



# Conscious Leadership Retreat



**Nurture the nature within you  
at the TIEEDI Forest Garden**

**Eco Stay. Eco Learning. Eco Fun**

24-30 May 2024

Darjeeling, India





"**TIEEDI**, our sacred haven nestled in the hills, is not just a permaculture farm; it's an extension of the forest, a sanctuary for unlearning and rediscovery. **TIEEDI** is where nature and nurture converge. Here, amidst the whispering winds and ancient trees, we invite all to join our Conscious Leadership Retreat, which we have curated with VOYCE and the RTL team. Come, embrace the transformative power of Mother Earth and be inspired to live sustainably."

**Utsow Pradhan**

Founding Gardener, TIEEDI Forest Garden

## Retreat Highlights

### Nature Immersion

- Experience earthing walks in the forest.
- Enjoy bird watching in the natural surroundings.
- Indulge in picnics basking under the sun.

### Conscious Leadership

- Equip your mind with tools for conscious decision-making.
- Foster environmental responsibility through
- Permaculture practices and zero waste management.

### Exclusive Activities

- Discover secret waterfall hikes leading to TIEEDI's first zero-waste village - Rajahatta.
- Witness the sunrise from Chatakpur/Tiger Hill with panoramic views of Mount Kanchenjunga.
- Engage in hiking, cycling, and running in Senchal Wildlife Reserve Forest.
- Visit Salamander Lake, enjoy a Toy Rain Ride, and explore Darjeeling during sightseeing.
- Joain a bamboo weaving class to explore the lost art of building natural dwellings in the small forest.

### Local Experience

- Embark on a Mountain Hamlet Tour, meeting locals and immersing in their culture.
- Visit small villages and share a meal with one of the local families.
- Enjoy local, wholesome and nutritious meals with organic vegetables from the farms and wild fruits from the forest garden.





"The flowering of consciousness within us inspires to create, and to be in synchronicity.

Compassion is something innate in all of us. At the Conscious Living Retreat, we will strive to create an environment where you will be in tune with the your oneness and so much in love that compassion towards people and nature will flow through you – solutions will come to you, life will happen organically. That is living consciously. And to be conscious leaders, we must live consciously.

We welcome you to TIEEDI Garden Forest for an experience of living consciously."

**Anika Singh**

Social Artist; Founder of VOYCE & Returning to Love

## 7-Day programme: Conscious Leadership Retreat

### Day 1: Nature Immersion

- Morning:** Arrival and Orientation (to TIEEDI and the Conscious Leadership Retreat)
- Afternoon:** Ice-breaking activities including the earthing walk in the forest. Zero-Waste Basics and visit to the Waste Innovation Centre. Engage in hands-on activities including the know-how of composting – introduction to Khamba
- Evening:** Sunset Nature walk to TIEEDI's first zero-waste village – Rajahatta

### Day 2: Environmental Exploration

- Morning:** Sunrise from Chatakpur/Tiger Hill with panoramic view of Mount Kanchenjunga and along the way learn about flora and fauna
- Afternoon:** Zero-Waste Andolan & some fun nature stories with Utsow over a picnic in the sun. Fun activity – natural building walls, including preparing mud mortar and mud plastering
- Evening:** Session on Global Boiling.

### Day 3: Sustainability Workshop

- Morning:** Permaculture basics and soilstry: unearthing the mysteries behind the soil
- Afternoon:** Sightseeing Tour: Explore Darjeeling Zoo and Himalayan Mountaineering Institute, offering an educational and entertaining experience for children.
- Evening:** Campfire and storytelling

### Day 4: Local Experiences

- Morning: Forest Bathing:** This Japanese practice of Shinrin Yoku or forest bathing will help you have a deep connection with the forest and yourself – you will feel rejuvenated and calmer. Followed by reflection and team activities led by Utsow & Anika
- Afternoon:** Bamboo weaving class to explore the lost art of building natural dwellings in the small forest
- Evening:** Cultural night with Campfire

### Day 5: Becoming Conscious Leaders

- Morning:** Reflecting on what it means to be a conscious leader and preparing vision statements
- Afternoon:** Short mountain hamlet tour, meeting the locals and immersing in their culture + visiting a local house and sharing some tea & snacks with them + learn about local food including the wild fruits
- Evening:** Visit to the TIEEDI store + planting saplings

### Day 6: Celebration and Presentation

- Morning:** Visit to the secret waterfall, tree-hugging and dancing with nature – Shukrana day
- Afternoon:** Exhibiting at the sustainability show – where all participants will share their experience at TIEEDI through art, craft, music and poetry.
- Evening: Sustainability Show:** Cultural Show and musical night with bonfire

### Day 7: Preparing to Leave

- Morning:** Preparing arty hangings with their reflections which kids will hang before they leave
- Afternoon:** Leave for the airport and on the way – toy ride and short visit the Darjeeling tea estate

**Our 7-day programme is tailored for anyone who aspires to live consciously and be conscious leaders.**



**For more details, please contact:**

**Anika Singh**

Founder, VOYCE & Returning to Love

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