

Holistic Parenting Retreat



FOR YOU AND YOUR CHILD

3 - 12 MONTHS

17TH - 23RD MARCH 2023

LOVE TEMPLE, ARAMBOL, GOA

Are you a parent who...

Struggles to play with your kids?

Struggles with being present?

Do you wish to let the children lead more?

Struggles with the waves of emotions such as guilt, fear, anger, etc.

Is your soul tired and just needs community, a good laugh, movement, and permission to just be yourself?

Do you desire to learn and experience ways to calm your nervous system?

Have you lost your spark...and desires to reconnect & remember who YOU are?

Do you desire to liberate yourself: your voice & your essence?

Do you desire to reclaim your boldness & creativity?

Do you feel you have so much to share but find yourself holding back??

IF YOU RESONATE WITH ANY OF THOSE STRUGGLES OR DESIRES,

THIS RETREAT IS FOR YOU.

It's Time To...

Let go of old beliefs that no longer serve you

Play and nurture your inner child

Open your minds to reparent yourself

Feel safe in and awaken your intuition

Expand your friendship and community

Create a deeper connection to yourself, your child, and to life.



What to expect

Through out the retreat you will explore different practices that will help build a healing and secure relationship with your self, your body and your child.

You will learn emotional regulation, have daily discussions and sharing circles.

Connect with your inner child, through nature and play.

Learn how to heal trauma

Start to fall in love with yourself and your life again

Experience life without limitations.

Embrace your new self, and start enjoying parenthood to the fullest.

Daily Schedule

8.30 - 9.30

Morning Practice

10.00

Breakfast

11.30

Morning Workshop

13.30

Free Time

16.00

Playful activities for the whole family

18.00

Dinner

19.30

Evening Activity with kids

20.30

Kid free activity

22.00

Bed time

Your facilitators



When you find yourself in a state of imbalance it is coming back to simplicity which allows you to become balanced again. This is the essence of what Ana shares and the foundation of her life.

Through her unique combination of yoga asana, pranayama, Qi-Gong and intuitive movement, Ana guides you through your own practice. Creating space for you to breathe in your own body, and move in your own way to bring all the energies into balance.

Over the past 3 years, Ana has been sharing yoga with people from all over the world. Helping them to find balance within their bodies, and within life. Ana also specialises in women's yoga and womb healing.



Gayatri traveled the world exploring different cultures and communities. She spent many years working with children in different contexts including war zones, slums, and favelas. Her work includes building sustainable safe spaces for regenerative communities.

She is a trained classical dancer and yoga practitioner. As a new mother, she continues to travel, while embracing the challenges of motherhood. Understanding the multiple pressures of Parenthood, Gayatri is deeply passionate about creating a safe space for parents to relax, rejuvenate to fully enjoy parenthood. She has a Masters in Global Development.

Daily Activities

Morning Practice

Hatha yoga for you and your baby



Bring yourself into balance within all the chaos

Connect to your body and create an intimate relationship with your self.

Self care



Morning Workshops

Topics to include

Heal your relationships with your body and self

Breast Feeding

Conscious Parenting

Emotional management for both parent and child

Trauma relief, grief & anger management

How to integrate all of this into life



Afternoon Activities for the whole family

Playing with Clay

Acro Yoga

"The art of silly parenting"

Beach walk

Nature walk to sweet lake

Working with what you got!

Evening Activities

Storytelling

Chanting

Music Concerts

Intuitive healing movement for you and your baby



Womens Circle

Mens Circle

FREE EVENING TO EXPLORE!

The Love Temple

"Right on the beach, the love temple is the heart & soul of Aramboll
As the center for esoteric thought, it is
a delightful mix of calm and play"

The retreat will be held at the love temple yoga shala.



Love Temple is a home for all seekers, yogis, meditators and all friends & lovers who have a longing to grow and transform. There is a great balance of spirituality and celebration at the Love Temple. Freedom is in the very air. Eat healthy, meditate and make friends with people from all over the world. Just being at the Love Temple makes you feel so relaxed, comfortable and blissful that it gives you a feeling of being enlightened.

Love Temple is located at the center of Arambol beach and it is very much a meeting place of friends. Sunsets are super stunning here.

The Love Temple



Food and Drink

A large buffet breakfast and dinner will be provided every day within the Love Temple Restaurant, with a variety of options to meet everyone's taste. Everything is homemade, using organic ingredients and local farms products.

Love Temple is a vegetarian restaurant, there for does not serve meat, eggs or dairy.

