

HOLI - RETREAT

March

dates

13.03.25

TO

15.03.25



Retreat

Hyderabad

thu 4 pm - sat 4pm

Festivals have always been more than just events—they're sacred pauses woven into the rhythm of our lives. Throughout the year, we have these moments to step away from our busy routines, whether it's work, school, or the constant buzz of daily life. We cleanse our spaces, dress our bodies, cook, and eat without judgment or measurement. It's a time to connect with nature, to play, to laugh, to share stories, and to support each other.

We celebrate because these moments with our communities, our families, and friends are meant to fuel us, to restore our energy for the challenges ahead.

With this in mind, we've created a beautiful space on a serene farm in Hyderabad — come join us; connect, rejuvenate, celebrate.

THE RE-
MEMBERING
COLLECTIVE

DAY 1 | 4 pm - 10 pm

Refreshments on arrival
Farm tour | Centering | Icebreaker
Sense Play - Movement Session
Dinner
Fire Readings and Ceremony

DAY 2 | 7 am - 10 pm

Morning Yoga Session
Breakfast
Holi Celebration
Lunch
Philosophy Reading Session
Contact Improvisation Workshop
Dinner
Candle Gaze Meditation (Trataka) & Breathwork (Brahmari)

DAY 3 | 7 am - 4 pm

Morning Yoga
Breakfast
Existentialist Philosophy & Poetry Reading
Yoga Nidra
Lunch
Closing Ceremony & Writing

ON THE FARM

During your 3-day, 2-night stay at **Mounam Yoga Farms**, a 10-acre property designed to reconnect you with nature and yourself, you'll experience fresh produce, earthy, well-ventilated rooms, and peaceful yoga spaces throughout the property. Between workshops and free time, explore the farm's many offerings—relax in hammocks in the forest, enjoy sports grounds (football, badminton, volleyball), stargazing spots, and more.

If you are a seeker on the journey of discovering who you really are, the farm finds a warm embracing way of taking away the non-essentials and restoring us to true inner nature.



FACILITATORS



srishti

Srishti specializes in integrating movement, mindfulness, and cognitive science to enhance holistic well-being through **somatic practices**.

Her exploration of the intuitive intelligence of the body and mind through **yoga and dance** has led her to become a certified yoga **practitioner** and teacher with clients across India, the US, and Europe. She has led numerous yoga courses and retreats for both individuals and corporations.

Srishti is an alumna of **IIT Bombay** and **IIM Bangalore**, with experience in corporate strategy, alternative education, and entrepreneurship. She has taught at Plaksha University and Rishihood University and served as a program manager.

Sakshi explores the intersections of **body theory**, memory, and well-being through sociological, philosophical, and medical anthropology perspectives, examining how personal experiences of illness connect with broader **public health** narratives.

She is a certified **functional nutritionist** with a deep interest in the gut-brain connection.

Sakshi is an alumna of the **Humanities and Social Sciences** department at **IIT Madras**, with a background of working in Cultural and Visual Anthropology, History, and Archaeological research.



sakshi

IN PREPARATION

Things to bring

- **Yoga Attire:** Comfortable clothing for yoga sessions
- **Personal Towel:** For personal use
- **Holi Outfit** (preferably white clothes)
- **Medication & Toiletries:** Personal hygiene items, any daily prescription medication
- **Meditation Tools:** Any personal meditation aids you use
- **Musical Instruments:** If you play an instrument and wish to bring it along

most importantly, carry yourself as you are

holding the space and permission to learn, play, shapeshift.

Contact us

for registrations and inquiries

[the re-membering collective](#)

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THE SPACE







