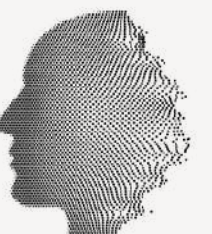




HER-STORY

IN THE MAKING

WOMEN
EMPOWERMENT
RETREAT



RAY OF HOPE

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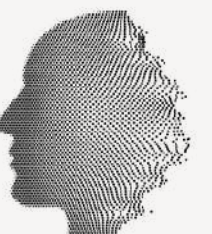
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RAY OF HOPE

INTRODUCTION

A RETREAT DESIGNED TO HELP YOU REGAIN YOUR
CONFIDENCE AND REWRITE
YOUR STORY

With over **5000+** hours of therapy sessions with women globally, therapist **Pablo Arani Ray** and mental health advocate **Ivana Mukherjee Ray** have curated a never experienced before, **women empowerment** retreat.

Majority of the households that such beautiful girls and women come from, have usually been haunted by **patriarchy**, **marital abuse** between parents, the **mother** constantly **sacrificing**, the **father** constantly **unavailable**, **narcissism**, **alcoholism**, societal validation, comparative abuse even between male and female siblings, **lack of love** (emotional expression), **lack of approval** of how lovely the babies are, being the scapegoat between parents' marriage, being the dumping ground for mothers in unhappy marriages and most of their childhood has been walking on egg shells, doing anything that was expected of them and not being themselves, being **fearful of people's judgement** and reaction to them, being **fearful of upsetting parents**, and feeling **undeserving of love**. All of these factors have created behaviors in the adult that is affecting their everyday life in their marriages, relationships, friendships and work.



INTRODUCTION

THIS IMMERSIVE EXPERIENCE WILL REVEAL HIDDEN BEHAVIORS THAT HAVE BEEN HOLDING YOU BACK. BECOME EMPOWERED AGAIN AND RECLAIM CONTROL OVER YOUR LIFE ONCE MORE!

We understand the inner conflict a mother, daughter, sister, daughter in law, wife, girlfriend go through, in their everyday relationships. Walking out of a **patriarchal** community, women are inculcated with **fears** of **abandonment**, **rejection**, **upsetting someone**, not being able to live up to a label and constant behaviors of meeting everyone's **expectations** and **self deprecation**. They have been drilled with the psyche of being able to **compromise**, **adjust**, **adapt** even when they don't want or the other person isn't ready to. This has taken away their **inner confidence** to be able to ask what they need, to be able to be **respected** from who they want it, to be able to serve people like they do, to be **able to feel equal** to a man in every sense.

The constant **self doubt**, **over thinking**, **anxiety**, **depression**, **self judgement**, **desire to be seen**, heard, acknowledged and accepted, **to be nurtured** and **loved** like they want, to anchor to someone for their **emotions**, to feel that they have to make do with whatever they have from the **fear of never having someone** completely to themselves has **reduced self esteem** and confidence.



INTRODUCTION

ITS MORE THAN JUST AN ESCAPE; ITS TO PROVIDE A
LIFELINE WHILE YOU NAVIGATE TO BE YOUR BEST SELF.

With all of this in mind, we aim to **restructure their cognition** and put them on their own path to succeed in every aspect of life, **fearlessly**. When she is able to see beyond what she's taught, beyond her patterns & behaviours, beyond what is expected of her, beyond how people perceive her - she is able to **reconnect with herself** and come back to herself. This **changes** how she looks at her **experiences**, what she **expects** in her **relationships**, how she should be her **priority**, how she can **set standards** and **boundaries** for her well being, she becomes the higher self.

Most women are more powerful than they can ever think. It's time to make a real change.

