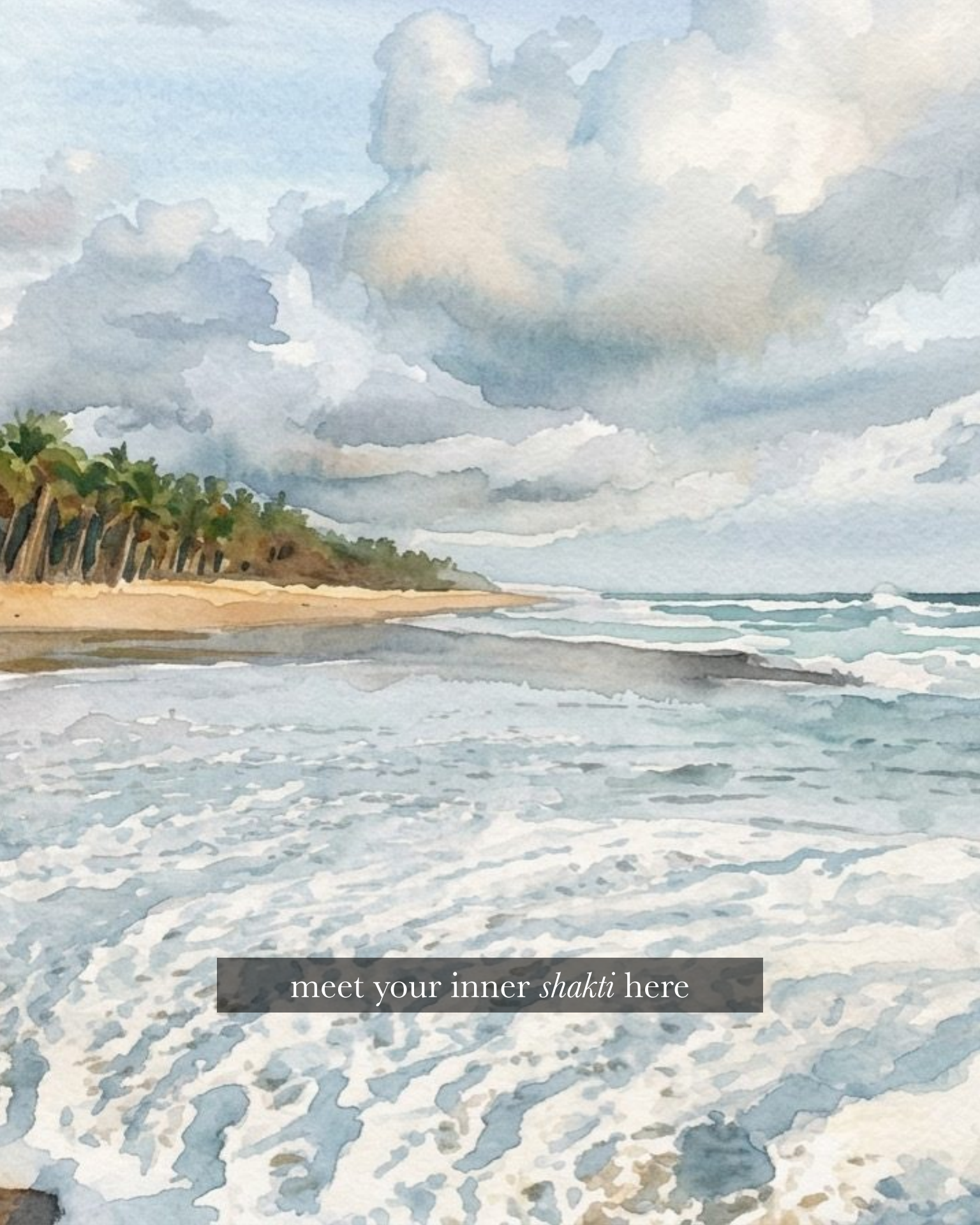

Over four days on the shores
of a magical island in Kerala, a
small circle of women gather for
storytelling, ritual, art and
the spirit of the feminine.
The NAVASHAKTI Retreat
An Inner Journey in the lap of nature
Through Body, Story & Rasa
📍 Coco Island, Kerala
21 – 24 November 2026
Facilitated by Dr. Ramya Ranganathan
& Monika Rao Singh


meet your inner *shakti* here

What is the *Navashakti Retreat?*

4 Days
Of unfolding within

9 Women
in a small, held circle

1 Magical Island
of backwaters, mangroves & sea

1 Homecoming
to the self beneath the roles

The Navashakti Retreat is an intimate island residency for women ready to set down the roles, masks and quiet expectations that have shaped their lives, and *remember* who they were before the world asked them to be smaller.

release, reimagine, reclaim



Why Navashakti?

