

## Anubhuthi – Creativity Retreat



If you are not willing to love yourself today, then you are not going to love yourself tomorrow!

We are delighted to welcome you to "Anugraha Creative Retreat: Chaithanya Yoga " - a dedicated space where you can discover your creative self.

Chaithanya Yoga is the most reliable 'source of creative energy' to remove the road blocks to discover self-love; it can be a stepping-stone to something more fulfilling and purposeful. The biggest benefit of the explorations of Chaithanya Yoga has been a newfound expression of your creative energy. It begins with learning to accept oneself more deeply, including letting oneself to fully pursue what he / she enjoys the most in life. In this initiative you are surrendering your resistance, inhibitions and a pattern of thoughts and allow creativity to flow through you unconditionally through creative activities like - art, dance, drama, music, clay, games, colours etc...

In Chaithanya Yoga Creative Retreat you will be able to clarify your values and thus meet life situations by creating a more abundant alignment with life itself, which will result in a more than sufficient flow of creative energy to keep you feeling happy and fulfilled across the board — thereby enjoying great physical, mental, emotional, and spiritual connections: you discover you are dancing with your life.

The net result is that you end-up experimenting with values and feel very content, peaceful, and happy with your body, mind and the way you are. The sense of neediness, poor self-image, resistance, blocks and lack will disappear. You start experiencing a wonderful flow of creative invitations. One reason for this is that you genuinely feel that you don't need anything from anywhere outside to be creative. You just enjoy connecting with situations, people, you appreciate things, and you are happy to let your energy run its natural course without feeling you need to push, persuade, guide, convince or lead. Perhaps the most important contribution of Chaithanya Yoga is to feel fulfilled on this path to strive to feel whole, complete, and happy with you as an individual.

Chaithanya Yoga; an innovative learning project from Anugraha Learning and Research Foundation, would transform you to a creative being at personal, family and professional performance. You discover a new you with “I can do it” attitude. This comes to you in the format of interactive workshop, one-on-one coaching and mentoring and experiential outbound retreats. If you want to express yourself with your creative energy you may book your appointment along with likeminded creatives for an all-inclusive retreat of relaxation, self-growth, and creative exploration and much more where time and space for your making journey is given priority.

The Creative Retreat is a dedicated space where all the details, including delicious meals, relaxation are all taken care of. Designed by a hands-on creative, there’s nothing for you to do other than relax and make – you can make from morning to midnight, if you choose. The retreats are in inspiring locations and allow you to completely escape your everyday life. Immerse yourself completely in the creative process in the company of like-minded creatives.