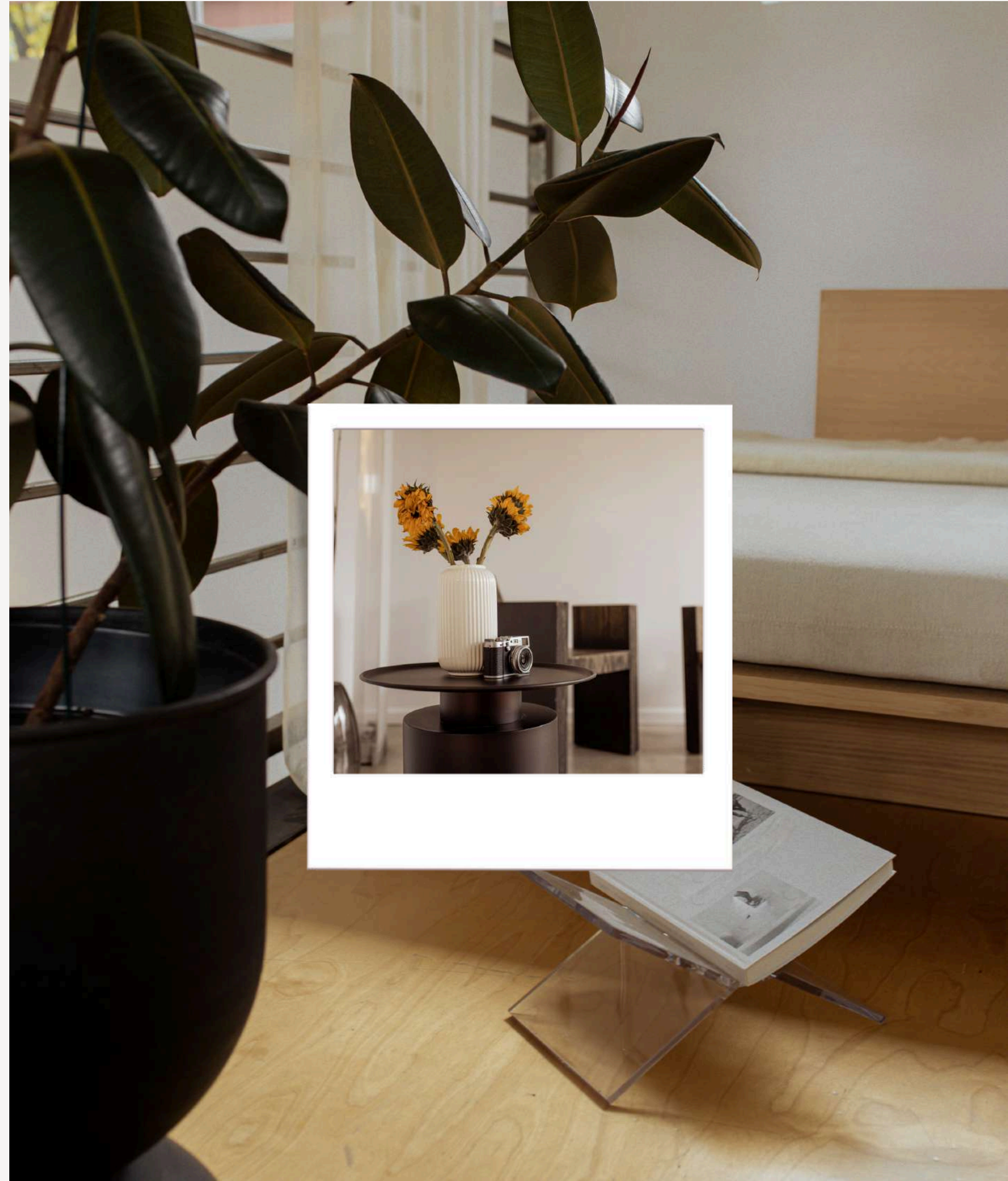


WHAT TO EXPECT

WITH HEALING GROUP SESSIONS AND PERSONALIZED GUIDANCE, ENTER A SAFE HAVEN WHERE YOU WILL RECOVER YOUR STRENGTH, RECLAIM YOUR SENSE OF SELF, AND EMBRACE A NEW FUTURE FILLED WITH POSSIBILITIES IN THE UNKNOWN.

You will be guided, loved, and stretched in unimaginable ways that will unlock your heart, identify and clear any deep unconscious blocks to experiencing true love in your life, remove the emotional obstacles that limit you, and shift the damaging repetitive patterns that prevent you from having the fulfilling life and relationships you long for.

Our intention is to assist you in transforming internally in such a powerful way, that the life you attract, reflects back to your true heart's beauty, value and the love you deserve. The following page is a brief understanding of what we will cover.



01

Impact of Your Childhood in Adulthood

How childhood experiences shape adult behavior, relationships, and emotional health.

Early trauma, neglect, or conditioning often manifests as emotional blocks, unhealthy patterns, and difficulty forming stable relationships in adulthood.

02

Trauma (What it is, How it Works, How to Heal)

Understanding trauma and its lasting effects on the mind and body.

Trauma affects our emotional and physical health, and healing requires addressing its root causes through self-awareness, therapy, and coping strategies.

03

Attachment Styles and Your Current Relationship

How your early attachment experiences influence your relationship dynamics today.

Different attachment styles (secure, anxious, avoidant) impact how we connect with others and how we react to intimacy and conflict.

04

The Power of Thought - Emotion - Behavior and How to Work with It (Overthinking, Anxiety)

Recognizing the cycle between thoughts, emotions, and behaviors and learning to break the patterns.

Understanding how your thoughts lead to emotional responses and behaviors helps in managing overthinking, anxiety, and emotional regulation.

05

Beliefs

How beliefs are formed and how they shape your reality.

Our beliefs, often formed in childhood, create subconscious limitations that dictate how we perceive ourselves, others, and the world around us.

06

Fears (Abandonment, Judgement, Rejection, Loss, Failure, Grief, etc.)

Identifying and overcoming fears that hold you back in life.

Fears like abandonment or judgment create anxiety and prevent growth; facing and releasing these fears empowers personal transformation.

07

Emotions - Release, Regulation, and Detailed Expression (Depression)

Learning how to release, regulate, and express emotions, particularly depression.

Understanding how emotions work and developing healthy expression and regulation techniques can help prevent emotional suppression and promote healing.



08

How to See Your Partner Beyond the Behaviors, How to Choose a Partner

Shifting perspective on relationships and selecting a compatible partner.

