

Anubhuthi – Family Retreat



Anugraha Family Retreat: Rediscovering, Rejuvenating and Celebrating Family Values in Relationships

Do you want to take your family for a different sort of vacation this time? You can present your family with an inspiring idea of a family retreat. After your participation, you would look to return to Anugraha Family Retreat at the earliest for an enriching experience.

We offer a customised retreat for families that want to explore new territories, learn new skills and bond with each other in a simple, yet refreshing manner. Families influence us and our wellbeing in turn affects our work life. If you are to realize your full family potential, you must fully awaken to enduring family values. Being awake to your inner world with all of its beauty is part of being truly alive. If you can't be fully awake then the life of the individual and the life of the family becomes an aimless succession of actions and reactions. The joyous possibility of family life is lost; an opportunity to grow together is lost. We call this the practice of putting family values into action and growing together limitlessly.

We herewith introduce family retreat in values initiative. It is committed to offer support in creating, sustaining and growing with strong family values around all impossibilities. The initiative would show a way to convert every problem to a challenge that would enable family members to discover an opportunity to build a relationship on a strong foundation in values. It is an initiative, which is synonymous with joy and happiness. It is an opportunity to learn, clarify, assimilate and live family values and realise the greater goal of "Oneness".

We offer experiential retreats in living values in family environments that covers;

Living values in pregnancy

Living values in parenting

Living value projects for students (00-07 years, 07 to 14 years and 14 to 21 years)

Living value projects in assimilating life skills

Living value projects in marriage: Pre-marriage, post-marriage mentoring

Living value projects to lead a fulfilled life

Living value projects for elders at old age...and much more

While working with us, families transform, To spend more time with family members; Build harmony and create equal opportunities; Come-out of the tendency to criticize and put one another down; Build a family environment where people respond to each other; To protect family from unhealthy attitudes; To develop a family heritage and culture where future generation will grow with higher purpose; Develop a family of love and care; Rebuilding family by rebuilding broken relationships; Create and maintain a spirit of co-operation; To develop a family philosophy and provide workable insights.

With us families have learnt the arts and science of putting values in different family climate. Families are inspired to create extraordinary family environment with ordinary insights where they reclaim the lost family environment. It is never too late; we are with you and never give up. We assist you to become that change agent who really transforms a family environment. This is the gift you can think of giving; the legacy you are leaving for the future. The initiative would lead to happier family atmosphere with enriched family members.