, children between 6 to 14 years.
- Residential facility include an independent unit for every family at Kaaya.
- Food is good quality vegetarian and locally sourced (includes eggs)
- All the stationeries and materials used for the workshop will be provided to the participants.



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