Seeing beyond surface behaviors helps cultivate empathy, and choosing a partner based on shared values and healthy emotional compatibility fosters lasting relationships.

09

Building Self-Love, Confidence, and Doubt

Strategies to build self-worth and overcome self-doubt.

Self-love and confidence are cultivated by practicing self-compassion, challenging negative self-talk, and setting realistic goals for personal growth.

10

Setting Boundaries Without Upsetting Anyone

How to establish healthy boundaries without guilt or fear of rejection.

Learning to communicate boundaries assertively and respectfully helps preserve personal well-being without compromising relationships.

11

Divine Healing Meditation

A guided practice to access inner peace, the divine and healing energy.

Meditation taps into the body's natural ability to heal, offering deep relaxation and clarity while connecting with higher consciousness for emotional and spiritual growth.

12

Pain Release Practices

Techniques to release physical and emotional pain from the body.

Using mindfulness, breathwork, and other practices to release stored pain can help transform trauma and reduce chronic emotional and physical discomfort.

13

Nature Awareness & Grounding

Connecting with nature to restore balance and vitality.

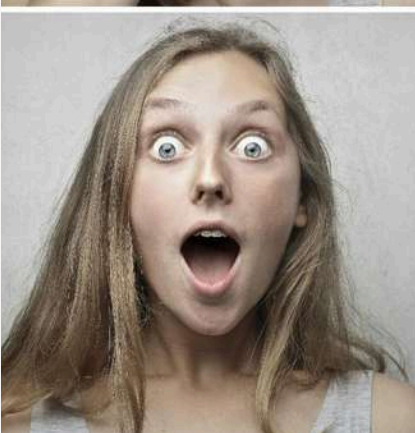
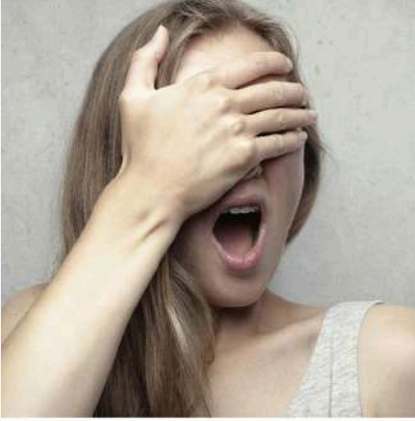
Spending time in nature and grounding yourself in its presence helps reduce stress, increase clarity, and promote emotional healing.

14

How to Set Expectations in Relationships

How to create realistic and healthy expectations in relationships.

Setting clear, mutually agreed-upon expectations ensures healthier interactions, reduces disappointments, and promotes understanding.



15

Communication in Every Relationship - Articulation, Tone, Response Preparedness, Self-Preservation

Mastering communication for healthier interactions in all relationships.

Effective communication involves clarity, tone control, listening skills, and knowing when to protect your own emotional well-being.

16

Parents - Expectations & Guilt

Dealing with parental expectations and the guilt that comes with them.

Understanding how parental expectations can influence our choices and how to navigate or release guilt tied to not meeting these expectations is crucial for emotional freedom.

17

Love - True Meaning in Words and Actions

Defining authentic love through meaningful actions and communication.

True love is demonstrated not just through words, but through consistent actions that align with care, respect, and emotional presence.

18

How to Move Forward from a Painful Experience

Tools for healing and moving on after painful experiences.

Letting go of past hurts and learning from them allows you to reclaim power over your life and create new, healthier experiences.

19

Manifestation - What It Is, Step-by-Step Guide, Manifestation Letter, Visualization

The process of manifesting desires and goals through focused intention.

Learn how to harness the law of attraction through clear goals, visualization, and focused energy to manifest the life you want.

20

New Life Principles

Adopting new principles to live by for growth and happiness.

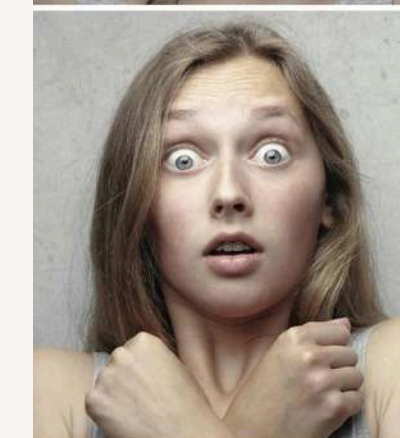
Transforming your life starts by adopting principles that support personal development, authenticity, and a balanced mindset.

21

Open House - Q&A with Each Member (No Boundaries Conversation with a Therapist)

A safe space to ask deep, personal questions and receive guidance directly from a therapist.

