

Joy Is You Nilgiri Hills Retreat

Nilgiri Hills, Kotagiri

15-17 June 2018

6-8 July 2018

Register on www.joyisyou.com

For Details Call/WhatsApp +91 98050 22278

Email: retreats@joyisyou.com



#JoyIsYou

Welcome to #Joy Is You !

June Retreat : 15 - 17 June 2018

July Retreat : 6 - 8 July 2018

Joy IsYou Retreat is a space of discovery where participants experience their own selves deeply. This experience of their being has the potential of transforming view of life from a laboured mechanical pursuit to an effortless joyous adventure.

The retreat is designed based on over a decade of facilitating self-discovery experiences for young high achievers at IITDelhi.

It unlocks the hidden and often unexpressed qualities of participants and releases new creative energies for expression in the personal and professional realms.

This has the potential of creating the basis for harmoniously achieving all life goals joyously.

Methodology

#Joy IsYou Retreat is designed on the basis of 4 powerful principles, using which participants can experience Joyous Natural State, Fulfilment & Integration at the level of being. The Retreat has a practical impact on Five Realms - Inner, Physical, Mental, Emotional & Financial.

**Unlearn
Self Limiting
Beliefs**

**Discover
Wisdom
Principles**

**Experience
Integrated
Being**

**Transform
using EASE
Framework**

The JoyIsYou Retreat begins with participants encountering inner conditioning and breaking mental patterns which are often the deep rooted cause of the syndrome of scarcity, complaints and conflict. The environment of the Retreat helps participants to dive deep within and appreciate the unique set of qualities innate in oneself as well as in others.

An awareness of the qualities generates a deep sense of gratitude. The approach of Abundance Thinking, Attitude of Gratitude and Qualities Appreciation ensures that participants evolve from a rigid framework of blame & burden to the free state of ownership & opportunity. Impact of the JoyIsYou Retreat can be experienced in the form of Harmony in Relationships and Creativity at Work.



Facilitator : Prof. Vijayaraghavan Chariar - Transformation Coach, Academician, Design Thinker & Social Entrepreneur. He is a member of the faculty at the Indian Institute of Technology Delhi and an Adjunct Faculty at Arizona State University's Global Institute of Sustainability. He has carried out extensive research on leadership, design thinking, self-discovery and organizational transformation. He serves as an advisor to several startups, incubators and accelerators in India.



Post Retreat Follow Up : To ensure that participants experience lasting impact of the Retreat, #JoyIsYou has developed an updatable repository of online resources via JoyFlix videos. Participants can use these resources to inspire themselves in the 4 aspects of Leadership, Innovation, Productivity and Communication. In addition Practise Tips would be sent to participants via email or social media

Facilities

Nestled amidst the Shola forests of the Nilgiris, near Kotagiri, Ritambhara is a quiet yoga and meditation centre, inviting people into a beautiful and harmonious way of engaging with life.



The accommodation at Rithambara is aesthetic and soulful. All the spaces at Rithambara - both indoor and outdoor are designed for dialogues, deep reflection and joyous discovery.

Travel

Retreat Participants make their own travel arrangements and reach the retreat venue. The venue is located about 2 hours from Coimbatore by road and 6 hours from Bangalore. There are trains, flights and buses available for the travel. We can organise pick ups from Coimbatore at actuals.

Food



The retreat will serve Vegetarian / Vegan Food. Breakfast would include Green Smoothies, Fresh Fruit and Whole Grain Bread. Lunch would comprise Vegetable Salad, Rice, Lentils (Daal), Indian Stuffed Bread (Parathas) and Mixed Vegetables. Dinner would be Fresh Fruit, Vegetable Soup and Ragi Upma. Hot Water and ingredients for Herbal Tea, Green Tea, Lime Juice would be available for participants to make their health drink throughout the day. Most of the food would be from organic sources.



Registering for the Retreat

Please Register for the Retreat here.

<https://goo.gl/forms/CAMezobYbxfApIDK2>

The suggested contribution is INR 12,500/- per participant inclusive of applicable taxes. These charges are inclusive of accommodation, breakfast, lunch, healthy snacks, herbal tea & dinner.

Account Name - Ekam Eco Solutions

Bank Name - Canara Bank

Branch - SDA, New Delhi

IFSC Code - CNRB 00 00 346

Account Number - 0346 201 201 143

Please transfer funds as per details above and intimate by email and WhatsApp. Joy IsYou team will come back to you.

Please free to call us by phone Mob / WhatsApp [+91 98050 22278](tel:+919805022278)
or contact us by Email retreats@joyisyou.com for any assistance.



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