Lunch, we encourage you to explore the beach front and surrounding area . There are many wonderful places to eat within walking distance.

The following meals are included:

Breakfast

Dinner

Lunch you are encouraged to explore the local area

The following drinks are included:

Water

Chai with Breakfast

The following dietary requirement(s) are served and/or catered for:

Vegetarian

Vegan

Gluten Free

If you have special dietary requirements it's a good idea to communicate it to the organiser when making a reservation

Food and Drink

Here is the menu for love temple, so you can get a feel for the sort of foods they will be providing for us.

MENU LOVE TEMPLE

Hot Drinks

Masala Chai/ Ginger-Lemon/ Green Tea	50
Orange Tea (Ginger, Mint, Orange, Honey).....	70
Rose Tea (Tulsi, Sweet rose, Honey).....	70
Black Coffee/Cappuccino.....	100/120
Hot Chocolate with raisins & nuts/ Turmeric milk.....	150

Cold Drinks

Water Bottle 1 Litre.....	30
Fresh Lime Soda	90
Limonana (lemon-mint-ice).....	100
Cold Coffee with dates.....	150

Fresh Juices

Watermelon/ Orange/ Pineapple.....	120
ABC Juice (apple, beetroot, carrot).....	150
Go for Green (Spinach, Cucumber, Celery, mint, apple).....	150
Cleanse & Energize (Triphala, Orange, lemon, mint).....	150

Milk Shake/ Lassi

Banana/ Mango/ Strawberry/Avocado.....	150
Nutella Banana Shake, Protein shake.....	150
Chhos (Masala Buttermilk)/ Sweet Lassi).....	120

Smoothies : 250 Each

Fall in Love- Flax Seeds, Chia, Dates, apple, coconut milk	
Energy Booster - Cacao, Avocado, Dates, nuts, Coco milk	
Mango Rasiya- Coconut Milk, nuts, mango, dates, raisins	
Bahubali- Protein Powder, banana, coco milk, nuts,muesli	

Soup

Tomato Basil, Spinach- Corn, Mix Veg soup	150
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Sandwich

Masala Sandwich (Potato, onion, tomato, butter).....	140
Aubergine (Lettuce, tomato, cheese, tomato, oil).....	150
Super Veggie (Zucchini, peppers, mushroom, cheese)	160
Avocado (Basil Pesto, cheese, tomato, onion).....	180

Salads

Avocado Salad (Greens, tomato, cucumber, lemon-olive).....	250
Mixed Fruit Salad (Seasonal Fruits).....	200
Hot Salad (Chickpea, Peppers, Exotic veggies, lemon-olive).....	250
Mango Salad (Greens, nuts, raisins, sprouts, papaya).....	250
All in one (Greens, Tomato, peppers, nuts, fruits, veggies).....	320

Feel Good Food

Quinoa Masala (Exotic veggies, broccoli, chickpeas).....	250
Stir fried Vegetables with green chutni.....	250
Spinach Millet Crepe (Mushroom, Spinach, Salad, Chatni).....	250
Hummus with roti, sauteed veggies, & tomato salsa.....	250
French Fries/Potato Wedges with Tomato Salsa	180
Veggie Pakoda(onion, potato, brinjal, spinach etc).....	200
Veg Wrap served with tomato salsa.....	200

Any Time Meal

Muesli Fruits Yogurt.....	200
Chia Seeds Porridge (Coconut milk, Papaya, Apple).....	200
Oats Porridge with banana and Honey.....	150
Veg Upma(Semolina, vegetables).....	150
Veggie Poha (rice flakes, peanuts, peas, potato, onion).....	150
Sabudana Khichadi (Peanuts, oil, potato).....	200
Maggi Noodles cooked with vegetables.....	150
Spinach Cheese Paratha, curd, pickles.....	150
Aloo/ Gobhi/ Panner Paratha (curd, pickles).....	150
Cheese Garlic Toast- 2 pieces.....	100
Masala Papad (tomato, onion, coriander).....	100
Chaat (Cashews, Peanuts, Onion, tomato).....	200

Vegan Thali

Carrots, cucumber, beets, tomato,sprouts, avocado, Greens, Chickpeas, with hummus, tomato salsa, & Pesto.....	350
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Indian