This open forum provides an opportunity for intimate exploration of concerns, offering personalized advice and support.



other things you will experience



Holotropic Breathwork | Yoga



Community and Support



Rest & Balance in the Nervous System



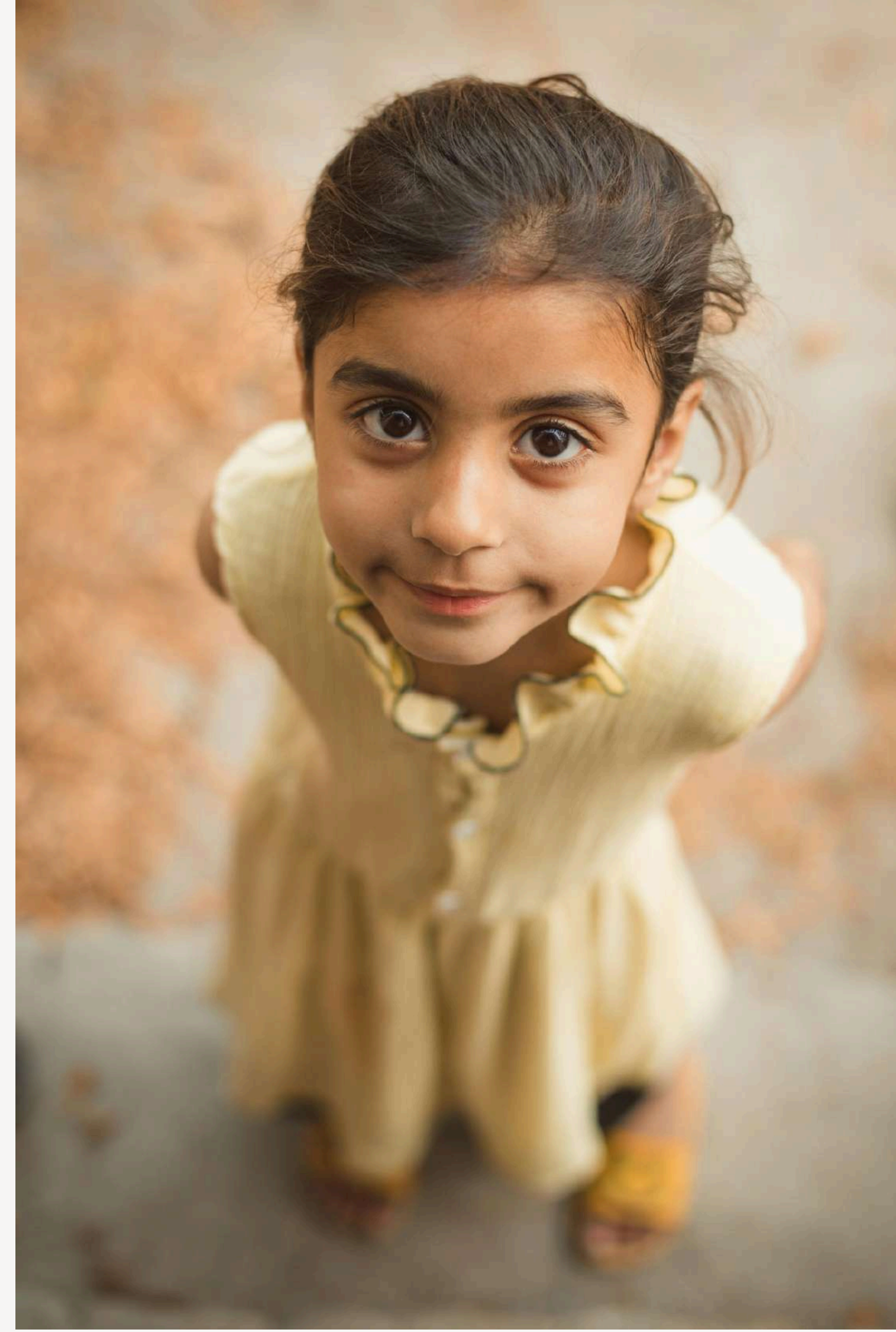
Shadow work & Emotional Integration



Uncovering and Releasing Unconscious Patterns



Emotional Intelligence and Regulation

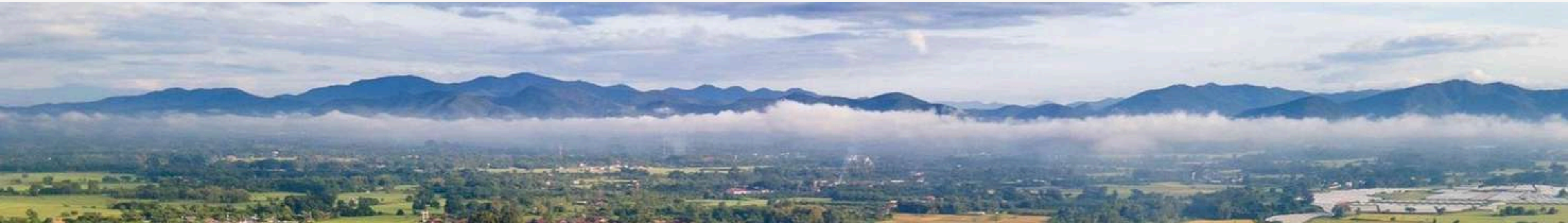


Brief Itinerary Overview

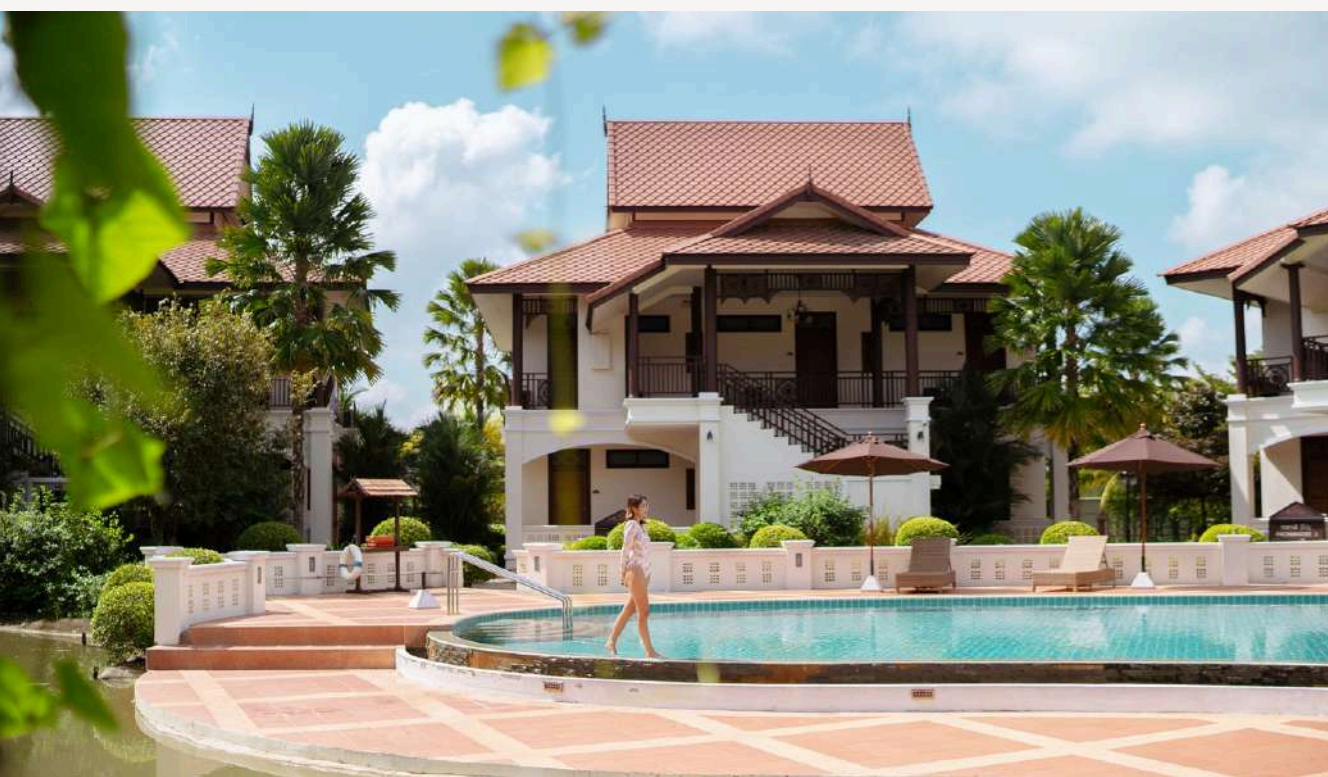


FRIDAY	SATURDAY	SUNDAY
28 February, 2025 <ul style="list-style-type: none">• Land into Chiang Mai International Airport• Check your email to spot your transport• The team welcomes you at the airport and settles you into the vehicle• The team guides you to Check-in to the Resort• Relax, go for a swim, walk around nature, meet animals at the zoo, watch the sunset by the lake and get ready for dinner• Dinner meet & greet with Ivana & Pablo• Go to bed early to start afresh	01 March, 2025 <ul style="list-style-type: none">• Breakfast 6:30 am to 7:30 am• Beginning of the Workshop 8:00 am• Coffee/Tea/Snack Break 11:00 am - 11:30 am• Lunch 1:30 pm - 2:30 pm• Hi-Tea break 4:30 pm - 5:00 pm Workshop continues• End of Day 1 of the Workshop at 6:30 pm• Dinner 7:00 pm - 9:00 pm• Go to bed early to start afresh	02 March, 2025 <ul style="list-style-type: none">• Yoga, Breathwork, Nature Grounding 6:00 am to 7:30 am• Breakfast 7:30 am to 8:30 am• Workshop resumes at 9:00 am• Coffee/Tea/Snack Break 11:00 am - 11:30 am• Lunch 1:30 pm - 2:30 pm• Hi-Tea break 4:30 pm - 5:00 pm• Conclusion of the Workshop 6:30 pm Interactions with others & Photo Sessions• Check-out The team guides you to the airport or you can choose to tour beautiful Chiang Mai