There comes a point in every woman's life when she can no longer ignore the inner call beneath the noise, the sense that somewhere beneath the roles of mother, professional, partner and caretaker, a truer self is waiting.

The women who will witness your wounds without flinching. The stories that remind you who you were before the world asked you to be smaller. The stillness of an island where nothing is demanded of you except honesty.

Through shared stories, shared struggles and being witnessed, we begin to heal together

This is the spirit of Shakti we are exploring together.



The retreat lasts four days.
The *Shakti* within is for life.

YOUR FACILITATOR

Dr. Ramya Ranganathan

Poet, Parent, Professor, Philosopher

B.Tech, IIT Madras • MBA, IIM Ahmedabad
PhD (Organizational Behaviour), London Business School
Adjunct Faculty, IIM Bangalore • 4 TEDx Talks



Ramya spent a decade as full-time faculty at IIM Bangalore, where her work in innovation in education earned recognition from India's Ministry of Human Resource Development. She continues to teach there as adjunct faculty, alongside running her flagship program, Leading with Joy, and a course on career crafting that grew into her book, Career Alchemy, an inside-out approach to finding joy, meaning and success through work that begins with who you truly are. Her next book, on the theme of rewilding the body and mind, is due out with Penguin this year.

Beyond her academic path, Ramya is a trained yoga teacher and carries international certifications across coaching, energy healing and yoga, gathered over twenty years of study, a foundation that lets her weave logic, intuition and embodied practice into everything she facilitates.

She is now dedicating the next decade of her life to a deeper calling, designing immersive retreats in nature that help people rewild the body and mind. Her work rests on a simple conviction, that beneath every role we play, there lives a wilder, wiser version of us, which we can uncover, once we clear away everything that was never truly ours.

YOUR FACILITATOR

Monika Rao Singh

Seeker. Dreamer. Believer

Team Coach & Facilitator • 24+ Years' Experience
ICF-PCC Coach (MCC Pathway)
Action Method Practitioner • Masters in Finance



Monika calls herself a work in progress, a dreamer, a believer in the mystical world and its quiet wisdom. A Master's in Finance by education, she spent her first ten years in the corporate world before a different calling drew her: bringing the human side into the systems we create. With 24+ years across leadership, learning and human development, she has worked with organisations, leaders, teams, educators and young people across India and Asia.

She is an ICF-PCC coach on the MCC pathway, Action Method Practitioner, Team Coach and Facilitator. Her work sits at the intersection of people, roles, relationships and systems, drawing on coaching, psychodrama, systemic thinking and experiential practices to create spaces for exploration, reflection and transformation.

She is fascinated by the many selves a woman carries — daughter, mother, partner, professional, nurturer, rebel, seeker, dreamer and more — and finds in the nine forms of Ma Durga a powerful reminder of this multiplicity. Monika is known for creating spaces that are warm, safe and alive: spaces to pause, explore, and reconnect with parts of ourselves that have grown quieter along the way.

The Inner Work



Storytelling & Myth

The story of Navashakti, and the tales that mirror our own becoming.

Ritual & Ceremony

A fire ceremony of letting go, and a night circle beneath the stars.

Art & Symbol

Raft-building, weaving, and creative work with clay, colour and words.

Somatic & Movement

Yoga, Kalari, breathwork, and embodied exploration.

Circle & Witness

Sharing circles, deep listening pairs, healing from being truly seen.

What to expect in 4 days?

The Navashakti Retreat is thoughtfully curated and created for you to slow down, feel more honestly, witness more deeply, and remember more fully who you are beneath every role you carry.

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DAY 1 — FRI

Arrival & Awakening

Intentions and introductions through the River of Life, sunset play, and a guided night meditation on the beach.

