



Monsoon Glow:
The Forest Within



a nervous system retreat

What The Forest Within is:

a dedication of time toward practices that tune us into the wisdom of the body to restore clarity, creativity and ease. Gentle somatic movement and earth connection practices, creative expression, mindful eating and collective learning while prioritizing individual time, practicing silence and connecting to the land.

What makes it slow?

slow implies no phones—taking a break from the virtual world gives space to tune into our inner worlds and the natural world around us. It allows for new ways of thinking. film cameras, digital cameras, and other analog devices welcome.

slow implies slow, mindful eating— each meal will be freshly made from the land from plant-based local food.

This space includes:

- * Gentle Somatic Movements
- * Slow Stitching
- * Cacao Ceremony
- * Mindful Eating Rituals
- * Guided Journaling Practices
- * Spacious Individual Time
- * Local Nature Excursions
- * Reflection & Integration

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Our intention with this retreat is to create a space for us to slow down and be in nature, to tune into the wisdom of the body. This is a space to explore your own expression, nourish yourself, find joy in the simple and soften into being.



The Space: Olaulim Backyards, Goa

Feed the animals, kayak on the river, walk to the local plateau, rest and create beneath open skies, and tune into the quiet wisdom of your body.

A perfect space to recalibrate with the rhythms of the earth, share in community, move your body under monsoon clouds, indulge in freshly made local plant-based meals and turn off your phone.



Nestled next to the backwaters in a quiet corner

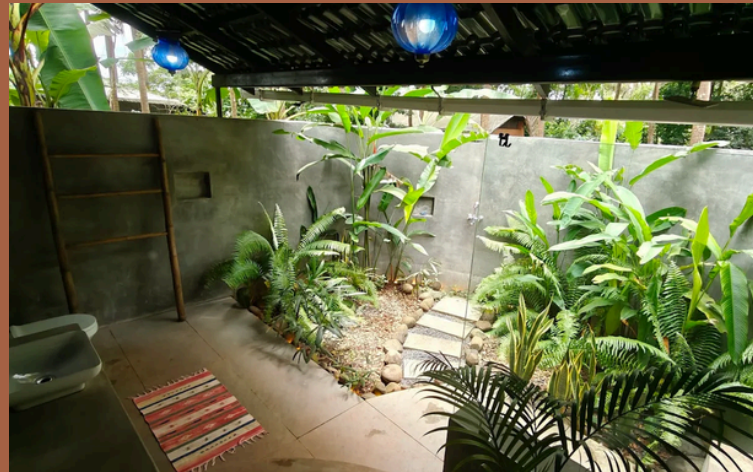


surrounded by trees and open sky





Olaulim Backyards Accommodations



Olaulim Backyards is an Eco Farm-Stay located in a serene pocket of North Goa, away from the bustling nightlife, this hidden gem offers a taste of the slow life. Surrounded by lush greenery and calm backwaters, it's a paradise for nature lovers and birdwatchers. Wake up to a symphony of birdsongs, take in the beauty of vibrant plumage, or simply unwind by the water, letting the tranquility embrace you.

Enjoy a comfortable stay with a variety of single, double, and queen bedroom Eco Cottages. Enjoy local organic food in the in house restaurant and connect with nature through a variety of plants and birds, a horse and a donkey.

Just 11 km from Panjim and a short drive from Goa's famous beaches, this retreat is well-connected to airports and railway stations. The journey here is as scenic as the stay, with winding roads, riverside views, and charming Goan villages. Whether you're seeking peace or adventure, we're here to make your stay unforgettable.

Meet your Hosts



BRITA

NeuroEmbodied Soul Centering Coach
& Yoga Teacher

Brita holds space for embodiment and connection through her work with Sacred Embodiment.

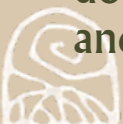
She brings a deep sensitivity to group spaces and guides practices that invite presence, awareness, and gentle exploration.

JANE

Photographer
& Community Catalyst

Local to Goa, Jane has deep roots to her heritage and a great love for the community. She celebrates that by constantly nurturing the art of gathering through her community work.

She is also a Portrait Photographer who loves documenting families, kids and women.



Meet your Hosts



JEET

Nutritionist &
Plant-Based Food Entrepreneur

Jeet brings a grounded approach to nourishment, reflection, and intentional living.

Through his work with plant-based food and conscious spaces, he supports people in slowing down, reconnecting with themselves, and finding clarity in what truly matters.

GLORIA

Menstrual Cycle Coach
& Yoga Teacher

Gloria educates and supports women to live in alignment with their cycle and feminine essence.

She creates cyclical living tools through 'Moon Flow' to get in touch with the inner world and nurture intentional and natural living.



A peek inside what to expect at The Forest Within...

Sample Schedule

**7:30am - 9:00am Gentle Somatic Movement &
Earth Connection Practice**

9:00am - 11:30am: Breakfast & Free time

11:30am - 2:00pm: Local Nature Excursion

2:00pm - 3:00pm: Lunch

3:00-4:00pm: Free Time

**4:00pm - 6:00pm: Cacao Ceremony and
Sharing Circle**

6:00pm - 7:00pm: Free Time

7:00pm - 8:00pm: Mindful Eating Dinner

8:00pm: Bonfire and Wind down





What Your Time at The Forest Within Includes

Every part of this gathering is designed to help you unplug, slow down, and reconnect with your inner world and nature, creativity, and community.

- daily gentle somatic movement and earth connection practices
- cacao ceremony & evening sharing circles
- nature excursion to a hidden waterfall
- introduction to stitching plus materials
- nourishing local plant-based/vegan meals
- guided mindful eating experiences
- comfortable eco-friendly accommodation
- access to the gathering space and surrounding nature
- plenty of unstructured time for rest and reflection
- access to art materials
- a small, intimate group experience
- real conversations and shared reflection
- connections that go deeper than surface level
- friendships that often continue beyond the gathering
- the feeling of being seen, heard and understood
- guided journaling
- welcome gift

Intentionally limited to 10 participants
to keep the space personal and deeply held.

Dates, Stay & Investment

An intimate 3-night gathering designed for deep rest and reconnection.

The Gathering

The Forest Within

28th-31st August 2026, Goa

3 Nights • 4 Days

Arrival: Friday afternoon

Departure: Monday after breakfast

Stay Options

Shared Room (Non-AC)

₹32,000 per person

2 people sharing

Shared Room (AC)

₹37,000 per person

2 people sharing

Private Rooms available at additional cost (please contact for more info)

Booking Notes

- Early rates are available for the first 4 confirmed participants (early bird ends on 15th July)
- Private room options are limited
- Your place is confirmed once the booking deposit is received
- Rooms within each category may vary slightly in layout and are allocated based on availability.

A small group of 10 participants to keep the space personal and deeply held





Join the Retreat

Spaces are intentionally limited to keep the experience personal and deeply held. If this feels like something your body is asking for, you're warmly invited to join us. Come with a friend or arrive solo — you'll find your tribe here.

To reserve your place:

- Book through our website: www.janedsouza.in/monsoonslow
- Or send a WhatsApp message to reserve your place or ask any questions
 - A booking deposit secures your space
- Details and next steps will be shared after confirmation

Contact Details:

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We are looking forward to welcome and hold you in your fullness and share a space of joy, laughter, silence, play and honesty together.