LOCATION & AMENITIES OVERVIEW







Amenities



156 Acre Botanical Lush Gardens
4 Natural Lakes



Fitness Centres
5 Swimming Pools



Waterfalls
Zoo



4 Restaurants
Bi-Cycling in Nature



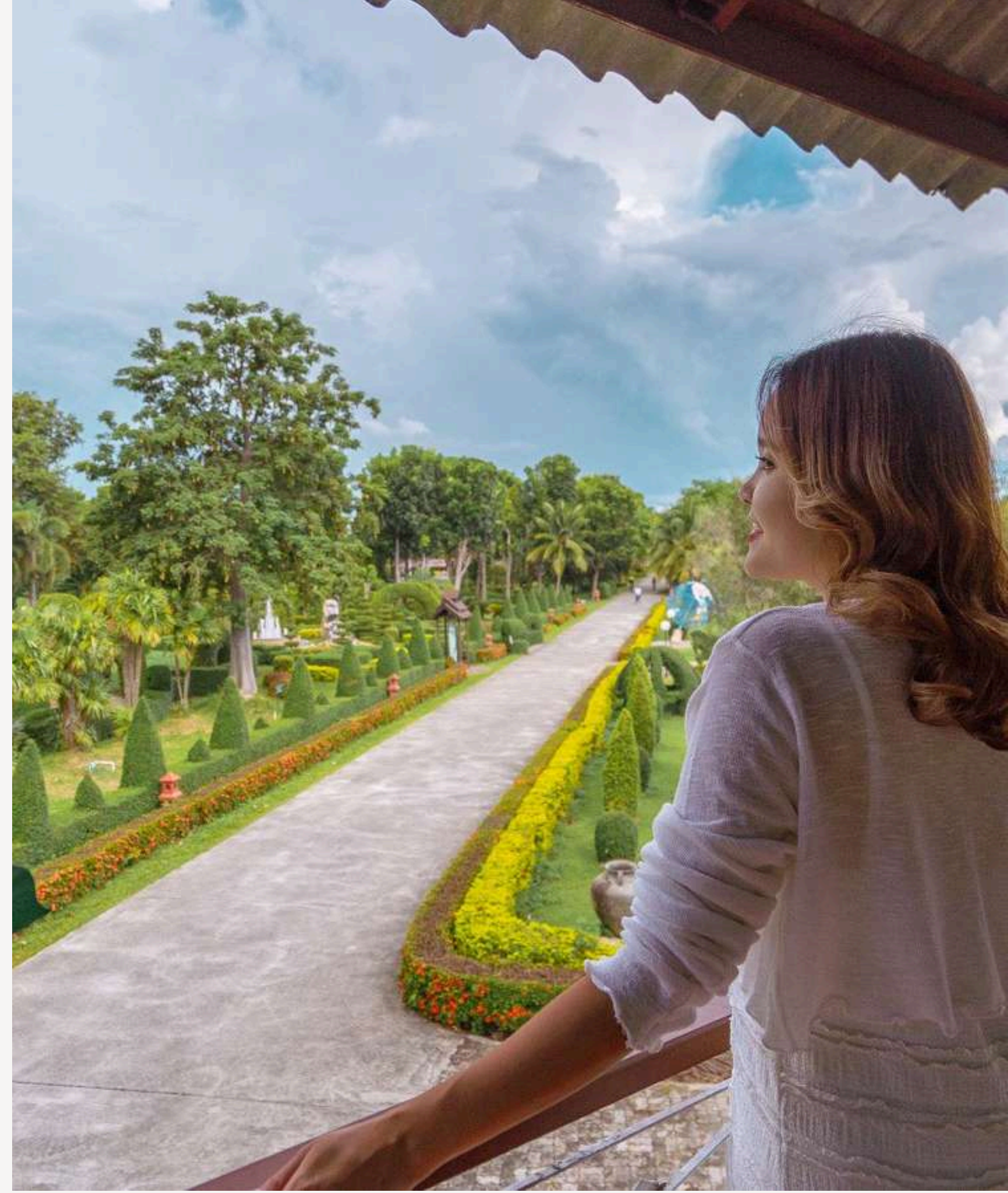
Nursery
Mini Bird Sanctuary



Nature Walks
Within Resort Travel & Guidance



Stress Release Massage
Hot Air Balloon Experiences



WHO SHOULD ATTEND

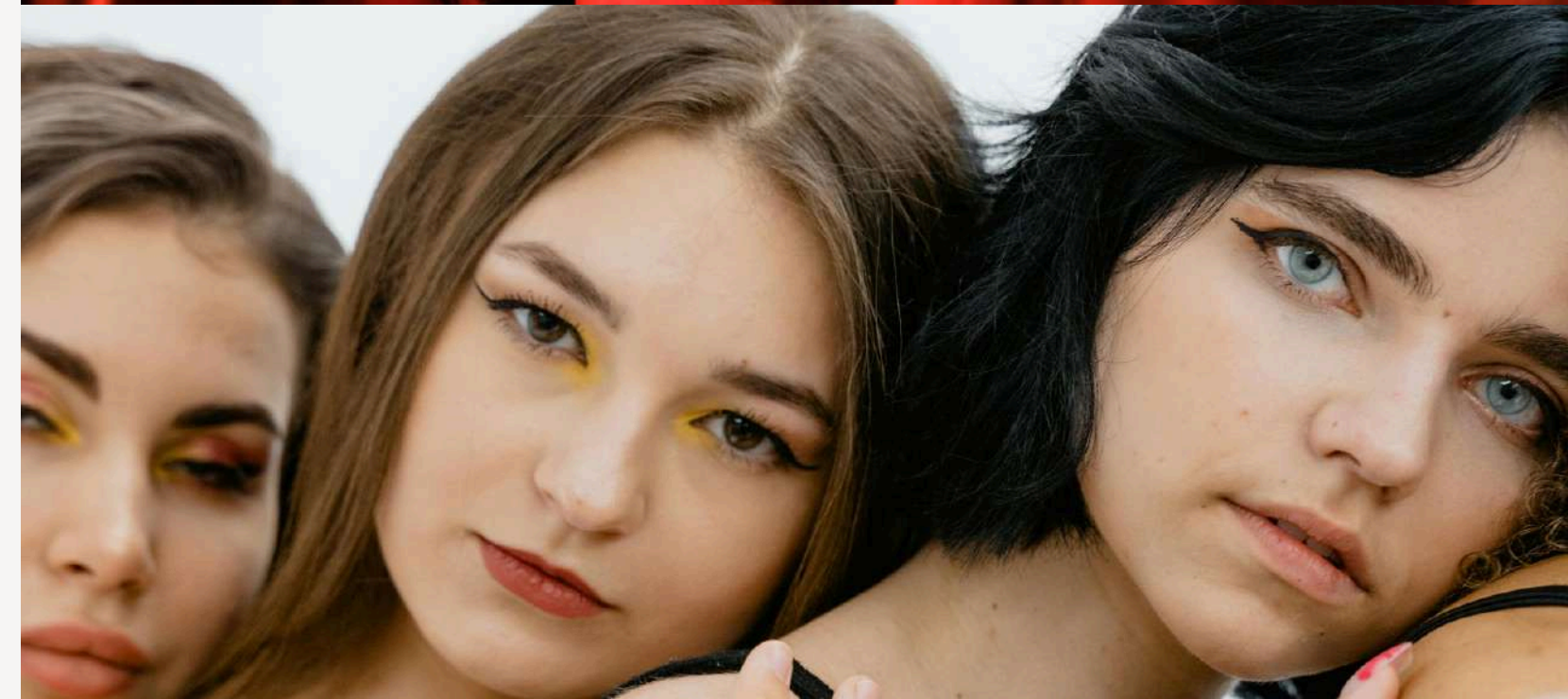
If you just can't seem to manage intense emotions, let alone master when your buttons get pushed.

If you are you struggling with a broken heart, loneliness, grief, anxiety, depression, feeling empty without a purpose, acting out in ways that don't serve you, engaging in relationships that never seem to work?

Then you are ready to take your life to the next level and create the life of your dreams.

If you said **YES** to any of these, then the invitation I am about to give you may change your life.

If you have been doing your best to cope and hold it all together, but feel there is **MORE** to life than what you are presently experiencing this is the retreat intensive is for you!



WHAT'S INCLUDED



Accommodation

- 2 Nights | 3 Days
- Standard Room with Twin Sharing with a co-participant
 - Air - Conditioning
 - Housekeeping
 - Flat Screen TV
 - Electric Water Kettle
 - En-Suite Bathroom
 - Pool Access
 - Fresh Comfy Beds & Linen
 - Refrigerator
 - Water Bottles
 - Study
