



Student retreats cultivate trust and compassion, leaving participants with a renewed sense of purpose.

As Ashram schools reopened in the fall of 2021, staff members observed that while the young women returned to their study schedules, there was less connection among the students. They found there was little room for the students to truly process their feelings, fears, and life experiences of the prior year and a half and feel safe sharing with others. From this observation, Sneh Sadhna (love meditation retreat) was born.



The retreats are organized by Sabarmati Ashram, a project supported by the Share & Care Women Empowerment Signature Program. Thus far, five retreats have been hosted and **125 women have participated and come away from the experience changed**. Even the volunteers helping host the retreat are uplifted. One volunteer shared, **“I was drenched in the river of compassion flowing through the collective space curated by all.”** This river of compassion will flow through the participants for years to come, rippling out to all who meet them and creating long-lasting changes in their lives.

These impactful retreats begin on a Saturday morning with a peace prayer followed by a visualization exercise where the young women are asked to reflect on both happy and challenging moments in their lives. **This session allows the students to open up, express their feelings, and begin to heal.** The afternoon is then spent in motivational sessions to inspire the students, followed by a silent dinner and journaling session so they can fully digest and reflect upon the day's activities.

On Sunday morning, everyone comes together at 5:30 a.m. to collectively pray, sing, and watch the sunrise. Following breakfast, the young women have an opportunity to learn about nutrition and hygiene to close knowledge gaps that many students from rural areas have. Then the students share the virtues and traits they've witnessed in each other, to uplift one another, followed by a gratitude walk through the campus and one final sharing session. **Throughout the retreat, the participants cultivate love and trust, both for themselves and the other students, and walk away transformed.**



As Valentine's Day approaches, we humbly ask that you consider making a donation to Share & Care in honor of your loved one. **Your tax-deductible gift will support projects which, like Sabarmati Ashram's Sneh Sadhna, have the power to forever change lives.**

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