DAY 2 — SAT

Owning Our Scars

Yoga and Kalari, inner work through psychodrama, sociodrama, and somatic release, a fire ritual of letting go, and community dance beneath the stars.

DAY 3 — SUN

Unblocking the Creative Fire

Protagonist play and storytelling, a mangrove walk, and a music and poetry evening on the beach.

DAY 4 — MON

Choosing What's Next

An ocean blessing meditation, mandala work in the sand, and stepping into your future self before departure.





Island Experience

Morning Grounding

Yoga and Kalari postures to greet each day.

Mangrove & Backwater Immersion

Boat trips, walks and quiet contemplation among the mangroves.

Curated Island Meals

Traditional Malabari cuisine, cooked by the island's own mothers and grandmothers.

Sunset & Beach Time

Massages, swims, and unhurried hours by the sea.

Fire & Night Circles

Ceremony, drumming, and stargazing beneath the Kerala sky.

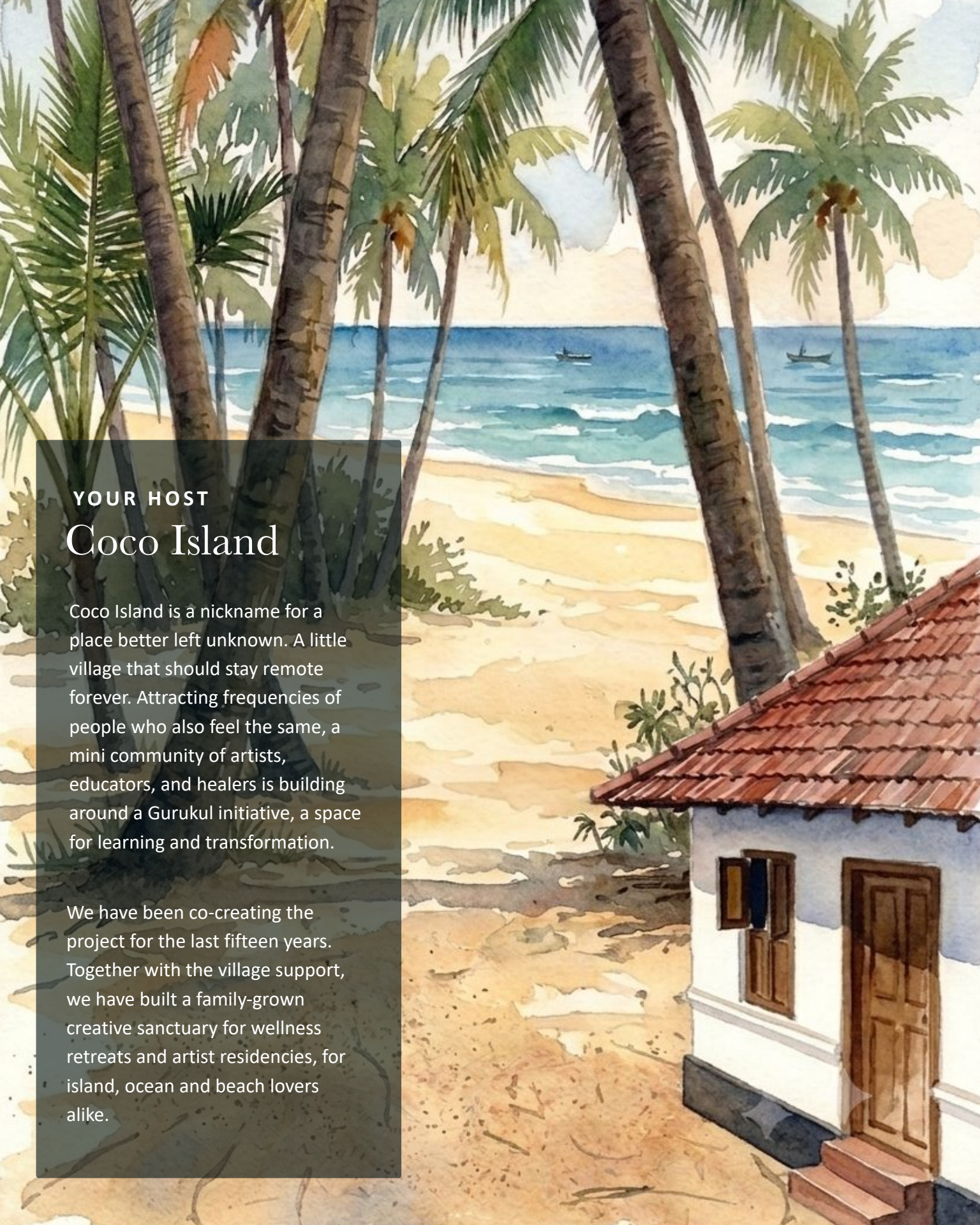

N
welcome to coco island


stay at one of our villas


nest at the peacock house


cozy in the matsya house





YOUR HOST

Coco Island

Coco Island is a nickname for a place better left unknown. A little village that should stay remote forever. Attracting frequencies of people who also feel the same, a mini community of artists, educators, and healers is building around a Gurukul initiative, a space for learning and transformation.

We have been co-creating the project for the last fifteen years. Together with the village support, we have built a family-grown creative sanctuary for wellness retreats and artist residencies, for island, ocean and beach lovers alike.


let’s plant a mangrove forest



DAY 1

Arrival & Awakening

12:00 – 2:00 Arrival & Welcome Lunch	Settle in, meet the circle, and arrive fully into the island.
2:00 – 3:30 Opening Circle	Logistics and shorter introductions, moving into intention setting and the River of Life exercise.
