

# Remembering HER

**A Retreat for Mothers**  
Nourishing the nurturers who forget themselves

**April 15<sup>th</sup> - 19<sup>th</sup> 2026**  
**Sitaram, Munnar, Kerala**



RAISING HEARTS  
BY KAVITA

# Sacred Pause

BECOMING A MOTHER IS A  
NEAR-DEATH EXPERIENCE.

It is a rebirth. Your body is no longer yours. It never will be again.

There was a person who lived within you once. She still exists. Your first child – you. This is your time to nourish that child first.

The little toddler, the young girl, the woman within.....so you can love the children before you.

This is all about you. As it should always be. It is only when we first nurture ourselves that we can nourish our children, our families, our homes.

You are the heart, but for you to thrum with life giving blood, you must first rest.

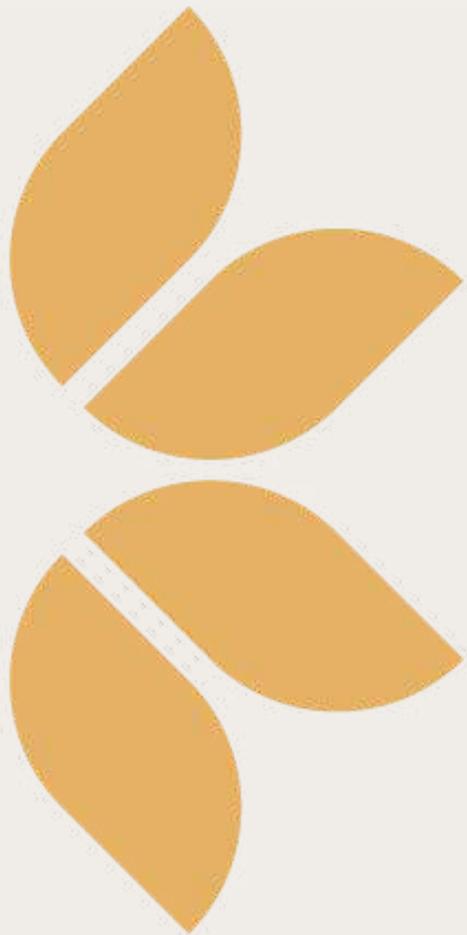
This is your time.





# Kavita Srinivasan

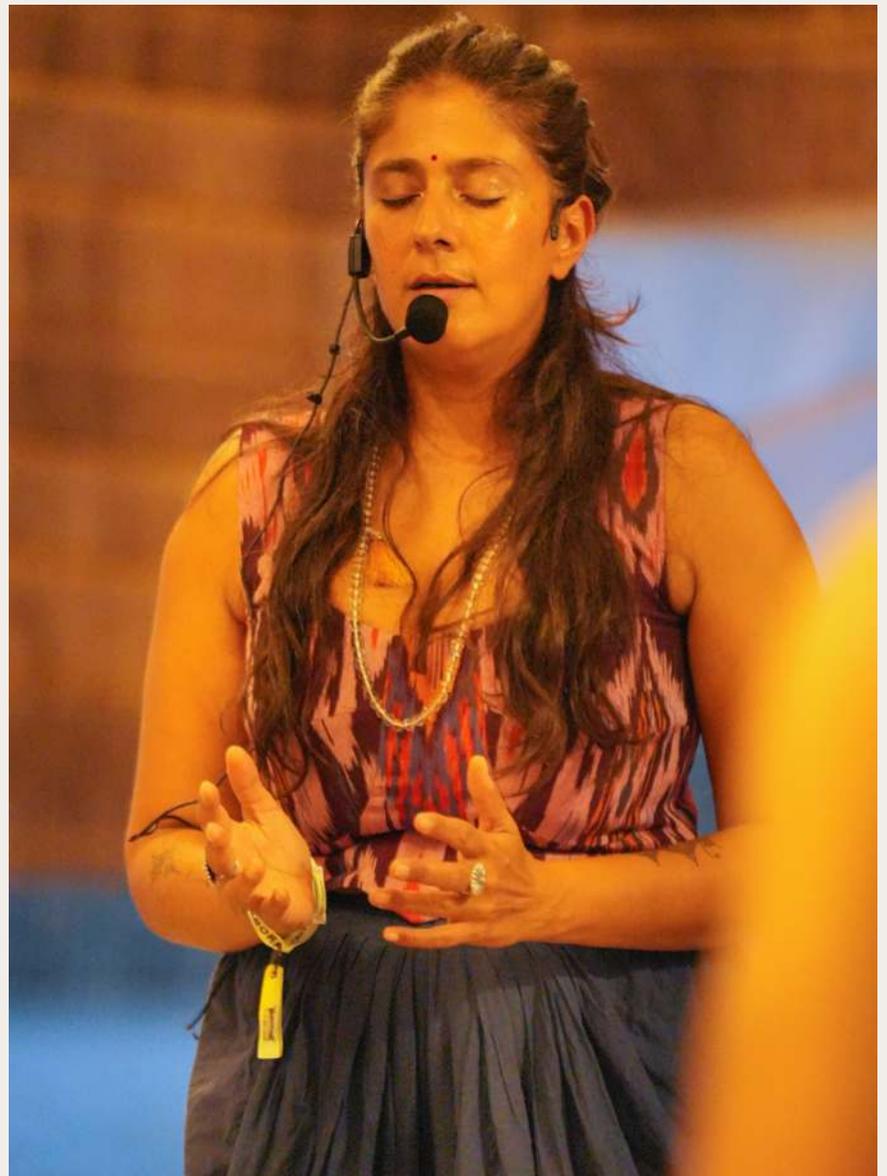
After spending over a decade in publishing as the Editor in Chief of Cosmopolitan Middle East and HELLO!, Kavita resigned in November 2019. She was suffering from chronic Post Partum Distress despite her son being over three years old. It was through Dr Shefali Tsabary - Oprah's go-to for Parenting - that she discovered her Post Partum distress was the result of deep childhood trauma and abandonment. It is through her pain that Kavita discovered meaning. She studied under Dr Shefali Tsabary to become a certified Parenting Coach and completed her MA in Holistic Psychology in Child Therapy, Astropsychology and Trauma, at the California Institute of Integral Studies. Through her columns in the Khaleej Times, one-on-one trauma work, and her parenting community, Raising Hearts, Kavita tackles parenting and its challenges so we can raise whole and happy children.