 - Wardrobe
 - Towels
 - Aesthetic Lighting
- Private Room (additional charges, depending on availability)



WHAT'S INCLUDED



Food & Beverages

- **Friday | 28 Feb, 2025**
 - Dinner
- **Saturday | 1 March, 2025**
 - Breakfast
 - Mid-day break (Coffee/Tea/Snacks, etc.)
 - Lunch
 - Hi-Tea (Coffee/Tea/Snacks, etc.)
 - Dinner
- **Sunday | 2 March, 2025**
 - Breakfast
 - Mid-day break (Coffee/Tea/Snacks, etc.)
 - Lunch
 - Hi-Tea (Coffee/Tea/Snacks, etc.)



WHAT'S INCLUDED



Other things

- **Transport**
 - Airport transfers to and from
 - Transport within the resort
- **Merchandise & Goodies**
- **Value**
 - The 18 hour workshop
 - Supporting Material
 - Community & Support
- **Reclaiming your Life**
- **Pricing:**
 - INR 29,999/- or \$350/- per pax (all that is mentioned is included)

Airfare is not included



ABOUT US

Pablo Arani Ray is a Counselling Psychologist with a Masters of Arts in Counselling Psychology and a licensed Therapist. With over 7000+ sessions with 500+ clients across 25+ countries, his approach is like none other. His impact is multifold, from building a rapport, getting into the emotions, breaking down therapeutic techniques and implementing them smoothly, he has brought out human beings from their darkest moments of life. He is adept in EMDR, CBT, DBT, EFT, Trauma informed Therapy, Rewind Therapy and has multiple customized techniques blending therapy and spirituality.