4:00 – 5:00 Personal Introductions	Sharing the River of Life exercise, and connecting with the myth of Navashakti: how the gods poured their power into one point of light, and Durga rose from it, whole and her own.
5:00 – 7:30 Sunset on the Beach	Free play, swimming, and settling into island time, followed by dinner.
8:30 – 9:30 Night Meditation	A guided beach meditation with the elements and heavenly bodies, followed by a sharing circle on dark and light, day and night.



DAY 2 *RELEASE*

Owning Our Scars

6:30 – 8:30 Yoga + Kalari	Morning movement postures to open the body before the day's work begins.
10:30 – 1:00 Somatic Release & Sociodrama	Sociodrama and somatic movement let the body release what is seeking to be released—exchanging in a circle that maps, wordlessly, how we now stand with one another.
2:30 – 5:00 Story into Action	Key themes: owning our wounds, scars and resilience. A story is brought into the room through psychodrama — its roles stepped into, reversed, and finally voiced.
5:00 – 7:30 Massage + Beach Time	Unstructured time to reset, swim, or receive a massage.
8:30 – 9:30 Fire Ritual	A ceremony of letting go, both personal and collective, followed by community dance with chenda drums.



DAY 3 *REIMAGINE*

Unblocking the Creative Fire

6:30 – 8:30 Yoga + Kalari	Morning movement postures to open the body before the day's work begins.
10:30 – 1:00 Meeting the Dreamer and Creator Within	Key themes: unblocking our creative fire. Somatic and energy based exercises to fuel our creative essence. Sharing and expression, mirrored and witnessed by the circle.
2:00 – 5:00 Story & Rasa: Movement & Symbol	Dance, symbol and spoken word move together, each woman shaping what wants to be born, expressing and co-creating in a shared offering of story and rasa.
5:00 – 7:30 Mangrove Walk + Beach Time	Boat ride to the mangrove forest followed by time to rest, swim, or receive a massage.
8:30 – 9:30 Music + Poetry Evening	An evening on the beach for music and poetry; bring any instrument you would like to share.