# Natasha Mahindra

Natasha is a certified yoga therapist, chakra healer, spiritual guide and founder of Anam Cara Retreats , a yoga travel and adventure company. She is a certified yoga therapist from the Kripalu centre in Massachusetts, she has been working in this space for over 15 years now. Stepping beyond the realms of traditional asanas she shares dynamic dance meditation, Goddess practices, ancient Tantric and Vedic rituals, hormonal practices for women and teaches meditation with Mudras. Natasha Creates beautiful spaces and intimate gatherings collaboration with yoga and other healing practices to offer a holistic experience out in nature.

Anam Cara has hosted retreat in the jungles of Kanha, Maha Kumbh Mela, Arugumbay, Greece, Tuscany, Portugal, Nepal, Himachal, Tiruvannamalai, Auroville, Goa, and many more exotic destinations.



# “Landing In Your Body”

**“What do I need that I never allow myself to ask for?”**

- Private Consults with an Ayurvedic Doctor
- Deep healing body massages and treatments
- Slow & supported Yoga for the hormonal system
- Locally harvested Ayurvedic meals



# Let your heart speak

**“Where is your heart broken?”**

- Nourishing and listening to your inner child
- Working with the mother wound.
- Ayurvedic herbal remedies for emotional cleansing
- Navarasas - Working with all the 9 glands and 9 emotions
- Understanding shame, rage, and fatigue
- An immersive water ritual to cleanse and release emotion



# Astrology & Child Healing Blue Prints

## “Understanding Your Child’s Soul”

- Discovering your child and your unique relationship
- Where does your child struggle?
- What does he/she need emotionally?
- How do you help them become their most aligned and powerful selves?
- Make parenting easy, joyful and rewarding.
- Why you are the perfect parent for your child.



# Returning to Your Power

## Finding your community

- Release guilt and shame narratives
- Return to purpose and meaning and learn to live wholly for yourself.
- Reunite with the person you are now.
- Find your inner voice - the only guide you need to reclaim independence and self-sustenance.
- Break patterns through ancestral healing rituals and deep trauma work.



**Through communion  
with our bodies  
Our SOULS  
Our HEARTS  
Our CHILDREN...  
and finally and irrevocably,  
Ourselves.....  
We  
Return to Nature**



# Sitaram Retreats, Munnar

Bringing ancient Ayurvedic wisdom and nature together, Sitaram Mountain Retreat is designed as a safe space for your healing journey to unfold.

Set against the backdrop of Munnar's lush landscapes, tea estates and hills, Sitaram will be home away from home.





# Itinerary

## DAY 1 – ARRIVAL

### MASSAGES

Gentle Abhyanga massage on arrival

### PRIVATE CONSULTS WITH AYURVEDIC DR

Introduction to the Ayurvedic program  
(dosha assessment, treatment plan)  
Each participant will get their unique  
treatment according to diagnoses.

## DAY 2

### MORNING YOGA

Slow & supported Yoga for the  
hormonal system.

### BREAKFAST

### OPENING CIRCLE

Creating safe sisterhood container  
Orientation to the retreat flow  
Setting intentions  
Unpacking the shadow of motherhood  
Ritual of Shringhar and beauty

### MASSAGES

### LUNCH

### EVENING SESSION

The Emotional Map of Motherhood  
Understanding shame, rage, and  
fatigue through a compassionate lens  
Immersive water ritual for release

### DINNER

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## DAY 3

### **MORNING YOGA**

Slow & supported Yoga for the hormonal system.

### **BREAKFAST**

### **MID-DAY SESSION**

- Mother's emotional signatures
- Where depletion shows up
- Identifying the child's core needs from their chart
- Understanding the child's nervous system patterns
- Mother-child karmic themes
- Meditation: Heart connection to your child

### **MASSAGES**

### **LUNCH**

### **EARLY EVENING SESSION**

Moon ritual & Womens' circle

### **DINNER**

## DAY 4

### **MORNING YOGA**

Slow & supported Yoga for the hormonal system.

### **BREAKFAST**

### **MID-DAY SESSION**

Ayurveda talk with Dr Vignesh, who owns Sitaram - foods, herbs, routines for mothers.

### **MASSAGES**



## **EARLY EVENING SESSION**

- Reclaiming the Mother Archetype
- Breaking internalised mother-wounds
- Rewriting the inner mother voice
- Learning boundaries without guilt

## **CLOSING CIRCLE**

- Fire ritual
- Flower blessing

## **DINNER**

## **DAY 5**

## **BREAKFAST**

## **DEPARTURE**



# Package cost

5 nights at Sitaram

Ayurvedic meals

Private consult

Ayurvedic massages

All wellness sessions & Rituals



**Luxury Suite**

**Single: Rs 1,48,000**

**Sharing: Rs 1,29,300**



**Luxury Studio**

**Single: Rs Rs 1,41,200**

**Sharing: Rs Rs 1,25,900**



**JOIN US**  
On This Journey

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**anam  
cara**