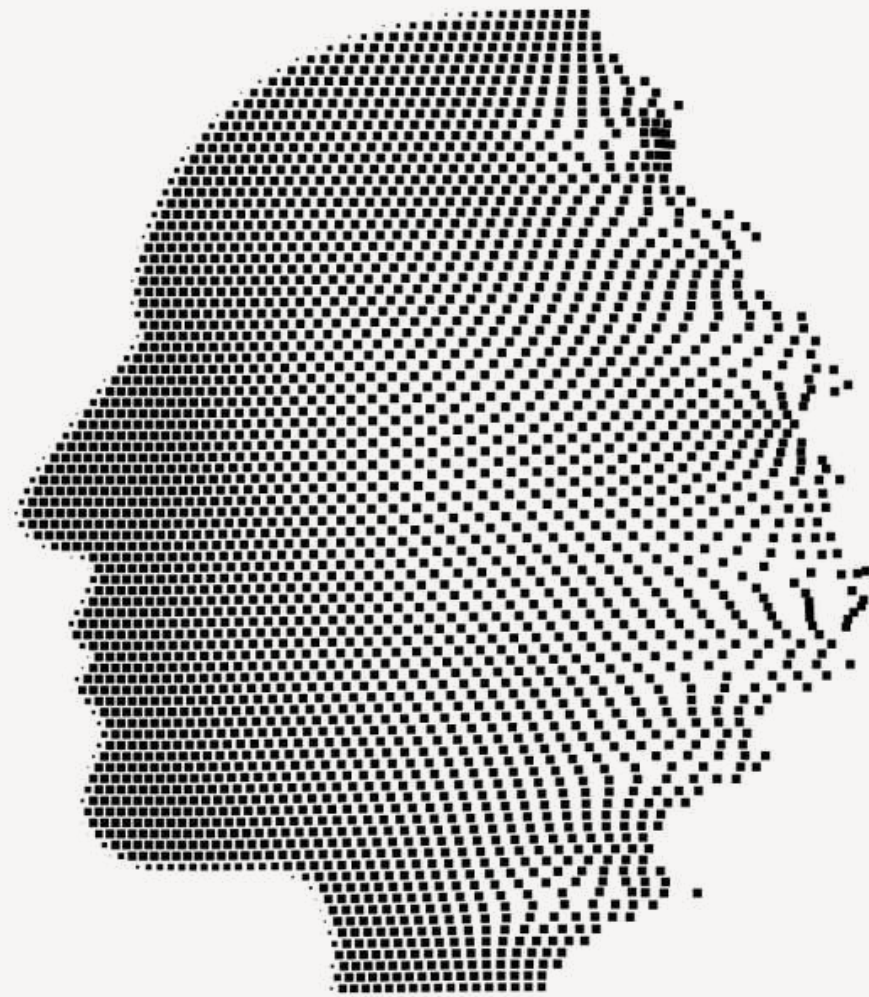
Ivana Mukherjee Ray is a Mental Health advocate, content creator with a viewership of 30 million+ and an anchor to 150k+ men and women across the globe. Her emphasis on women empowerment, human equality, social justice, trauma and emotional well-being impacts thousands of lives every day. She is also the Founder of the ROH Foundation that deals in empowering humans by providing them social, emotional and educational assistance.



MISSION & VISION

Our **MISSION** is to recreate an equality, respect, humanity, empathy and peace driven society across the globe. For centuries now, toxic patriarchy, unaware parenting styles, stigmatizing emotional expression, misunderstanding true masculinity, violating an individual's space, operating in fear instead of faith and the concept of self deprecation has become the norm. We strive to change each part of society by bringing balance between the masculine and feminine, empowering humans by teaching them emotions and the healthy expression of it, by inculcating consideration at every level of existence and making love and respect the pillars of society.

Our **VISION** is to be in a world where the man and woman are treated with equal respect, society becomes a safe place for women to express, men are not stigmatized under the misconception of masculinity but are more open, vulnerable and emotionally available, a place where love and peace comes before religion and beliefs, a place where humanity and empathy come before greed and desires, a place where a woman can marry again to find the love of her life and a man wouldn't be judged because of prioritizing his wife over his mother. A safe space where daughters can chose who to marry and parents become anchors instead of authorities. A space where education is who you are instead of what degree you hold. A space where life skills, emotions, behaviors, relationship handling, kindness are taught before History, Chemistry and Geography. A space where we can eradicate war with love, where we understand that comparison has no basis and life is a beautiful experience, everyone has their unique one. A space where all of us can dream without barriers and fulfil them without the fear of drowning before society. A space where the concept of self is embraced over what someone else's opinion would be. A space where we can give birth to fresh souls to live in peace, happiness, love, abundance and gratitude.



RAY OF **HOPE**

heal@rayofhope.life

www.rayofhope.life

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LLC

“Our promise is that The Emotional Healing Experience will
save you years of time and energy.”

APPLY NOW

Healing needs an intensive approach, which leads us to limit our intake each workshop. We get applications around the globe and it's important for us to offer this opportunity to women that critically need it. This does not minimize any other woman's struggle at all, but helps us save the ones at the end of the rope while some can wait a little bit until they start.


Feel free to apply on the website;
<https://www.rayofhope.life/eventsforwomen>



RAY OF **HOPE**

Events for Women

How long do you want to be blind to yourself? The constant self doubt, over thinking, anxiety, depression, self judgement, desire to be seen,...

 Ray of Hope