DAY 4 *RECLAIM*

Choosing What's Next

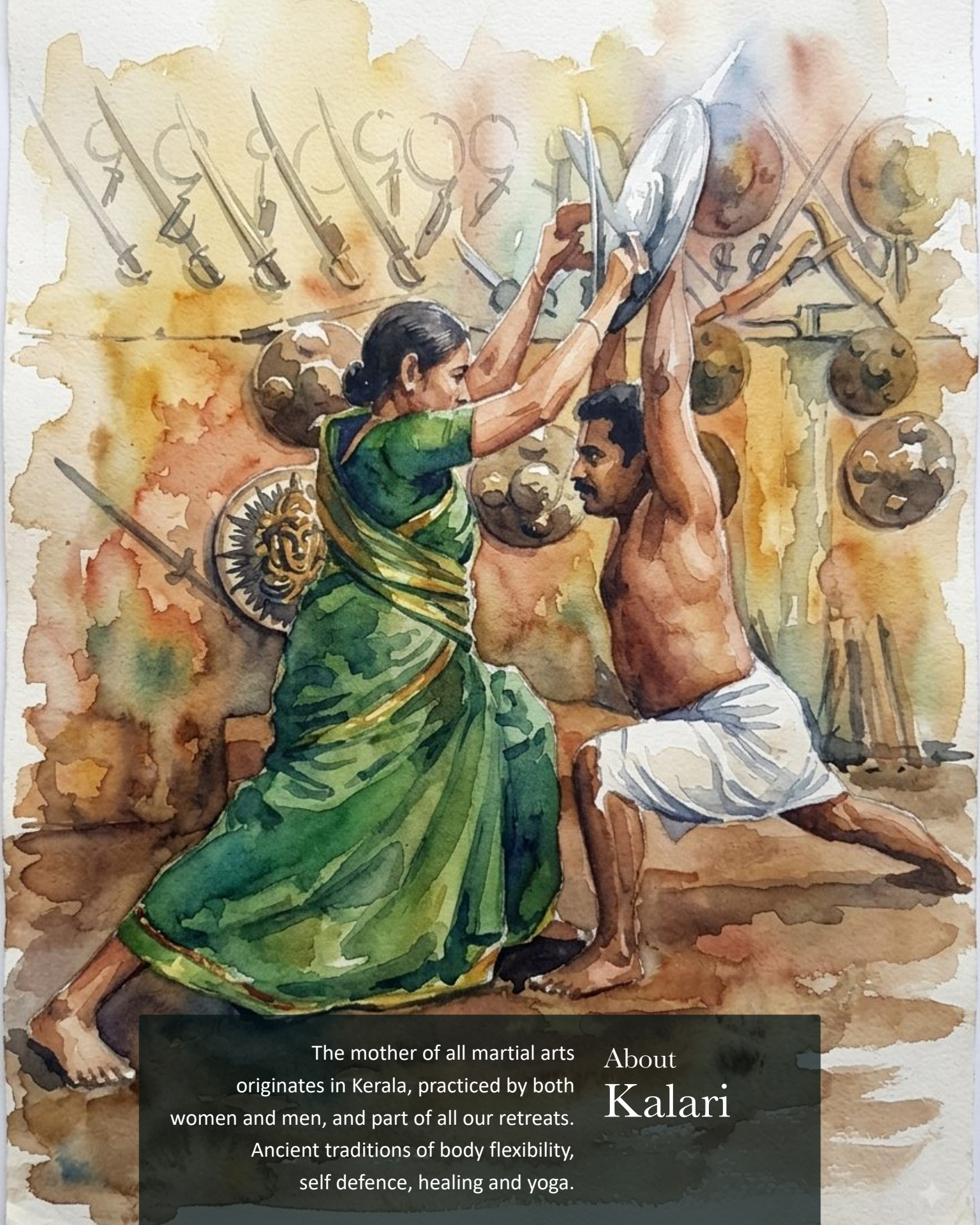


Early Morning Beach Ceremony	Two guided sessions on the beach: an ocean blessing meditation inviting in the energy of the sea as we create our personal Mandalas on the beach.
10:00 – 1:00 Closing Circle	Moving from wrongness to strongness: a future-self visualization, embracing all forms of your inner Shakti, and creating your own path forward.
After Lunch Departure	After Lunch we leave the island. The circle remains. Until we meet again.

What is included?

