

LIBRA

FIVE-DAY ECO RETREAT PROGRAM

Libra is an Initiative of the Vathil Foundation for Mental Wellness
Training and Research in Kottayam in association
with St. Francis Monastery, Hill Mussoorie.

Resource persons



NISHA JOSE

DIRECTOR, VATHIL FOUNDATION
COUNSELLING PSYCHOLOGIST
TRAINER AND WRITER



TEMI TERRANCE

COUNSELLOR AND TRAINER



DR. DEEPTI GUPTA

PHD WILDLIFE SCIENCE,
NATURE EDUCATOR & ARTIST

AGE GROUP: 18 & ABOVE

JOIN US AT LIBRA, TO RELAX, REJUVENATE
AND MAKE MEANINGFUL CONNECTIONS

 **VATHIL**
YOUR DOOR TO CHANGE

DATE : SEPTEMBER 7TH TO 10TH

VENUE : ST. FRANCIS MONASTERY HILL MUSSOORIE
LIMITED SEATS AVAILABLE



CONTACT US: +91 9526725476, +91 92077 77551 | www.vathilfoundation.org

Do you feel like the world around you is too overwhelming at times? Are the notifications, alerts, and alarms too loud?

Come escape from the hustle and bustle of daily life in this fast-changing world. Find your Inner peace and rejuvenate yourself in the lap of nature with Libra. Libra is a five-day eco retreat program that helps people find balance, peace, and contentment in their lives and lead a harmonious life in connection with their own self and nature. We help you improve your emotional well-being, social skills, lifestyle, and re-connect with nature, with a special focus on finding a healthy balance between the digital world and the real world.

We believe in learning using natural instincts; therefore, Libra combines fun indoor and outdoor activities. We strive to nurture curiosity and deepen observations in participants through nature art, education, and journaling, which cultivates an appreciation for the world around us. The resource team at Libra includes experienced mental health professionals, trainers, and naturalists. Our team is committed to supporting our participants in achieving a balanced relationship with technology and developing skills to enhance their real-life relationships to make meaningful and healthy connections. Our dedicated team also offers personal counselling and feedback to ensure that each participant feels supported throughout their journey. Libra is an initiative of the Vathil Foundation for

Mental Wellness Training and Research in Kottayam, Kerala in association with St. Francis Monastery, Mussoorie, Uttarakhand.

ACTIVITIES FOR PARTICIPANTS

- **Bird Watching**
- **Nature Walk**
- **Stargazing**
- **Mindful Exercises**
- **personal counselling**
- **mentoring**
- **psycho education**

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