



Inner Oasis 2019:

## About the Program

“The cave you fear to enter holds the treasure that you seek”.  
-Joseph Campbell

'Inner Oasis' is a soft skills fellowship designed and curated for individuals from 17 to 30 years of age group where we co-create the journey of building the ground for connecting deep with self and others and co-evolve as fellows, ready to handle the real situations in a conscious way. The fellowship is a three month, twelve weekend experience which will involve designing of individual life map and projects. The program is a detour consisting of six milestones which we will cross together.

## The Story:

"Your sacred space is where you can find yourself again and again".  
- Joseph Campbell

For a long time in my life I was helpless and during those moments I looked for people, answers and wisdom outside. I remember how much effort during and after the college days it took me, to get use to the world which never existed before. It was as if one had built a Utopian palace and when the time came to enter, what remained was debris. Everything came down crashing on the ground. I have always been fascinated by emotions and curiosity but how to use it as a skill/tool for my journey was a question which remained unanswered for a long time. During the years when we are in college or immediately after that many of us focus a lot on external grooming, the way we look, the way we dress up or the way we speak. Ever wondered about internal grooming? Did it ever occur what if we take care of our inner self? How magical could it get if we start nurturing our soul?

These are some of the powerful questions which triggered an internal need and made us create 'Inner Oasis'. We started having multiple rounds of conversations with the group we wanted to work with and asked them about its relevance through another equally powerful question- how differently would their life design be had they known about inner oasis before? And their response to the question is what has shaped the framework of the program.

## Sneak Peak into the Program Milestones

"The journey of a thousand miles begins with one step".  
- Lao Tzu

Understanding Multiple Perspectives- A lot of times we get frustrated on things and situations without even seeing the side and space from which they are operating. The moment we start to listen to the other stories, we also in a way become considerate to the thought process they come up with. This milestone is a first step towards the larger setting which will prepare and initiate us for the bigger game.

Compassionate Communication- We communicate on a daily basis and our ideal understanding and definition around it is that saying things in a way which others understand. By bringing compassion into it we will together experience the other dimension of communication which is that of *'first understand and then being understood'*.

Self-Directed Leadership- We see people in their roles and based on that we segment them into different compartments. Leadership is also one such fragmented approach where in we have been taught to become a leader. In this milestone we touch base the leader within, which is with us ever since we are born and we use it in different capacity on a daily basis.

Approaching the Thunderstorm- Never in our school or college has there been an intentional space or need to talk about the difficult situations and explore possible techniques to resolve it. When it comes right on the face we use flight or fight mode. During the program we will explore and co create methods in which we can face it and come out of it.

The Art of Visualization- In today's time when self help books and motivation gurus are in high demand simple human wisdom gets shifted into complex mechanical jargon. This is the milestone in which we will go into the basics of everyday life and see what we vision for future, how much of it are we living in present?

The World of Possibility- For a lot more capitalistic reasons we have been conditioned to live in a certain way, looking at people as our adversary and challenges as threat. The final milestone in Inner Oasis journey is a magical land where we recreate and redesign our living by seeing scope of blossom in everything.

## What to expect from the fellowship?

“My expectations were reduced to zero when I was 21. Everything since then has been a bonus”.  
- Stephen Hawking

The twelve weekend fellowship will be a roller coaster ride which can touch and shift you on aspects which are relative yet some of the suggestive elements that we think will be sensed during and after the fellowship are:

- Well equipped to handle the uncertainties of life
- A community/tribe to fall back upon and also for constant support and openness for varied experiments to play with
- Clarity in using different lenses for different situations
  - Stronger emotional and creative quotient
  - Being able to lead from within
- Celebrating aliveness, disagreements and failures
- Reaching out more to self and others through holding, hosting and support

## Who is it for?

“We are created for community, fashioned for fellowship, and formed for a family, and none of us can fulfill God’s purposes by ourselves”.  
- Rick Warren

The fellowship is designed for individuals from 17 to 30 years of age:

- Who feel lost or are on a crossroad of deciding what and what not to do
  - Who find expressing themselves as a constant challenge
- Who are going through a tough time emotionally and are looking for options to center themselves
- Who are searching for a space which can listen to their vulnerabilities without judging them
  - Who are open for new perspectives

## What makes it special?

“Embrace those things that make you unique”.  
- Janelle Monae

The journey will be unique and sacred because of the processes and rituals which we will use in it. Few out of many are listed below:

- Circular dances, cooperative games and musical gatherings
  - Poetry, Art and Theatre
- Visit to multiple spaces such as travel hostels and alternative spaces
  - Nature quest and creative writing journals
  - Hosting a two day culmination festival for the peers

## About Us

“Those who don't believe in magic will never find it”.  
- Roald Dahl

Anubhavshala is a learning and design consultancy built with an intention to bring out the best in people. We are a mix of young and seasoned enthusiasts who are together with a common purpose of seeing possibilities in people. We believe that each individual is unique and has tremendous potential, untouched and ignored most of the times. At Anubhavshala we bridge the gap of what we know and what we truly are through innovative interventions. Our cross integrated team: Designer & Communication geek, Chartered Accountant & Financial wizard, Operations & Logistics rationale, Cognitive psychology & human behavior wisdom, with a Theater & storytelling connect makes us stand out from the rest.

Over the years we have helped and facilitated individual and collective journeys for clients such as Tata Power, Smartchip, Syscom, Fusion, Triotech, Thapar University, Auro University, Swaraj University, St Thomas' Girls School, St Crispin School and more.