- 3 nights / 4 days accommodation in Coco Island villas (21 – 24 November)
- All meals, featuring traditional Malabari cuisine
- Morning yoga and Kalari sessions throughout the retreat
- The complete Navashakti curriculum — storytelling, ritual, art, somatic and psychodrama work
- A copy of Dr. Ramya's own book
- Facilitation by Dr. Ramya Ranganathan & Monika Rao Singh, co-hosted by Coco Island





About Kalari

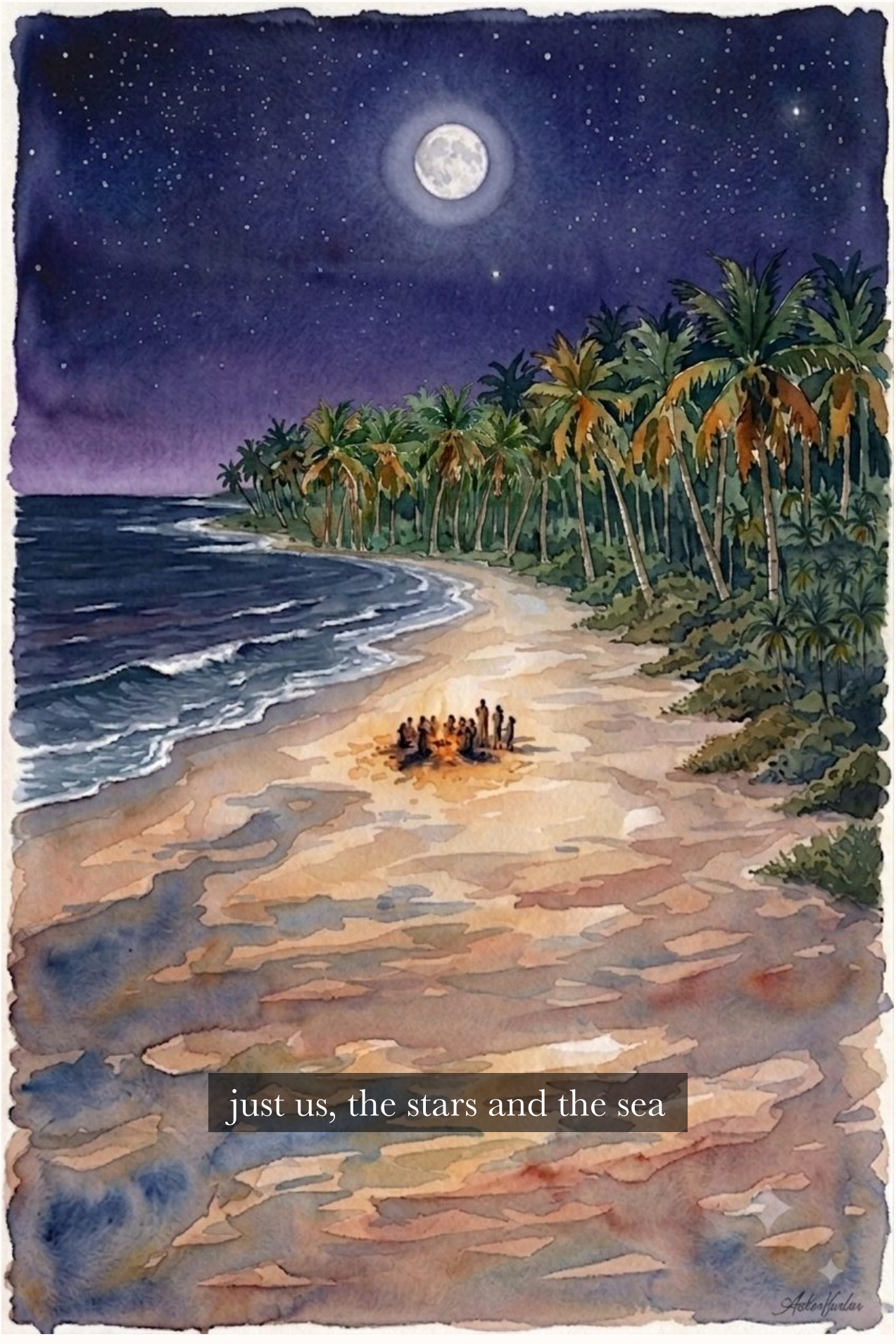
The mother of all martial arts originates in Kerala, practiced by both women and men, and part of all our retreats. Ancient traditions of body flexibility, self defence, healing and yoga.



WHEN	WHERE	SEATS	FORMAT
21 – 24 Nov 2026	Malabar coast, Kerala	9 women	By application

APPLY HERE

Navashakti Retreat


just us, the stars and the sea



Booking & Inquiries

Navashakti Retreat

www.craftingourlives.com