Vegetable curry with 2 Plain Paranthas	200
Palak Paneer-2 Rotis (Spinach- cottage cheese).....	220
Aloo- Matar Curry- Rice or Paratha.....	200
Jeera Rice served with Dal and Salad.....	200
Veg Pulao with Chole (Chickpeas curry- rice).....	250
Vegetable Biryani with Yogurt & Green Salad.....	250
Butter Khichdi served with Yogurt	200
Veg Love Thali (Roti, sabji, dal, rice, salad, Dahi).....	250
Rajma Chawal/Kadhi Chawal.....	200
Bhaigan Bharta/Dal Tadka/ Kadhai Paneer.....	160
Aloo- Bhaji/Jeera Aloo/Soya badi-Aalo0	160
Plain Paratha/ Plain Rice.....	80
Multigrain Roti/ Ragi Roti	40/80
Veg Raita/ Fruit raita.....	100

Italian

Spaghetti/ Penne (White or Red sauce).....	260
Pizza Veggie (zucchini, peppers, broccoli, sweetcorn).....	280

Chinese

Veg Fried Rice (Veggies, rice, oil, soya sauce).....	200
Veg Hakka Noodles/Manchurian.....	200
Veg Momos (cabbage, mushroom).....	250
Veg Momos (spinach-cheese).....	250

Desserts

Apple Crepe (Apple, Cinnamon, honey).....	200
Avocado Banana Chocolate Pancake.....	200
Sooji-Halwa (Semolina, raisins, nuts).....	180
Kheer (Rice pudding).....	180
Chocolate Truffle (Dark chocolate, nuts).....	100
Avocado Chocolate Mousse.....	250

Accommodation

Imagine to stay at your dream place which is situated right at the sea beach; having the most delicious meals; dancing in the sand; taking a bath in the infinite ocean; relaxing on a sun bed; practicing yoga; meditating; meeting people from all over the world! It is simply a heavenly experience that is materialised at the Love Temple!

Love Temple has 20 rooms that can accommodate 40 people. The wooden cottages are airy, comfortable and eco friendly. All rooms have double beds, a cupboard, a chair, a table, a fan, mosquito net and an attached bathroom.

Services included:

Safety lockers

24-hour Security Guards

Special Room Rates for our retreat:

Beach hut Rupees 1500 per night

Sea view cottage..... Rupees 2500 per night

Please book directly with Love Temple if you choose to stay here.

Let them know you are booking for the 'Holistic Parenting Retreat'

Whatsapp +91 7507898160 or email: lovetemplegoa@gmail.com



Accommodation

You are also free to find your own accommodation. There are many lovely places near to Love Temple on the beach front, or within Arambol village.

We advise you stay close to the beach, as it is very accessible the whole way up the coast. Any beach front resort or hotel will give you easy access, and a nice walk in the morning and evenings.

Here are a few suggestions:

Aaria Residency: <https://aariaresidency.com/>, a five minute drive from Love Temple

Lotus Sutra: <https://www.lotussutragoa.com/>

Lost Monk: https://www.tripadvisor.in/Hotel_Review-g2307943-d12224252-Reviews-Lost_Monk-Arambol_North_Goa_District_Goa.html

Grand Vatika Resort: <http://www.grandvatikaresort.in/>



How to get to Arambol

**Please book your flight to arrive at Goa International Airport
(Dabolim Airport) (GOI).**

Transfers from this airport are available for confirmed bookings.

**Once you have booked your flights, please let us know the flight number,
how many persons, and 1 passengers name for the taxi to be have to
collect you.**

You will also receive a transfer from Arambol to GOI.

**If you wish to extend you stay, or depart from a different airport please
arrange you own transfers. We can assist with this.**

Love Temple Address:

Arambol Beach, near Life Guard, Goa, 403524

Your Investment

Included in the price

Morning Practice

Breakfast

Morning Seminars / Workshops

Afternoon workshops

Dinner

Evening discussion and entertainment

Airport Transfers from GOI to your accomdation in Arambol

Early Bird Discount

£498 per adult

Available until 1st March

Full price

£597 per adult

A reservation requires a deposit of 50% of the total price.

The deposit is non-refundable, if the booking is cancelled.

The rest of the payment should be paid one week before the retreat .

To book, Please email Ana on theintimacyprojectonline@gmail.com

Just Imagine

A photograph of a woman with long brown hair tied back, wearing a white off-the-shoulder top, holding a baby in her arms. They are on a sandy beach with the ocean in the background. The woman is smiling down at the baby.

Imagine a safe space for you and your child to feel blissful. A place where you can rest, feel nourished, and enjoy the quiet sea breeze. A place to heal, rejuvenate and connect.

A place to share your anxiety, feel confident about parenthood, and understand that it takes a community to raise a child.